

IN THE SWIM: Dr Julie Bradshaw holds 20 world records



The season of the Cross Channel Swimming Association starts at the end of June and runs through to the beginning of October. I'm responsible for the day-to-day running of the organisation.

All the swimmers send their forms to me. I try to get most of it done on e-mail. I'll get the odd phone call where they'll say: "I've been trying to get hold of you all day." And I'll say: "To be honest with you, it's just me and this is only part of what I do."

I'm a very good organiser and as I

schedule things in, I prioritise, that's how I fit it all in. But the thing that keeps me sane is the swimming. Even though I spend copious amounts of time in the water, it's my time. It's my form of rest, if that makes sense. I'm in my own little world.

I use the endless pool in the back garden. It mimics different currents and swimming conditions.

I have a dog, Molly. She's a greyhound, a rescue dog. She'll sometimes sit there and watch me while I swim, although she tends to do

a lot of sleeping. Funnily enough, she doesn't like water very much. As a greyhound, there's not a lot on her. She wouldn't make a very good swimmer.

Saying that, I'm coming back in my next life as a well-looked after dog who sleeps, eats and walks a lot.

My next big swim will be in July - it's another butterfly first and, once completed, will be my 21st world record. Again, I'm doing it for Rainbows Children's Hospice, so any donations on my Just Giving internet page are very, very welcome.

CKY PARK

