

# dA Duncan Armstrong > introduction



It's a pleasure to have Duncan Armstrong with us today.

Duncan is an Olympian, television presenter, public speaker, charity worker, a committed Christian and also a Husband and Father of five.

Duncan became a household name at 20 years of age with his upset win in the 200 freestyle at the Seoul Olympics in 1988.

Coached by the unstoppable Laurie Lawrence, Duncan's success in the pool led him to become Young Australian of the Year and honoured with the order of Australia medal.

Since retiring for international swimming Duncan has enjoyed several careers and currently works for long term partner Telstra.

Before he comes up and shares, let us revisit the moment Duncan Armstrong broke the 200m freestyle world record to win Australia's 100<sup>th</sup> medal in Olympic competition.

Ladies and gentlemen in Lane 6 representing Australia Duncan Armstrong.

(Play Swim)

*"Success is a process, you learn how to succeed then make it happen."*