



## Armadale Masters Swimming Club



Hi Swimmers,

Things looked bleak on Thursday when only five swimmers elected to swim 'endurance' - Gilly, Colin Bill, Jeff and Ross. Even our spiritual leader was absent. In the next lane, Chas and Kev did some serious training while the head coach played 'talent scout'.

Colin and Bill decided to take advantage of the vacant lanes and swam 1500 freestyle while Gilly swam her regulation favourite 800 backstroke. Gilly tagged Jeff who swam 800 freestyle and then backed up with 400 breaststroke. Ross followed Bill and Col for a 400 freestyle, and that was it! Most notable performance was again Col who swam a 1500 PB and set another record.

Ross.