

Knox-Johnston, the first to perform a single-hand-stop voyage around the world and double Olympic champion Shirley Robertson

we are aiming to make it a critical disease not a terminal disease.

"We might not find a cure but we are working in stages

lot of research on the disease.

"It is important that we raise awareness about the disease and men, especially those over 50, need to get checked."

from Newcastle Vipers in October last year, it was always his intention to make the 2006-07 season his last in this country.

Bracknell and the fans were brilliant.

"I wish the players and the club continued success for the future."

Athletics

Sprinter puts Olympic finalist in the shade

ELITE sprinter Helen Pryer continued her phenomenal comeback from injury and personal bereavement with success in the 200m at the Crystal Palace and Bedford International Athletic Games.

The 28-year-old jostled with former Olympic finalist Donna Fraser and last year's Commonwealth games finalist Laura Turner in both competitions over two weekends for her place in the medal positions.

Pryer finished in a hard-

fought third position at Crystal Palace behind Fraser and Turner.

She then left seasoned international Fraser in her wake last weekend at Bedford to finish in a hugely impressive second place behind the in-form Turner.

Pryer's quickest time of 23.72s, ran at the Bedford Games, represents another landmark performance, marking the fastest time in her career she has run into a head-wind. It is Pryer's second fastest time ever.

The sprinter's recent suc-

cess firmly establishes her among the top-ten UK sprinting elite and continues her rise to the top following two injury-plagued years and the sad loss of her mother to cancer in 2005.

Pryer was delighted with the results and hailed her team of specialists including her strength and conditioning coach John Shirley, who is based in Binfield, and medical director Jim Adkins at the Berkshire Physiotherapy Centre.

"I'm so pleased with the results I have produced

this season considering the awful past two years I have endured," Pryer told *The Wokingham Times*. "This is my best-ever start to a season by far.

"I couldn't have achieved this comeback without the help of my team of specialists.

"I just wish they could change the wind direction I've been facing as I'm getting fed up of running into a head-wind in every race.

"Just wait to see what I can do with the wind behind me."



Rostrum: Helen Pryer (left).

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