

## **EUROPEAN MASTERS OPEN WATER SWIMMING CHAMPIONSHIPS LAKE BLEED SLOVENIA**

Graham Ling a member of Hythe Aqua Masters Section competed in the European Masters Open Water Swimming Championships held at Lake Bled in Slovenia on the 8th & 9th September 2018.

On Saturday Graham swam the 3km race coming 9th in a time of 1hr 8mins. On Sunday, he then raced 5km and came 5th in a time of 1hr 51mins gaining a diploma award. Graham was pleased with his results but was off the pace for a medal position being 74yrs old and at the top of his age group.

The swimming in the Lake was excellent, the water being very clear, clean and fresh at 21 degrees C. The swim course was easy to follow, being a straight 2km down and back plus two 500 metre sections pass the Lido at the start and finish.

The Lake was a magical setting surrounded by mountains with forests around the edge. A beautiful castle perched 600 metres on a rocky cliff overlooked the lake, which also had a small island with a picturest church.

Graham found the event to be a wonderful experience and extremely well organised.

