

# Eric Fattah



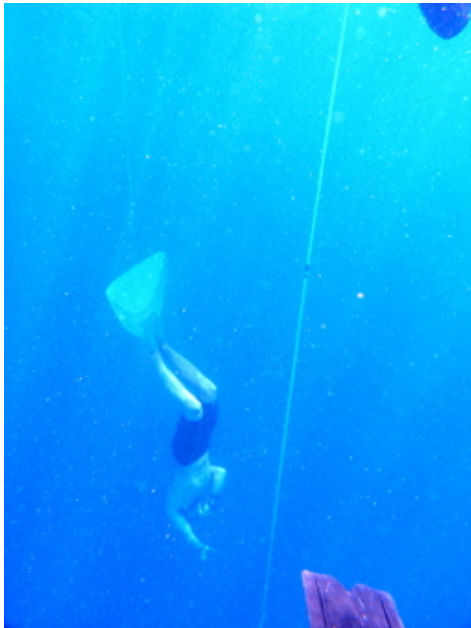
**DOB:** March 20, 1975  
**height:** 6'0" / 183cm  
**weight:** 175lbs  
**lung volume:** FRC 3.25L (full inhale or packing=unknown)

**CWT WR:** 82m, 2001  
**National records:** 2 STA, 3 DYN, 3 CWT

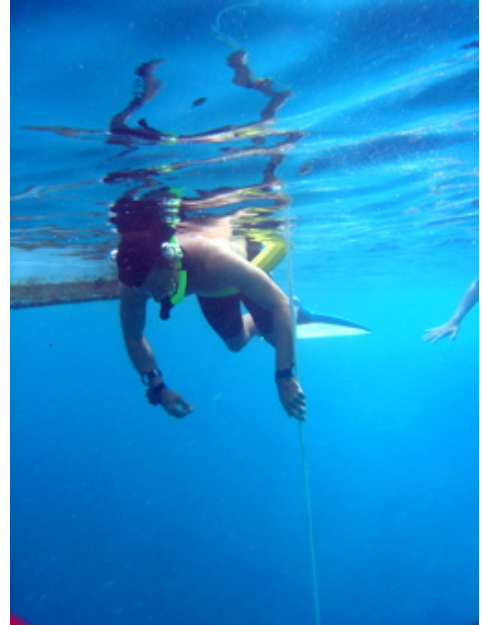
What is your favourite piece of music to listen to while visualising a freedive? *I rarely listen to any music at all.*

Who do you think is the most talented freediver of the opposite sex? *I don't really like the word 'talented', it reminds me of the word 'gifted', meaning a person who is born with incredible talent and doesn't have to train or practice at all, and still beats everyone. So my answer to who is the 'best' freediver of the opposite sex would be different than who is the most talented. I think Mandy Cruickshank has worked at least as hard as any female freediver, although clearly Sara Campbell entered the scene with considerable talent.*

What current opinion about freediving training do you think is mistaken? *I am strongly against packing as well as diving on a full inhale. I believe that to overcome narcosis, DCS and deep blackout challenges, eventually people will dive on submaximal inhales or near FRC volume, and I also believe they will enjoy the sensations of diving far more, once they adopt that style. I'm also very used to people disagreeing with me. In 1999 I was diving with a monofin and everyone said there was no hope of ever breaking a record with a monofin. Now, nine years later, everyone uses a mono.*



Describe your most beautiful freedive? *The most enjoyable dive I ever did was a recreational no-suit freedive, at Mermaid's Cove in BC, Canada, in 2007. The flat bottom was at 20m, and there is a large bronze mermaid statue amidst varied sea life. As always I was diving on FRC volume, and sank the whole way down through the 10C thermocline and landed on the bottom. My skin and body felt so good and so warm, but cool. I saw many fish in the distance. I felt so good I wished the moment would last forever. I eventually swam over to the mermaid and played with some of the fish around her. Ultimately I surfaced with lots of air left after 3'13". Another extremely memorable dive was a 32m FRC dive at Whytecliff park where I spotted a species that is apparently unknown to science. I could write a whole book about my memorable dives.*



Favourite fish? (not to eat!) *I would have to say rockfish, they bring back many good memories of diving.*

Do you abstain from 'romance' the night before a big dive? *Not necessarily.*

What is the first thing you eat after a dive? *I like to eat salt & vinegar Kettle Chips (potato chips).*

The cliff overhanging Dean's Blue Hole is 10m high. Will you jump feet first, head first, or need to be pushed? *None of the above!*

*This entry has no comments yet.*