



Armadale Masters Swimming Club



Hi Swimmers,

Well after three attempts I finally completed the aerobic results and I can report that two individuals stole all the limelight.

The first show off was Charles Croft, swum a big PB in his 400m freestyle to better his previous best, set back in 2008 by more than 4 second. As we get older it is often difficult to better a PB set years before, well done Charles. Charles must have been feeling good as he also set a Club Record in the 800m breaststroke.

The other poser was Colin Gibson, not only did he swim PBs in his 400m and 800m freestyle but set Club Records in both. Colin is obviously making a claim for a spot in lane 3, congratulations Colin on your steady improvement.

Check out your results in the attached files and how you are progressing to complete 5 swims. If you have completed your 5 swims and your times are improving you may like to continue swimming that stroke/distance to reduce your 5 swim average time and thereby receive more points.

Happy swimming,
Graham.