



Armadale Masters Swimming Club



Aerobics Report 30 July 2013

Good to see Hicksy arrive early for swimming on aerobics night. Could he possibly be planning to squeeze in four swims and needs the night to run like clockwork? Whatever the reason, he made sure things were organised and ready to start on time.

Ross and Big Bill started the proceedings; Ross (800 free) looking for some lost form and Bill (950 free) looking to establish a new event. (Even when given the 'one to go' warning, Bill just powered on, convinced he still had more laps to swim). Both swimmers improved on their previous 800 free times.

Yvonne Lovegrove set out to challenge herself in freestyle over 30 minutes. Her goal was to achieve 1000 metres and she finished 5m short of 1025 metres after 30 minutes. Well done Yvonne. Of course this has inspired Bill who now looks set to tackle the half hour swim at the next session.

There are signs that born-again student Colin (Gibbo) Gibson may be on to a good source of campus supplements, or maybe he's a mate of Hirdy through his football connections. How else do you explain Gibbo's continued improvement? He has again produced two PBs; taking 34 seconds off his previous best 400 breaststroke time and 21 seconds off his best 800 freestyle time.

Mary, another loyal aerobics swimmer, continues to challenge herself and although not achieving PBs this time she's again broken one of her own records – 400 Breaststroke.

Swimmers are now exhausting aerobics options and are turning to events that take them out of their comfort zone. Gilly, for example, forever the backstroke junky and now a breaststroke regular, established a new record for 800 breaststroke. Graham has just about completed all of his options in each of Freestyle, Backstroke and Breaststroke so we look forward to some even longer swims from him. In the meantime he continues to swim close to his PBs and this time he broke his own 400 backstroke record.

Good to see Chris back into regular aerobic action. He's starting to get the feel for the water again after his extended European bus trip, and while not yet close to his best times he's happy to be doing a lot of swimming (but should have a talk to Gibbo).

Hicksy and Gilly have almost towelled the aerobics field with their point tallies to date. However it is anybody's race for the bathmat and tea-towel, especially as we get into the longer distances and the big points. The Open water season is now less than three months away so these longer aerobics events will be ideal preparation for the first few open water events.

See you all on Thursday 15th August.

Ross

