



Hythe Aqua Swimming Master Graham Ling takes Silver Medal at National Championships

On Saturday 23rd July Graham Ling competed in the National Masters Open Water Championships. Taking place over two days at the picturesque Rother Valley Country Park in Sheffield, the event saw the country's finest Masters swimmers race for national honours in the Masters Open Water Championships. This year there were 72 male swimmers competing.

The Masters Open Water Championships are open to all ASA Category 2 members aged 18 – 80+ years and is the highlight on the year for open water Masters as they compete for national honours in 1.5km and 3km events.

Graham started his 3.0km race in near perfect weather conditions, warm sunny and 21oc water temperature. Graham completed the 3K course in 1hr.03.33 to gain Silver medal position in the 70-74 age group, which was an excellent achievement.

Graham is now training hard in the sea for the LEN Masters European Open Water Championships to be held in Croatia on 10th September.



Graham Ling National Silver Medallist