



## **2016 European Masters Open Water Swimming Championships, Croatia.**

On Saturday 10th September Graham Ling participated along with 350 men and 250 women from all over Europe at a large swimming pool/open water complex in Croatia.

The conditions for racing in the sea were ideal, very hot 34c air temperature, light cloud, very calm crystal clear sea of 21c.

The 5km course was straight along the rocky Mediterranean type coast for 2 1/2k and then straight back, the course markers being 200mt off shore.

My wave of 30 swimmers 65-80yrs started at 13.30hrs, I was pleased with my outgoing swim to the half way buoys, however unfortunately during the long swim back my right calf muscle went into cramp so i had to stop, massage the leg and suck an SIS gel, losing about 2min. It was a struggle and a bit of a blur for the last 1 1/2k racing back to the finish in 1hr 47min. My position being 8th out of 12 in my age group.

There were approx 40 British swimmers attending the event, many winning Silver and Bronze medals, me I was just so pleased to finish!!







## **East Invicta Swimming Championships 1<sup>st</sup> Weekend 2016**

Well done to Ben Walker East Invicta 200m Breaststroke Champion

Well done to everyone who swam at the first weekend of the East Invicta (East Kent) swimming championships, with some very good swims considering the lack of training that has been available to swimmers and as Shepway we achieved 6 East Invicta Champions.

From Hythe Aqua our East Invicta Champion was one of our oldest swimmers Ben Walker in the 200m Breaststroke. Other finalists were Finn Wood 3rd 100m Fly, 4th 100m IM, Grace Walker 3rd 50m Back, Ben Walker 4th 100m Bk and 100m IM whilst Tristan Calvo made the 100m Fly final but was ill and had to withdraw. Sandra Vroemen made the 9/10 50m Free final in her first East Invicta's with an impressive PB.



**Ben Walker 2016 200m Breaststroke Champion**

