



# Armadale Masters Swimming Club



## Aerobics – Thursday 11<sup>th</sup> April 2013

Thursday night's Aerobics session was busy with 12 swimmers competing for pool time. It just goes to show what good weather will do for attendance. Unfortunately it was also our last aerobics session in a 50 metre pool for this season, so from now on look forward to more tumble turns and lots of laps (that's 32 for 800 metres Greg!) at the new Cannington Leisureplex. Let's take the recent enthusiasm for aerobics swimming with us to Cannington. With so many swimmers there was the usual mix of events and outstanding performances. Let's go through the results in Alphabetic order.

**Catriona Adams** set another record in her age group (another one down Jacqui!) and again showed everybody what an efficient freestyle stroke looks like over 800m.

**Zita Badger** – Zita would swim all night if she got the chance. There's no doubt she's got her 'eyes on the prize'. No records or PBs but some valuable points in 400m and 800m breaststroke.

**Gillian (Jilly) Caruso** – you can't keep Jill away from an aerobics event – there's too much at stake! Jill broke her own club records for her age group in each of 400m freestyle and 800m backstroke.

**Charles Croft**, soon to compete at the Australian Championships, so has been tapering for .... ages, in preparation, which incidentally, helped him to wipe 23 seconds off his own 400m breaststroke record for his age group. Good luck in Sydney Charles.

**Ross Doherty** - turned up - swam 400m backstroke at a cracking pace

**Greg Frey** swam as Jilly's pacemaker again – some usual smart times in 400m breaststroke and 800m freestyle without records or PBs. Greg's immediate swimming goal is to crack 8:59 for the 400m breaststroke. His last three recorded times were; 8:59.98, 8:59.21 & 8:59.07). Come on Greg, try harder!!

**Xavier Hardy** almost arrived on time for the session, took time out from his squad training to break his own age group club record in 400m freestyle.

**Graham Hicks** got the chance and did swim all night! He broke his own age group 800m backstroke record then recorded the unique time of 20:00.00 for his 800m breaststroke.

And how's this for improvement? **Yvonne Lovegrove** improved her 400m Breaststroke time by 73 seconds – a big PB! She also swam 400m freestyle.

**Maria (Mary) Plant** swam her regular 800m freestyle but couldn't quite meet our expectations of another broken record. Or maybe she was intimidated by the sight of Big Bill Stevens alongside her in the same lane.

**Bill Stevens** – fronted for the aerobics session with only one thing on his mind – to smash his PB for the 800m freestyle and he easily achieved this by 20 seconds. Bill's training goal is to beat his idol – President Fettes.

**Simon Stiles** – wanted to work a bit harder so ditched the budgie smugglers for a pair of long boardies. Loves the long distance breaststroke events and completed 800m in a creditable time.

See you all at Cannington.

Ross



