



2015 - ASA Open Water National Swimming Championships Sheffield

Graham Ling a Hythe Aqua Masters Swimmer aged 71, who was ASA National Champion in 2014, and Mike Read MBE (King of the Channel) aged 73 fought for honours in the ASA Open Water National Swimming Championships at Rother Valley Country Park Lake near Sheffield on Sunday 2nd August, competing in the 3K race.

Unfortunately Graham who trains regularly with Hythe Aqua Masters swimming club (although leading his age group all the way) was beaten into second place by Mick Read by 4 sec, half a body length, after an hour of racing.

Later in the year, early September, Graham and Mike with four other national swimmers all over 70 will attempt a Channel relay, if successful the team will be the oldest team to complete a channel crossing challenge.

Hythe Aqua Masters will be offering coaching to other disciplines such as Open Water, Triathlon or simply swimming for fitness from early September on Friday evenings at Hythe Pool. If you can swim lengths (25 metres) then check out the Hythe Aqua website in early September for details.



Picture: Graham Ling – Hythe Aqua 2nd place at Nationals.