



Armadale Masters Swimming Club



Hi Swimmers,

Thursday Night Aerobics had somewhat of an unusual start with the aerobics' bag failing to arrive due to another one of my senior moments. You all performed admirably under difficult circumstances, which is further evidence that proved what I have been saying for some time and that is "I'm not needed". I now intend leaving the aerobics bag in the wheelie bin (you have to be an insider to understand about wheelie bins) so it is readily available to avoid future senior moments on my part.

New member Kevin Wright participated in his first aerobic swims and established two new Club Records in his age group for the 400m and 800m freestyle distances. The stand out performer on the night was Colin Gibson with a big PB in the 400m freestyle that broke the existing Club Record. In his 800m freestyle Colin continued on his record breaking way with another Club Record. Greg Frey and Jeff Sanders produced swims within ten seconds of their PBs.

I offer some comfort to the other swimmers. Longstanding club members who set PBs some years back will find the task of repeating those times increasingly difficult as we all inevitably age. My only advice is to keep trying or put your fins on!!!!

Graham.