

**TONIA COUCH**  
**PRESS RELEASE**  
**WORLD CHAMPIONSHIPS**  
**MARCH 2007**

Plymouth Diving's Tonia Couch is currently settling herself into the Australian way of life at a pre-World Championship training camp in Perth.

She traveled out on Sunday with the rest of the British Team who will have a ten day camp for acclimatization, before moving onto Melbourne for the World Championships.

It's a pool Tonia is very familiar with, having competed there at the Commonwealth Games last March.

It's not been a perfect preparation for Tonia, who injured her thumb at the Australian Youth Olympics in January. She missed the European Cup as a result and although, physically fit, she has missed some valuable competition practice.

Tonia is competing in the individual and synchronised womens platform events. It's her second time at the World Championships, her first being in Montreal at the tender age of just 16 in 2005.

If Tonia and synchro partner Stacie Powell from Southampton, can perform to the peak of their abilities, a top 6 place is definitely on the cards and with this event heralding the first opportunity for divers and Countries to qualify places for the Beijing Olympics, there is a lot of pressure on this relatively young team.

The swimming and diving events start on 18<sup>th</sup> March and conclude on 25<sup>th</sup> March.

Results:

[www.omegatiming.com](http://www.omegatiming.com)

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[www.fina.org](http://www.fina.org)