

FINA World Championships Shanghai 2011

Hi all,

Well - one day to go and then we return to England. It has been a very tough and demanding 26 days out here in China.

Pete was so unlucky to become ill and not be able to train and prepare for his events here in Shanghai. He and Tom getting 6th in the synchro means they will compete in the World Series events next year in Russia, China and Mexico and that was actually a great result given Pete had only done his dives once before the event. Having put himself through that he created severe bone bruising in both wrists at the end of the radius and so had to have local anaesthetic injected in to his wrist to enable him to try to take part in the individual event. He did this and got a qualification spot for GB for the Olympics by making the final. He was in so much pain and unable to push from his wrists so his opening dive which is an armstand back triple somersault was a real problem to him. Just very frustrating as the rest of his season has been so spectacular.

Chris scored a personal best on 1 metre and missed the final by a mere 1.7 points. He and Nick were not over-awed in the synchro and did a great job to finish 7th in the World. Chris did an inward 3.5 s/s for 8.5 and 9 in the prelim and 8.5 in the final - fabulous diving. In the individual Chris just dropped one dive so was unable to make the semi-final but used his forward 4.5 s/s for the first time in a World Championship - well done Chris.

Below are some photos of the pool, dryland, view from my room and the reception in our hotel!

Cheers,

Lindsey





