



So much effort to look smooth

TALENTED Wellington dive ace Ollie Armstrong-Scott shows the exertion required to perform a twisting dive at the North Island Diving Championships.

Dominion Post photographer Robert Kitchin perched above the action on the seven-metre platform in the Kilbirnie Pool on Sunday to capture Ollie cascade through a forward 1½-somersault double-twist dive.

Ollie took the one and three-metre open men's titles.

Kitchin used a Canon EOS 1D Mark II camera with a 200mm zoom lens.

Because of the dim lighting he had to push his camera to the limit to get a perfectly frozen result. He used a low (wider) aperture to let in more light and used a low-light setting in the camera and a fast shutter speed to freeze the action.

It was the first time Kitchin had photographed diving. He



PIC OF THE WEEK

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wanted to show the effort required to look graceful in a dive and was happy with the result.

He had to reel off a sequence of quick-fire shots but it was this moment of full exertion and clenched-tooth grimace that proved the stand-out.

"There was one moment. That was the perfect moment when he was facing back towards me."