

10,000 athletes and 25,000 swims for European masters

Finally it's almost here! And as I write this, I've just received my Athlete's Guide to the European Masters Championships in London, which at least answers our questions about which pool our events will be swum in and explains the thinking behind the warm-up proposals.

Rob from swimperformance.co.uk has produced a useful video on dryland warm-ups aimed specifically at the Europeans. Links should be on the masters hub at swimming.org but if not, google 'swimming dryland warmups

How you swim has more to do with your training and attitude than your environment. Hopefully, the London Europeans will be a memorable event for all the right reasons. At the time of going to press, there is no more detailed information about the entries other than the headline figures of 25,000 swimmers and 10,000 competitors. I understand that across all disciplines, a British record in the 80-84yrs 50m Bishop celebrated Her team-mate Geoff Kings Cormorant club. Her team-mate Geoff Kings Cormorant club. Her team-mate Geoff Kings Cormorant club. Her team-mate Geoff Kings Cormorant club.

time was over a minute faster than the previous record and even her 50m freestyle was almost six seconds faster. If ever a swimmer had an Achilles heel, it's Jane's breaststroke but even her 50m breast was good enough for a British record. Guernsey also proved successful for Jane's Kings Cormorant club. Her team-mate Geoff Kings Cormorant club. Her team-mate Geoff Kings Cormorant club. Her team-mate Geoff Kings Cormorant club.



Simon Veale broke a 100m IM British record

chat to and party with. If early season form is a lot to celebrate as well, Jane Asher looked in fantastic shape in Guernsey. Swimming in the 85-89yrs category, she demolished the world records for 50, 100, 200 and 400m freestyle and 100 and 200m IM.

Her 400m freestyle relay and by Liz, Geoff and Frank Taylor in the 320yrs mixed freestyle to set British records. Tothens' Simon Veale chose Guernsey for his first outing in the 60-64 age group and was rewarded with a British record in the 100m IM. At the fourth Billingham Masters Meet, Launceston's Roger Burrell added British

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In Swansea, there was a double for Guildford sprinters Michelle Ware in the 40-44yrs 50m back and David Bryant in the men's 55-59yrs 50m breaststroke. Burnham's Greenville Cole, 85, a newcomer to masters after last swimming competitively 68 years ago, set his first British record in the 50m breaststroke before adding the 100m mark at Sheffield the following month.

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> Syrian swimmer and former judo ace Ibrahim Al Hussein delivered a message of hope when he carried the Olympic torch through the Eleonas Refugee Centre in Athens before a crowd of 1,500 refugees. The 27-year-old, who has worn an artificial leg since losing part of his right leg in a bombing in 2012, said: 'For 20 years I dreamed of competing in the Olympic Games but now I am here carrying the torch. It was a beautiful thing to have the torch inside the camp and I wanted the Greek people to feel it. We appreciate everything they have done for all the refugees.' Hussein, who was accompanied by 1984 Olympic water polo player Spyros Capraios, now president of the Hellenic Olympic Committee, is hoping to represent Greece in the Paralympics.

> World 100m breaststroke champion Yuliya Efimova's suspension for her provisional championship for her provisional suspension to be lifted in time for her to compete in Russia's Olympic trials has been turned down by the World Anti-Doping Agency (WADA). She tested positive for melatonin.

> The Mexican aquatics team will be allowed to compete at Rio 2016 under their national flag despite the governing body's temporary suspension by FINA for withdrawing as host city of the 2017 World Championships.

> Cesar Cleio, the fastest swimmer in history, missed his chance to compete in an individual event at his home Olympics after finishing only third in the 50m freestyle in 21.91 at the Brazilian trials. The 50m world record holder had already pulled out of the 100m freestyle after coming sixth in the heats.

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> Slovenja's 200m breaststroke national record holder Tanja Smid, 25, has been banned for four years by her country's antidoping organisation after testing positive for GW 1516, a hormone and metabolic modulator banned since 2009. Smid swam at London 2012 and won a silver medal at the 2010 European Championships in Budapest.