



## Armadale Masters Swimming Club



Hi Swimmers,

Most of us were off the pace a little!!!

The exception to the rule; Katja Cappadona and Jeff Sanders swam PBs by more than three seconds in the 400m breaststroke, well done guys. Charles Croft set a Club Record in the 400m breaststroke by lowering his previous Club Record by over seven seconds, Charles has been producing some great swims in recent time, keep it up Charles.

See attached files for all the results and remember to check on your progress towards finishing 5 swims in stroke/distance.

Happy swimming,  
Graham.