



# Armadale Masters Swimming Club



Aerobics – Thursday 9<sup>th</sup> May 2013

Thursday May 9<sup>th</sup> - Col had a plan - 30 minutes or nothing, Fettes was his reluctant self, a few others were going through the “mmm..., 8 or 4, free or breast, backstroke? You’re kidding!” Soon Col was off and the program was underway.

Shannon decided to have a go at 400 metres freestyle and to his credit he completed the swim after a few pit stops and established an age group record. Great effort Shannon, there’s certainly potential there. Fettes, after initial indecision, settled for 800 free, swam a good time and set another record. Catriona chose to swim 400 free and 400 back, and in doing so, cleaned up another two of Jacqui’s records. Jilly was a bit off colour so decided to limit her involvement to 800 back, and established yet another record.

Col completed his 30 minute swim and achieved his target of 1500 metres with 6 seconds to spare, well done Col. And still pumped after her 30 minute swim the previous week, Mary was determined as ever and chose to swim 400 free and 400 breast. While sharing the lane with Greg, her 400 breaststroke was truly amazing as she endured tsunami after tsunami and established a new record in the process. Mary’s 400 free gave her a big PB (by 36 seconds) and another one of Lexie’s records. Good swimming Mary! Meanwhile Greg’s finding records more elusive in the new age group as Craggy’s already been there. Regardless, his 800 free in less than 13 minutes is great swimming.

And talking about improvement, keep an eye on Hicky’s backstroke times. He’s now below 16 minutes for 800 backstroke, and another record established. Janette Edwards swam 400 breast and 400 free and was the night’s other big improver with a PB (by 9 seconds) in her 400 free. Well done Janette.

So what promised to be a quiet night ended strongly with 8 new records and 2 PBs.

Next Aerobics night is Tuesday 28 May.

