



## Armadale Masters Swimming Club



Hi Swimmers,

Everyone must have been saving themselves for the BACC on Sunday as there was not a single PB or Club Record set.

As the end of the aerobic year approaches more swimmers are completing their 5 swims. Charles Croft, Ross Doherty, Liz Dunn, Graham Hicks and Jeff Sanders ticked off another stroke/distance set of 5.

You have until the end of November 2011 to complete your 5 swims to gain points in the Club Aerobics Trophy and the end of December 2011 for the National Aerobics Trophy.

See the results in the attached files.

Happy swimming.  
Graham.