



Armadale Masters Swimming Club



Hi Swimmers,

It is a pleasure to witness and a great credit to the club and coaches to see so many members embracing aerobics. We had a record number of members participate in aerobics while completing in the 2012 Rottneest Virtual Swim. A total of sixteen members completed a combined total of twenty seven aerobic swims and in the process set four PBs and eight Club Records.

Low Anderson shattered his 400m freestyle PB and Club Record by more than 157 second.

Jacqueline Briggs lowered her PB and Club Record by over 10 second in the 400m freestyle and not to be outdone Fettes Falconer knocked over 21 seconds off his PB and set a new Club Record in the 400m freestyle. Michelle Hollamby swam a credible PB in the 400m breaststroke and set a new Club Record with a dodgy 400m backstroke swim. Graham Hicks lowered a Club Record in the 800m freestyle, Mary Plant set a new Club Record in 400m breaststroke and Kelvin Wright set a new Club Records in the 400m breaststroke and lowered existing 400m freestyle Club Record.

Congratulations to all aerobics swimmers and specially the seven swimmers who swan new strokes and distances for the first time.

Happy swimming,

Graham.