



Armadale Masters Swimming Club



Aerobics – Thursday 14 March 2013

When nearing the end of the summer swimming season, any excuse will do for missing a training session, especially on aerobics night. So thunder, lightning and heavy rain at about 5pm should have set the scene for a quiet night at the pool. By 6pm it was windy and very cold, we could have been home watching the news but no - they come slowly drifting in – damn it, it's on. So the common strategy was to maximise time spent in the water, or in warm clothes. Simon got started on a 30 minute breaststroke, timed by Fettes who had decided it was too cold (so used the old sore shoulder excuse). Mary had decided to maximise her time on deck in warm clothes so left her swim until the end. Jannette and Yvonne each swam a 400 free. When finished they both decided it was more painful to get out of the pool than to stay in and back it up with another swim, so both set off on a 400 breaststroke. Meanwhile Ross swam 800 free and Graham who likes to mix it up chose to swim 400m in both back and breast. In keeping with the plan, Mary eventually stripped down for her short stint in cold air, swam 800 metres of freestyle, was so keen to finish that she broke her own club record by 1 min 19 secs on the way, and then sprinted for the warm shower. So all in all, while not being the most comfortable night on deck there were no hypothermia complaints from those in the water. It was another memorable night - well done to the brave swimmers and specialist timekeepers.

Check the website for results and points tally.

Ross

