



## **FREEDIVING WORLD RECORD VENEZULAN BECOMES FIRST HUMAN TO BREAK 100 METRE BARRIER**

History was made today in Limassol, Cyprus, when Carlos Coste from Venezuela became the first human being ever to break the 100m barrier. With the use of only a mask and fins and a single breath of air Carlos dived down to an incredible 102m and then completely under his own power successfully ascended to the surface.

Back on the boat he was all smiles as Carlos talked about the dive. 'I was very calm until about half way down I was fearful but kept thinking good thoughts and then I felt better'. The world record was ratified by A.I.D.A. the worlds governing body for the growing sport of Freediving.

3 Men attempted the 100 meter dive today – but only Carlos Costa succeeded

### **Constant Weight Results**

Carlos Coste of Venezuela new Constant Weight World Record of 102 metres,  
Martin Stepanek of the Czech Republic turned at 98 metres,  
Herbert Nitsch of Austria turned at 88 metres.

### **Constant weight**

The men's constant weight category is perhaps the most respected event in Freediving. The BIOS Freediver Open Classic 2004 is the venue for the deepest and most entertaining dives to date. It seems like a simple thing to do; Take a very deep breath, swim down a length of rope to grab a tag and bring it back up for the judges to see. Although many divers have previously announced plans to become the first to hit -100m (400 ft!) in constant weight, no one has attempted or achieved it yet! – UNTIL TODAY!

### Scale comparisons

Carlos Costa 102 meters / 335 feet – 17 06 04

- ☞ Big Ben 96.3m (316 ft)
- ☞ Nelsons column 165 feet (x2 =330feet)
- ☞ Victoria tower = 102 meters
- ☞ Stock exchange tower = 100 meters
- ☞ Statue of liberty = 93 meters

**On Tuesday Hannah Stacey from the UK – Broke the her own British Womens Record by 4 meters yesterday by diving to 54 Meters in the constant weight discipline.**

**Freediving** is a water adventure that allows enthusiastic men and women to experience the sights, sounds and challenges of the most natural of underwater experiences. Human evolution and development has ingrained us with an underwater potential the same as our marine cousins, whales, seals and dolphins. Without the use of underwater breathing apparatus, Freedivers on a single breath of air can explore the underwater realm for minutes at a time with relative comfort. Freediving is about the comfort and exploration of the ocean realm for recreation, spear fishing, competition or personal discovery..

The **BIOS FREEDIVER OPEN CLASSIC** is being organised by a Plymouth based company – **Freediver UK**. Freedivers from around the world have gathered in Limassol Cyprus this week - to compete in the competition.

#### **The other 2 disciplines of the competition are –**

##### **Dynamic Apnea**

The term 'Dynamic Apnea' refers to the event where the athlete simply tries to swim as far as possible underwater, horizontally, while holding their breath in a swimming pool. The athlete is allowed to use fins or a monofin.

Johanna Nordblad of Finland set a new Ladies World Record by swimming a distance of 158 meters while staying fully submerged. It took Johanna 2 minutes 48 seconds to travel over 3 lengths of the Olympic sized 50 metre pool

##### **Static Apnea**

Static Apnea, or simply 'breath-holding', is the simplest of all events. The athlete simply floats face down in a pool, and tries to hold their breath for as long as possible, without moving.

16 / 06 / 04 - AIDA has also announced today that Tom Sietas of Germany set a new Men's World Record in Static Apnea. (achieved a few weeks ago) He completed an 8 minute 47 seconds breath hold which beats the previous record of Martin Stepanek by 41 seconds. The Static Apnea event starts at the Cyprus competition – can someone hold their breath for nearly 9 minutes!

##### **H2o TV – The Water TV Channel**

This TV Channel will be the world's first to focus on WATER and first to launch via the Internet! All of H2o TV's content will be concerned and connected with water. There will be sailing, surfing, swimming, diving and *much* more, including environmentally sensitive subjects to do with water.

The ethos of the company is to represent Water, in various ways to the world and highlight its importance on a global scale. It will be on the Internet - for at least a year - as it builds its programme portfolio, branding and business to business relationships. H2o TV - The Water Channel plans to launch on a digital platform next summer (2005). H2o TV is based in Cornwall with a strong presence also in Plymouth, Devon. A dedicated and enthusiastic team is behind many interesting projects and they are driving the channel forward.

**Danny Bamping Managing Director H2o TV**, the young media entrepreneur who has Developed the Tv Channel over the last 3 years stated:

*“H2o Tv – the world’s first water channel has made a big splash since we launched a week ago on the web. The world record set by Carlos Costa today is a fantastic achievement and one which we are glad to be involved in. We hope our documentary and coverage of the event will showcase the sport and show the amazing limitations of the human body and water!”*

#### **Notes to editors**

### **For more Exclusive information & Images please contact**

For images of the event see [www.freediver.co.uk/foc2004](http://www.freediver.co.uk/foc2004)

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**“How inappropriate to call this planet Earth, when clearly it is an ocean.”**

**Arthur C. Clarke**