Interview with Mike Alexander

*1. What is your personal background in sports and SwimRun in specific?*

My background is in adventure sports, everything from mountaineering to white water kayaking. I was working in the adventure industry and competing in adventure races when I first discovered swimrun in 2014. My first race was OtillO Uto in May 2014, I absolutely loved it.

*2. What’s your personal goal with Dyfi SwimRun, since when are you organising
events or SwimRun events*
I'd like Dyfi X Swimrun to grow into a series of distances, including an Ultra and a Junior/Sprint.  I've been organising events since 2017 (Aberdyfi Swim)

*3. What makes Dyfi specific?*

The Dyfi Estuary is a very special place, the tidal nature of the swims means they are always different and this creates interesting challenges as a race director. This dynamic nature is what I love. It's also in Snowdonia National Park and the UNESCO Dyfi Biosphere, so quite a stunning natural environment to be part of.

*4. What do you recommend to train in advance?*

Include sea swimming and trail running in your training, with some hill-reps.

*5. How to get there most easily?*

For international travel there's a direct train to Aberdyfi from Birmingham - which has a large airport.

*6. What is your personal goal with a 5-year timeline*

Simply to get more people swimrunning in Aberdyfi (Aber is Welsh for mouth, so Aberdyfi means "mouth of the Dyfi")

*7. What do you think about the My SwimRun Championships Series?*

I like the idea, and hope to take part in some of the series races in the coming year. My first impression is that it seems to have a good community feel.

*8. What is your reason to join and what can your input be for the series in general?*

I'd like to be part of building the European swimrun community, I hope my input in general will be to increase awareness of the My SwimRun Championshiops Series in the UK and maybe help to get some UK swimrunners near the top of the rankings!