



Armadale Masters Swimming Club



Hi Swimmers,

Tuesday's aerobic on a cool evening attracted six swimmers and there was not many in the training lane either.

Greg Frey was happier with his 400m freestyle compared to the one earlier in the month that was slower and only attracted three points. Greg said it was nice to be back in the six minute range (shoulder must be getting better). Jenny Findlay completed her fifth 400m freestyle for the year which was a personal goal she set at the beginning of the year. Colin Gibson set a Club Record with his 1500m freestyle bettering a 2008 time set by Paul Evans. Ross Doherty completed 400m backstroke and 800m freestyle on his shoulder recovery program. Zita Badger was keen to see how her training was progressing so nothing like one hour of freestyle to check it out, Zita completed 2625m in the hour. Gillian Caruso was unusually slower in her 400m freestyle and therefore missed receiving maximum points but bounced back in the 800m backstroke.

Well done and congratulation to all swimmers.

Happy swimming,
Graham.