

The FINA World Masters Swimming Championships in Korea Gwangju 13th – 18th August

There were 2 swimmers from Cornwall and over 100 swimmers from GB , participating in the World Championships held this year in south Korea . Graeme Milne swimming for Truro City Swim Club and Helen Kula- Przewanski swimming for Caradon Swimming Club both travelled the distance to represent their Clubs . Helen and Graeme both put in fantastic performances and made an impact on the World podium.

On the first day Helen came 2nd in the 200m backstroke in 2:56.29 and Graeme came 4th in the 100m freestyle 1:08.00. The following day brought more podium success for Helen with a 3rd in 400m IM in a time of 6:25.59 and 1st in the 200m freestyle in a time of 2:33.54 . Graeme also took the podium with a 1st in 50m butterfly in a time of 30.51.

The next day saw Graeme swimming in the 50m freestyle and 100m butterfly coming 7th in 50 freestyle in 29.96 and second in 100 fly in 1:12.96. Helen had another good day with a 2nd in the 200m IM 2:58.65.

Helen continued to dominate the Championships in her events winning her final event 100m backstroke, winning by more than eight seconds, she clocked a time of 1:21.66, with Australia's Vivienne Anthony taking second in 1:30.14.

Graeme's final event of 50m backstroke gained him a commendable 4th place in a time of 36.01 .

Well done to both athletes in achieving such success . We are very proud of you !

Catherine Ralph

Cornwall masters rep