



## Armadale Masters Swimming Club



Hi Swimmers,

Note the name change – ‘Endurance 1000’ (sounds more appropriate than ‘aerobics’ and it’s been official for over a year).

Seven swimmers took part in ‘Endurance’ swimming on 17 September with two new records set and three PBs recorded. It’s great to see the regulars continuing to improve over a range of events, with ‘Personal Bests’ commonplace.

Notable performances include;

Mary - swam 400 backstroke for only the second time and recorded another PB and age group record

Sharon - swam 400 freestyle, was so disappointed with her time that she swam it again after a short rest and achieved an 18 second improvement and PB – what dedication!

Bill – has exhausted his 800 freestyle opportunities and chose to tackle a long one - 1500 free.

Graham, Chris, Jeff and Ross – regular endurance swimmers who continue find a challenge in the program.

Ross.