



Armadale Masters Swimming Club



Aerobics – Tuesday 29 January 2013

Fourteen swimmers opted for 'Aerobics' swimming on Tuesday 29 January.

All swimming events were over 400m and 800m and there was some pretty impressive swimming of most strokes. Notable achievements for the meet are as follows;

- Charles swam a PB in the 800m freestyle,
- Another record for Nigel, this time the 800m breaststroke (35 – 39 years),
- Col's back in business – broke the 400m freestyle record (45 – 49 years),
- Captain Chris also achieved another record in the 800m breaststroke (50 – 54 years), and,
- Graham Hicks with yet another in a long list of records for him - 800m breaststroke (60 – 64 years)

Well done to all those champs!

Most swimmers were able to achieve their nominated swims within the hour, however some missed out on second swims so let's all be conscious of keeping things rolling on the night. May I remind everybody that we need to have four swimmers ready to start at 6:30, so if all the paperwork can be done prior to 6:25 the program will be easier to plan.

We actually had more timekeepers than swimmers which is unusual, but a good sign for the program.

Check the February calendar for the next planned aerobics session.

Ross

