

Jim Holden



Have your say at: Express.co.uk/jimholden. Or you can email Jim at jim.holden@express.co.uk

Swimmer's perilous voyage from war zone to Rio

VERY often in the modern world of sport we lose sight of the Olympic motto which tells us: 'It's not the winning but the taking part that counts'.

A new book published this week reveals the value of the old adage.

'Butterfly' is the spellbinding story of young Syrian swimmer Yusra

Mardini (right), who fled as a refugee from the bombs and civil war of her homeland to an uncertain future in Europe.

When the small boat ferrying her over the Aegean Sea started to sink, she and her sister swam for three and a half hours to pull the craft to land and save the lives of all on board.

Mardini's perilous journey reached Berlin, where her swimming talent was quickly spotted and she ended up competing at the 2016 Rio Games for the newly-formed Olympic Refugee Team. The book is beautifully written and a movie is already in the making.

● 'Butterfly' is published by [Bluebird](#), £18.99.

