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Medley swimmers set new record on Lake Windermere

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Swimming to raise funds for the Rainbows Children's and Young People's Hospice in Loughborough, Dr Julie Bradshaw MBE (pictured) and her team of intrepid swimmers have completed another record swim - this time swimming a two way medley relay of England's largest lake, Windermere.



The total distance covered was 21 miles and each swimmer swam for an hour in rotation until completion of the swim.

Julie, nicknamed 'Madfish' because of all her extraordinary swimming feats, swam her signature butterfly stroke for every one of her legs.

Completing the record swim on June 29, the water temperature was a 'warm' 13 degrees throughout.

Julie always swims in Aqua Sphere's award winning curved lens goggles and performance swimwear.

This latest record adds to Julie's astonishing string of swimming achievements, her most recent one being her Butterfly Manhattan swim in 2011 (28.5 miles), which she completed in 9 hours and 28 minutes.

In 2002 Julie smashed the world record for swimming the English Channel by over nine hours - her time being a superfast 14 hours 18 minutes.

Julie has raised an admirable amount for charities over the years, including Rainbows Children's Hospice.

The Windermere Medley relay is a warm up for Julie's next butterfly world record attempt on the River Humber in August 2013.

To sponsor Julie visit <http://www.getset4success.co.uk>

You can follow Julie on Twitter (twitter.com/getset4success) and Facebook (<http://www.facebook.com/julie.bradshawmbe>)

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