



Armadales Masters Swimming Club



Hi Swimmers,

On a pleasant Sunday morning nine keen members took the opportunity to gain some aerobic points.

New member Zita Badger tackled the 1500m freestyle for her very first aerobics swim and completed the distance in a respectable 33 minutes. The star of the morning went to Lexie Rankin who swam a big PB nearly taking 28 seconds off her 400m freestyle and set a Club Record to boot. Greg Frey was late into the water then wanted to have a warm up that was knocked on the head by his fellow swimmers who were ready to start. Heather Croft was showing off by swimming an 800 and 400 freestyle.

Five swimmers tried to see how far they could swim in ½ an hour, check out how far they got below;

Simon Stiles 1175m freestyle

Ross Doherty 1525m freestyle

Charles Croft 1525m freestyle

Gillian Caruso 1575m backstroke

Graham Hicks 1675m freestyle

Happy swimming,

Graham.