

and in a short space of time, I was swimming butterfly again. The results have been wonderful and have allowed me to go on and achieve my 'butterfly dream' last August.

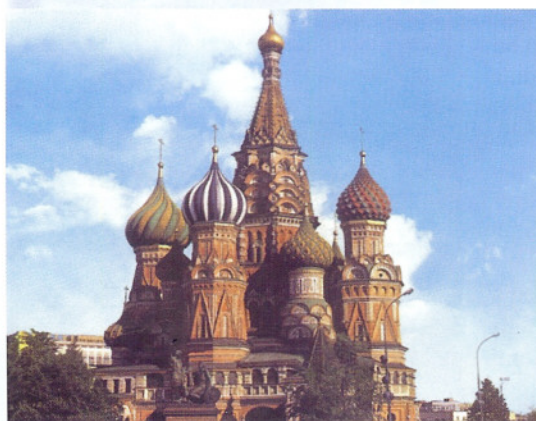
Many athletes have reported recovery from injuries after using these magnetic devices. Whilst not a miracle cure, claims have been reported showing amazing improvement and recovery from many conditions,

including arthritis, back pain, muscular pain and strain, asthma, cramp, osteoporosis - the list is endless. You name it and Bioflow (Magnetotherapy) seems to have done it, with over a million satisfied customers.

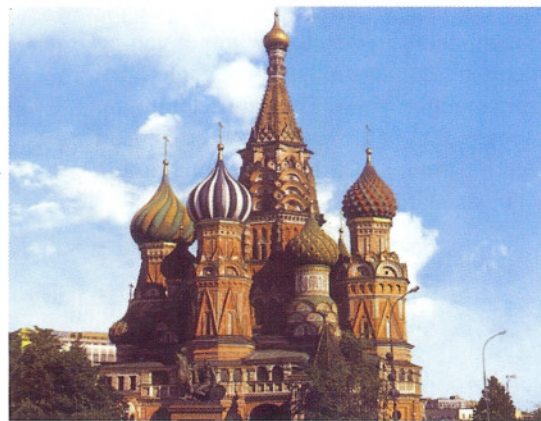
For me, it was well worth the fifty pounds and now I wouldn't be without it.. That's why now, as a distributor for 'Madfish Therapy' I want to spread the news that it really works. It does work - I'm living proof

- so if you have a problem, why not give it a try?

So, this summer, I'm going 'armed' in the English Channel, once more in pursuit of a world record, wearing my 'Bioflow'. Wherever I go, it goes too!. In the meantime, if anyone wishes to sponsor me in my latest endeavour (I'm still looking to cover the basic cost of the swim alone at £4,500), I'd be excited and grateful to hear from you. (Julie Bradshaw 07941 467291)



RUSSIAN OLYMPIC CHAMPION DOMINATES AS GB DIVERS BATTLE BRAVELY



Britain's divers, Tony Ally and Mark Shipman battled their way through the World Championship final of the Men's 3m Synchro which was dominated by a Russian pairing that included an Olympic Champion.

The Sheffield pair had performed at their best and qualified for the final in sixth place but the gulf in the standard of dives between the morning's preliminaries and the evening's final was immense as the bar was well and truly raised.

Russia's Olympic gold medallist Dimitri Sautin and partner Alexander Dobroskok showed the rest of the field the standards that will be needed to win medals as they dominated from the first dive. The Russian divers drew gasps from the crowd and enormous respect from their fellow divers as they collected maximum points throughout the competition, with clockwork precision.

Olympian Sautin said, "Without a doubt, we train harder than any other divers here. Our programme is geared for success. We're getting better every time we compete. We aim for perfection and Alexander knows that I will accept nothing less from him. I can confidently forecast that the best

is yet to come from us. We want to reach standards that will last for generations"

For Ally and Shipman, an eighth place finish came as a disappointment but in such a high calibre field the slightest mistake can cost dearly and the odd error let the Sheffield pair down.

The battle for gold and silver was always going to be between Russia and the Chinese pair of Feng Wang and Tianling Wang but Sautin and Dobroskok, who spend eight hours a day training in the gym and at the pool, were in a class all of their own scoring 10s on four out of their five dives.

Russia finished on 369.18 with China second on 343.29 and Germany, comprising Andreas Wels and Tobias Schellenberg, took the bronze with 334.44. Britain finished on 301.29 in eighth.

National Performance Director, Steve Foley, was upbeat about the British performance.

"We didn't dive to the best of our ability and we need to improve the degree of dive difficulty that we are doing. That was highlighted here today. We were doing dives with a 3.0 rating while others were attempting dives at 3.5. That is one of the big differences."

"It's nice to know we're in the top eight in the world but it wasn't good enough. We need to improve ahead of the Athens Olympics next year. "

His sentiment was echoed by Ally who said: "Sometimes it comes down to how it feels on the day and we should have sharpened up out there. Everything is going well in training, we've done the job beforehand but we didn't do it when it counted. "

Team mate Mark Shipman appreciated the standards the British divers will need to achieve to be successful in world diving.

"It was the hardest preliminary and final I think I've ever been in. The standard just keeps getting higher and higher and you have to follow or lead. It was good to be there today but we just didn't hit anything quite right in the final. "