



Press Release – Wednesday 4th August, 2010

A Mile-stone Achievement for David

At 75, David Wigmore from Honiton, doesn't let age or serious illness stand in his way. On Tuesday 3rd August, he swam 3,000 metres (just under 2 miles), in aid of Honiton Royal British Legion Local Welfare but what makes this achievement even more impressive, is the that 26 years ago, David underwent a coronary artery bypass before suffering a mild heart attack in the same year. He then suffered a severe heart attack in 2002 and had to have another coronary artery bypass in 2003. David also suffers from lower back pain and an arthritic hip and prior to taking on this challenge, his personal best for continuous swimming was just 500 metres.

David, a regular swimmer at Honiton said: "Swimming is a brilliant way to build up your fitness gradually, especially after serious illnesses." David wished to thank everyone for their support at Honiton Swimming Pool, including coach Kevin Weaver, from whom he received tuition at special adult swimming lessons held on a Monday evening.

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NOTES TO EDITORS

Leisure East Devon Ltd is a charitable trust established on 1 January 2006 that manages East Devon District Council's leisure facilities under a 30-year lease. Please see: www.ledleisure.co.uk for more details.

The facilities are: Axe Valley Leisure Centre; Broadclyst Leisure Centre; Colyton Leisure Centre; Ottery St Mary Leisure Centre (Colin Tooze Sports Centre); Exmouth Tennis & Leisure Centre; Exmouth Swimming & Leisure Centre; Exmouth Pavilion; Exmouth's Phear

Park; Honiton Swimming & Leisure Centre; Seaton's Seafield Gardens; Sidmouth's Coburg Road Gardens; Sidmouth Leisure Centre & Sidmouth Swimming Pool.

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