



Nifty Novices

Media release for Southampton Diving Academy

A team of novice divers from Southampton Diving Academy made a significant impact at county level in the Hampshire County Amateur Swimming Association Novice and Plain Diving Championships on Sunday 16th March.

Competing in their home pool, The Quays, Southampton, the group took a total of 15 gold, 13 silver and 11 bronze medals.

For many of the youngsters it was their first experience of competition. Particularly notable were Max Brick (10), Abbie Fretton (8) and Lucy Winch (10), who all took two gold medals apiece in their debut with the club. All three were introduced to the sport through the Awards for All free diving taster scheme being run this year by Southampton Diving Academy.

Coach, Alison Farrow, is very excited by their prospects for the future. "This is an incredible result for children whose first experience of the sport was only a few weeks ago," she said. "If they maintain their commitment they could really go somewhere with diving in the future."

Three of the more established divers also excelled on the day with double golds. Ellie Hill (12), Robert Knight (12) and Dayne Mulford, competing in the older age groups, put in some superb dives to secure their places. Both Ellie and Robert have particularly given consistently high level performances in recent competitions.

The Novice Competition was also an opportunity for those who had not already done so to achieve a qualifying score to represent the club in the National Novice Championships. Additional divers successfully reaching the required level this weekend were: Emily Batt, Erin Marshall, Ruth Ingermells, Lucy Winch, Emily Jones, Max Brick and Dayne Mulford. They will join Ellie Hill, Ciaran Allen, Amy Lovett, Emily Burden, Kate Hicks, Jack Howsham, Sam Colmer, Stephen Lingard and Robert Knight when they travel to Plymouth at the beginning of April to challenge divers from all over the country.

Director of Coaching, Lindsey Fraser, was very positive about the strength of the club in the Novice section. "I am absolutely thrilled with the way these divers shaping up," she said. "We have some very exciting talent in the group and they are beginning to come together to form a formidable team, which will really give the other clubs a run for their money."

Full results were as follows:

Plain diving: Abbie Fretton, gold; Bryony Solan, silver; Bethany Watts, bronze; Emily Batt, 4th; Georgia Wingrove, 5th; Alex Cameron, gold; Stephen Lindgard, silver; Nick Farrow, bronze; Ciaran Allen, 4th; Harry O'Reilly, 5th; Lucy Winch, gold; Kate Hicks, silver; Ruth Ingermells, bronze; Amy Catt, 4th; Max Brick, gold; Jack Howsham, silver; Andrew Dowling, bronze; Ellie Hill, gold; Amy Lovett, silver; Francesca Godfrey, bronze; Emily Burden, 4th; Danielle Robinson, 5th; Chesca Ferguson, 6th; Robert Knight, gold; Sam Colmer, silver; Niall Solan, bronze; Dayne Mulford, gold; Richard Snook, silver.

Novice diving: Abbie Fretton, gold; Bryony Solan, 4th; Bethany Watts, 5th; Emily Batt, silver; Georgia Wingrove, bronze; Alex Cameron, silver; Stephen Lindgard, gold; Ciaran Allen, bronze; Lucy Winch, gold; Kate Hicks, silver; Ruth Ingermells, bronze; Max Brick, gold; Ellie Hill, gold; Amy Lovett, bronze; Emily Burden, silver; Danielle Robinson, 5th; Chesca Ferguson, 4th; Robert Knight, gold; Niall Solan, silver; Dayne Mulford, gold; Richard Snook, silver; Krystian Hornsby, bronze; Erin Marshall, gold.



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

Please note photo opportunities can be arranged.