

PRESS RELEASE

Another National and North-American Record for Canadian Freediving Sensation William Winram

Long Island, Bahamas - April 11, 2009 - Vancouver-born William Winram announced and realized a clean 90-meter dive in Free Immersion (FIM), one of several competitive disciplines in the sport of breath-hold diving. Winram pulled down and up a dive line to the set depth of 90 meters (294 feet) during the 2009 edition of Vertical Blue, an invitational-only competition held in Dean's Blue Hole on Long Island, Bahamas between April 1 and 11. This is Winram's 19th national record claimed over a span of less than four years since the beginning of his participation in this unusual sport.



Winram had already achieved a national record depth of 85 meters in the same discipline, earlier in the competition, on April 2.

The new depth he achieved today opens a new era in the sport of freediving in the West, as he is the first individual to reach that depth on his own power in North America.

Above, Winram with the tag he retrieved from 90 meters of depth - photo Fred Buyle

Below, Dean's Blue Hole - photo Fred Buyle



Other compatriots to attend this competition were former world-record holder Eric Fattah who realized the deepest FRC (Functional Residual Capacity - "empty lung" or exhale) Constant Weight (CWT) dive ever done in a competition with 71 meters, and relatively newcomer, nonetheless talented, twice Canadian record holder Jana Strain who also realized a national record a few days ago with 51 meters in the discipline of Constant Weight No Fins (CNF).

William Winram is not only an accomplished competitive freediver who has medaled at the world championships, he is also involved in ocean conservation projects, particularly shark preservation. To read further on that visit <http://www.williamwinram.com>). Winram also provides breath-hold diving education with an environmental focus through Ocean Encounters (<http://OceanEncounters.net>).

All photos taken during the event are courtesy of former multiple freediving world record holder-turned-photographer Fred Buyle (<http://www.nektos.net>) who was present to capture this record-breaking dive.

Winram will be leaving the Bahamas in a few days to attend the Canadian Indoor National Championships which will be held in Montreal, Quebec on April 25 - 26. For more information or to sign up for this event, visit <http://www.freedivecentral.com/c-canadian-indoor-nationals-64>.

These Championships are organized by CASM (<http://www.casm.info/>) (Club d'Apnée Sportive de Montréal) a freediving club affiliated to AIDA Canada. AIDA Canada is a not-for-profit sportive association founded on the democratic international representation of Canadian freedivers in the country and abroad. To join or enquire about AIDA Canada, visit <http://www.aidacanada.org>.

A few freediving terms:

Competitive depth disciplines:

Constant weight (CWT), where the freediver descends in deep water on a single breath only aided by the fin(s)'s propulsive power (no pulling on the line allowed)

Constant weight without fins (CNF), same as above, except without any use of propulsive equipment (no pulling on the line allowed). This discipline is regarded as the purest and most difficult in the sport of freediving

Free immersion (FIM), where the freediver pulls on the dive line down and up

Competitive pool disciplines:

Dynamic apnea (DYN), distance achieved in a pool, underwater, with fin(s)

Dynamic apnea without fins (DNF), same as previous except without fin(s)

Static apnea (STA), time achieved with pure breath-hold, face in the water



Winram pulling down the 90-meter line - photo Fred Buyle

For more information and photos, contact: press@williamwinram.com

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