

'Carry on' swimming

Briton Jackie Cobell, 56, became the slowest person to swim the English channel after taking 28 hours and 44 minutes to swim from Dover to Calais, according to The Daily Telegraph. She swam 64 miles instead of the 21 mile direct route, after being pushed 40 miles off course by the tides. She eventually reached Calais on Sunday beating the previous world record for the longest solo Channel swim of 26 hours and 50 minutes set by Henry Sullivan in 1923.

Mrs. Cobell said "I kept seeing the beach and thinking I was nearly there, then the tide would sweep me along the coast."

She added: "I couldn't believe it when I was told I'd smashed the record for the slowest swimmer. I knew I had been a long time but it didn't feel like 28 hours."

Her husband David, 59, who supported her throughout the swim from a nearby boat, said: "There were times when she seemed to be moving away from the beach rather than towards it and her stroke was getting weaker and weaker, but I wasn't ready for the amount of energy and persistence she had in doing the job." Mrs Cobell raised nearly £2,000 for the Huntingdon's Disease Association on completing the crossing.

Put your feet up

The Independent reported that the NHS spend £40 million each year treating injuries caused by people wearing flip-flops and that more than 200,000 people visit their GP's for flip-flop related problems each year.

Flip-flops have become more popular as a fashion accessory and increased everyday use over uneven pavements has seen a huge rise in accidents. Wearers can suffer twisted ankles, stubbed toes, strained calf muscles and sore tendons as the body struggles to cope with their flat shape.

Experts say regular use of flip-flops can lead to shin splints and joint problems and increased everyday use over uneven pavements has caused the huge rise in accidents. Mike O'Neill, of the Society of Chiropodists and Podiatrists, said "With flip-flops, people land on the outside and roll the foot inwards putting all the pressure on the big toe. This constant rolling puts pressure on the ankle joint, causing it to weaken.

The lack of support also causes pain in the tendons on the inside of the foot and lower leg."



La sandwich

Brits can now try world's first lasagne sandwich, which has gone on sale at Tesco stores in the UK. The sandwich is made up of two thick slices of bread, a filling of diced beef in a tangy tomato and herb sauce layered with cooked pasta sheets and finished with a creamy cheddar, ricotta and mayonnaise dressing.

Tesco food developer and sandwich creator Laura Fagan: "We think the lasagne sandwich could become the food of choice for anyone wanting a solid snack between meals." She added "The sandwich is a great British invention and a fine contribution to world cuisine. Hopefully the lasagne sandwich will be another chapter in the history of this classic culinary creation."

Egg & spooned

Soaring numbers of competitive parents are injuring themselves during school sports days. Unfit mums and dads, desperate for victory in the egg-and-spoon and sack races are tearing knee ligaments and hamstrings, says a report by AposTherapy.

Half of physiotherapists questioned reported having treated parents who have injured themselves during the annual display of athletic ability. Perhaps unsurprisingly, it is fathers who are most likely to need treatment as a result of a sports day mishap.

Bupa's Dr Peter Mace said "They are surprisingly competitive" adding "Parents should remember to warm-up thoroughly beforehand, not over-exert themselves and try to warm-down afterwards."



Puppy fat

Sky News reported that British retailer, Marks & Spencer, are making school blazers for obese three-year-olds and other plus-size clothing for girls and boys.

M&S said the range had been introduced as part of a trial prompted by demand from parents. A spokesman for the retailer described the move as a "small online trial running in response to customer demand".

"Marks & Spencer is the leading school-wear retailer and we want to make sure our school-wear range is accessible for children of all shapes and sizes," he said.

Campaigners said the move by M&S simply reflected increasing rates of obesity in young children. Tam Fry, of the National Obesity Forum said "This is the actual commercial recognition of what we have known for some time - that obesity in pre-schoolers is building up. Now 27% of entrants to primary schools are overweight or obese."

