

ASA Masters Open Water National Championships

On Sunday 1st September Graham Ling a Hythe Masters swimmer, competed in the ASA Masters Open Water National Championships at Nene Park, Peterborough.

Three different races were held, during the day, 5k-3k-2k, most swimmers, including Graham raced in the 3K, which involved about 200 competitors in four waves.



Unfortunately the water temperature was measured at 19.4 degrees so it was optional to swim in a wet suit or skin, Graham chose the latter

The course set was an uneven oblong with one leg being 600m making sighting the turn buoy difficult especially as it was very windy and choppy.

Graham found the swim very challenging but completed it in 1hr 16min to win Silver medal position in the 75-80yrs age group. (he is disappointed with his slowest 3k time to date!!)

Well done Graham