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## World Record Broken by Lamorinda Mom

*Submitted by Claude Zamanian*



Alison Zamanian swimming freestyle in practice last week Photo provided



Alison Zamanian Photo provided

The results of The Olympic Club 1500 Swim Meet are in, and a world record was broken by Orinda resident Alison Zamanian.

Zamanian, an Orinda resident for ten years and the mother of three sons, broke the world record for her age group in the 1500 short-course meter (25m) freestyle event on January 16th. The previous record was held by Lynn Marshall of Canada set in 2002 with a time of 17:38.37. Zamanian beat the record by a whopping three seconds, 17:35.49.

Zamanian said that she felt strong the entire way and was very happy about her time, especially since it was 13 seconds faster than the last time she swam back in October at the Walnut Creek Short Course Meter Championships. Zamanian said swimming long courses, along with cross-training (spin classes and running), has helped her build her strength and power off of the walls.

In addition to this accomplishment, Zamanian also broke her own National record in the one-hour postal swim on January 24th, swimming close to 5600 yards of freestyle in one hour. Her previous record in 2006 was 5525 yards.

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