

# Edmystone holds out Jones

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Jade Edmystone

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FORMER world champion Jade Edmystone last night took a small step towards returning to the Australian fold in time for next year's Beijing Olympics when she held off Leisel Jones to win the 50 metres breaststroke title at the Australian shortcourse championships.

Her success came after Australian freestyle sprint champion Eamon Sullivan was forced out of the meeting after dislocating a finger during a heat swim on Wednesday morning.

Edmystone, who holds the shortcourse and longcourse 50 breaststroke world records, was among a handful of world-ranked swimmers who did not qualify for this year's world titles in Melbourne.

She said the failure, when she was the best in the world over the one lap, still burned and was a driving force for her as she joined coach Stephan Widmer's high profile

squad in Brisbane. Since last December's national titles, she has watch Jones, who was the world's dominant 100 and 200 breaststroker, master the shorter distance and claim her world title in Melbourne.

However, last night, she took confidence from posting a winning time of 30.13 seconds, which returned her to the realm of her personal-best times, from Jones (30.28) and Sarah Katsoulis (30.62).

"It's a really good time, it's one of my fastest times ever and it's been three years since I've been at that speed, so I'm really happy with it," Edmiston said.

"It's been really hard since world shortcourse (last year). I've been married, moved state and changed coach twice now, but I've settled back up in Brisbane with Stephan and had a couple of really good blocks of training and I think it shows now."