
GWANGJU, 2019

February update

– on friendship

Well, this is my 8th World Championships and what's it all about? Masters swimming is supposed to be about Fun, Fitness and Friendship – as well as winning a medal or two. I guess this last F is for F*%\$#@ great competition! This is when you pit your talents against the best in the world. The best are not always there, of course, but you can only beat those who are.

After 26 years of Masters swimming, I have made a lot of friends from all over the world and still enjoy the camaraderie and competition. Let me share some memories with you.

1. *This is Hans, my friend from Germany, many times world record holder and very educated man. Lives in Munich.*



2. *Here we have the lovely Linley Frame-ex-world ELITE record holder and currently many times world champion and record holder, Juggles kids, job and all that, too.*



3. *There are the flag wavers like Stuart Ellicott – brilliant all rounder and good friend.*



4. ...and the sharers. All are welcome on the podium.



5. ...and the incredible Dot Dickey. Dot has been to every World Championship (bar 1) since they began in the eighties. It's not all work, you know.



6. The Worlds are about fun and friendship as you can see from these "fun" pictures.



7. A COLD GOLD in Budapest

The World Championships are like no comp you have ever been to. Come, join us in August.