



Regional Champs

Media release for Southampton Diving Academy

A team of divers from the Southampton Diving Academy completely dominated the Great Britain Diving Federation Southern Region Championships held at the Chiltern Pools, Amersham on Saturday 15th March.

In the events, which included 1m Age Groups, Ladies 3m and Men's 1m competitions, the club took 10 of the 11 gold medals, 7 silver and 3 bronze.

Particularly successful on the day were Anna Bennett-Britton (14) and Robert Appleby (16) who took a gold and silver apiece. Anna took her gold in the B Group Girls' 1m event and silver in the Ladies' 3m, where she was unlucky to be beaten into second place by only two points. Robert took his gold in the A Group Boys' 1m event and silver in the Men's 1m.

Chris Farrow (11) and Emily Alderman (11) also both fared well on the day, setting new records for their events. Chris scored 112.7 points, beating the record of 106.3 set by his team mate, Stephen Appleby in 2001. Emily scored 124 points, also beating a record set by a team mate, Ellie Steele in 2002.

The club had a particularly outstanding showing in the Men's 1m event, where their five divers took the first five places.

Director of Coaching, Lindsey Fraser, was delighted with the result. "They were just fantastic," she said. "I'm really proud of them all."

The elite divers from the club are now preparing to attend a training camp in Las Palmas over the Easter period, sponsored by Hampshire Funeral Services. This will allow them to get experience of diving in an outdoor pool, which is vital for those members of the squad who will go on to represent Great Britain, since most international competitions are held in the open air.

The next opportunity to see members of club in competition at the Quays will be on Saturday 22nd and Sunday 23rd March at the GBDF National Spring Masters Championships.

Full results on Saturday were as follows:

1m Age Groups: Ciaran Allen, silver; Stephen Lindgard, gold; Emily Alderman, gold; Chris Farrow, gold; Ellie Steele, gold; Emily Jones, 5th; Stephen Appleby, bronze; Jack Clewlow, gold; Adam Purkis, silver; Vicky Jones, bronze; Melissa Harley, silver; Kim Purkis, 4th; Anna Bennett-Britton, gold; Luke De Ste Croix, gold; Charly Tomkys, gold; Maxine Harle, silver; Robert Appleby, gold; Patrick O'Reilly, silver.

Ladies' 3m: Anna Bennett-Britton, silver

Men's 1m: Gary Hunt, gold; Robert Appleby, silver; Taz Hollingum, bronze; Luke De Ste Croix, 4th; Patrick O'Reilly, 5th.

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For further details call the Director of Coaching, Lindsey Fraser: 023 8072 0922.

Please note photo opportunities can be arranged.