



Armadale Masters Swimming Club



Hi Swimmers,

A little bit of warm weather certainly attracts the public to the pool, must have been the biggest crowd so far this summer.

The good conditions saw Linda Cragg, Liz Dunn, Chris Millard (x2) and Graham Cragg complete their set of 5 swims. Jenny Findlay completed her 4th 800m freestyle and therefore has one to go in December. Jeff Sanders repeated a 400m freestyle swim he did last month just after his surgery when he probably should not have been swimming and was 40 second quicker this time. Yvonne Lovegrove did a 400m freestyle just to make sure she would be able to complete a 200m freestyle in the Osborne Park BACC on Sunday, I think you will be fine Yvonne. Charles Croft and Graham Hicks did a ½ hour freestyle swim.

Linda Cragg set the only Club Record with a fast PB swim lowering her previous best by over 8 seconds.

Well done to all swimmers, see attached files for full details.

Happy swimming, Graham