

PLYMOUTH DIVING PRESS RELEASE
SARAH BARROW EARNS FIRST INTERNATIONAL SUCCESS

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Plymouth Diving's Sarah Barrow (18) has just returned from China with a fabulous bronze medal which she won in the Womens Synchronised Platform event, with partner Monique McCarroll from Southampton.

The event, the Chinese leg of the FINA World Grand Prix circuit, was attended by some of the World's leading diving nations, including Australia and of course China.

The girls' score of 303 was a personal best for this relatively new partnership and makes them only the second British pairing in history, to go over the World Class 300 points barrier.

Sarah also competed in the individual Womens Platform, where she made the semi-final and finished 8th overall, with a personal best score of 319.50 points. She was extremely unlucky with her semi final draw and had she been in the other semi final, she would have progressed to the final.

A former gymnast, Sarah has only been involved in diving for 6 years and is not as well known on the international circuit as her team mate Tonia Couch who has just returned from the World Championships, however these 2 performances will certainly ensure she is noticed by the powers that be and she has undoubtedly put her name into the frame for next year's Beijing Olympics.

Sarah will replace injured team-mate Brooke Graddon at next month's FINA World Grand Prix in Montreal, which she will attend with young prodigy Thomas Daley who at the age of 12, will be attending his first GB Senior International. Tonia Couch follows one week later, with a trip to Fort Lauderdale for the USA leg of the circuit.

There is so much at stake this year and there will be no let up as the National Performance Director has ordered that the divers cancel Christmas, in order to be on top form for the British Championships which start on 2nd January. They provide the trials for the World Cup, the final opportunity for any diver to qualify for places in Beijing.

It's going to be a tough 12 months for these talented young divers, but with Beijing in their sights, Plymouth's International quartet will be putting their noses to the grind stone to put themselves in with the best possible shot at making the team.

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