

# Rebecca swims into the record books



● Freediver Rebecca Coales at Grand Central pool after her record attempt below, in the pool during the attempt

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**S**WIMMER Rebecca Coales has broken a 179m freediving record, half minutes under water.

Stockport-born Rebecca swam 179m without breathing at Life Leisure's Grand Central - almost four lengths under the water of the 50m pool.

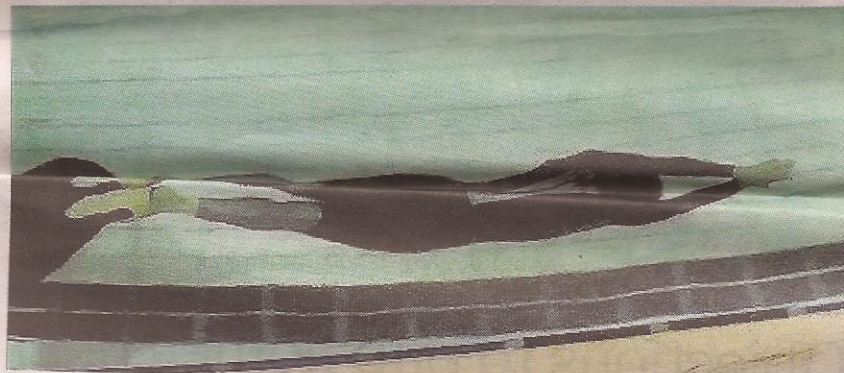
The 38-year-old, who grew up in Davenport and went to Stockport Grammar School, broke the previous DYN (Dynamic with fins) record by 4m.

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

The record had been 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 was 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 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 freediving club trains here each week and it was really exciting to witness a UK record in our pool."

"It seems more and more people of all ages are taking up the sport for both the health benefits and the sense of wellbeing and relaxation it can bring - it is becoming a really popular sport."

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

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