

# William Winram - the dangerman

He's won more competitions and medals than almost any other freediver, and he's one of the few who 'all-rounders' in the sport, able to pull out world-class performances in all the disciplines. Being an ex-competitive swimmer at a national level in breaststroke William has taken to the no-fins disciplines more than the others, and has attempted several times to break the world record in CNF. This iron-willed Canadian can never be ruled out, as shown during the AIDA world champs when he came from nowhere to win silver with a 75m CNF dive after being out of the water for a month with middle ear infections.



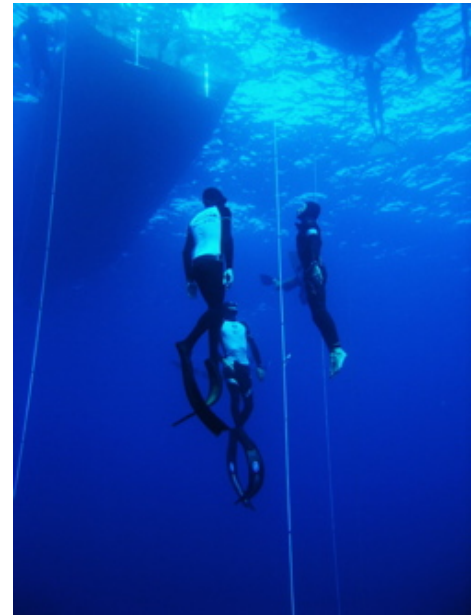
## William Winram

DOB: rumours differ... sometime in the last century!  
height: 187cm  
weight: 77kg... 80kg after Malpelo  
lung volume: unsure

*1st, Triple Depth 2006  
1st, Rhein-Main Cup 2006  
2nd, Coupe des Calanques 2006 & 07  
1st, Coupe des Dauphins 2007 & 08  
2nd, MAD Cup 2007  
bronze DYN (203m) and silver CNF (75m) at AIDA Individual WC 2007*

*First person to swim the Dahab arch without fins  
National records: CWT 84m, CNF 75m, FIM, DNF, DYN*

What is your favourite piece of music to listen to while visualising a freedive? **varies...jazz, rock, pop...but never country.**  
Who do you think is the most talented freediver of the opposite sex? **Herbert.**  
What current opinion about freediving training do you think is mistaken? **Not sure, I don't really follow any opinions in my training**  
Describe your most beautiful freedive? **Freediving with hammerhead sharks in Malpelo Columbia**  
Favourite fish? (not to eat!) **Sharks.**  
Do you abstain from 'romance' the night before a big dive? **depends on what you mean by romance...a nice romantic dinner - no...an all night love making session...yes.**  
What is the first thing you eat after a dive? **protein shake...fruit...meat...**  
The cliff overhanging Dean's Blue Hole is 10m high. Will you jump feet first, head first, or need to be pushed? **before or after the comp or at the start of my dive?**



*This entry has no comments yet.*