

Stockport's Rebecca Coales swims FOUR lengths of Olympic-sized pool without coming up for air!

UNDERWATER WONDER HITS A NEW RECORD

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SWIMMER Rebecca Coales has broken a UK freediving record after swimming nearly four lengths of an Olympic-sized pool without coming up for air.

Stockport-born Rebecca held her breath for over two and a half minutes as she swam a total of 179m at Life Leisure's Grand Central.

The 38-year-old, who grew up in Davenport and went to Stockport Grammar School, broke the previous DYN (Dynamic with fins) record by 4m.

Dynamic without fins is the discipline of swim-

ming as far as possible underwater in a swimming pool with no breathing apparatus on a single breath with flippers, or in Rebecca's case, a monofin.

The UK record had been

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held since 2009 by Ruth Griffin. Rebecca, who now lives in Bristol and trains for 12 hours a week, said: "I really wanted to be here in Stockport and at Grand Central, the 50m pool is perfect for this swim.

"I am so pleased I have done it. It's my first monofin record. My sights are now on the world championships where I will compete in no fins, monofins and static dives.

"I will be back in Stockport to train and look forward to achieving even more in the sport."

The record was observed by Rebecca's coach Steve Millard, also head coach for the Apneists UK club, and international judge Gary Lowe.

Steve said: "Rebecca is a relative newcomer to the competition circuit, only starting to explore her potential in the last 18 months.

"Previous to the 2009 record, another female Freediver who trained at Grand Central Pools had held it, Mandy 'the mermaid' Buckley.

"It really shows the influence this training facility has on UK pool freediving, and as a cross-training tool for the depth freedivers.

"Many champions and record holders have been coached at Grand Central, it is a centre of excellence and home to the amazing Stockport Metro swimmers and it certainly



● Freediver Rebecca Coales at Grand Central pool in Stockport - where she broke the world record for a 'dynamic with fins' swim

inspired Rebecca." Rebecca is a member of freediving club Apneists UK that trains at Stockport and across the north west.

Kirsty Hockley, general manager at Life Leisure, said: "We are thrilled that Rebecca chose Grand Central to attempt the

record. The world DYN record is 234m, set by 22-time Russian world champion Natalia Molchanova in June 2013.

