First up: Julie Bradshaw, swimmer

FIRST RECORD-BREAKING SWIM: In 1979, I swam Windermere (10.5 miles) in four hours, 38 minutes. This was a British Junior Record and I believe it still stands today.

FIRST WORLD RECORD SWIM: This goes back to 1980, when I swam Thames-Windsor Wharf (a total of 31.5 miles) in 9 hours, 58 minutes and 45 seconds. This was recognised by the Guinness Book of Records.

FIRST TIME IN A SWIMMING POOL: I swam at the age of two years, four months and 20 days. This was at the lido baths in Blackpool, near my home. Although the weather was cold and wet, it was great to tested the cold and be in charge of the lifeboat we had there.

First season, a boy was drowning in the sea during my watch and I was able to save him and save his life.

FIRST PLACE IN MY OWN: The house boat that I bought in 1988 and which is still her today.

FIRST TRUE OR FALSE: At 15 years old, I think I was driven in my team to the world championships and some other tournament.

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