

Media release for Southampton Diving Academy

National Success

A record number of youngsters from Southampton Diving Academy travelled to Plymouth to compete in the ASA National Novice and Intermediate Competitions held at the Central Park Leisure Centre from 30th April – 2nd May.

In total 34 divers competed in the events: a team of 20 Novices and 14 Intermediates, bringing back a total of 10 medals between them and second place in the team event with 360.5 points, only 16 points behind the home team.

The most successful member of the Novice team was Rachel Holland (10) who took the silver medal in the Girls' 10/11years event. Hot on the heels of her international success in Denmark, Rachel showed that her performance on that occasion had been no fluke as she pulled another set of excellent dives out of the bag. Particularly outstanding was her line-up, which attracted a score of 10 and left her less than 5 points behind the gold medal position.

For several members of the Novice team this was their first competition away from their home pool, the Quays. For those who have only come into the sport this year through the Talent Identification Programme, carried out by British Diving in Southampton schools last November, this was their first competition ever.

Director of Coaching, Lindsey Fraser, was delighted by the outcome. "Particularly considering the lack of experience of many of the team this was a very successful meet for the Academy. We can look forward to fielding an outstanding team at Age Group level with some of these youngsters as they move through the ranks in the next couple of years."

The Intermediate team was even more successful, taking 2 gold, 4 silver and 3 bronze medals.

The gold medals came from Georgia Wingrove (9) on 1m and Fran Godfroy (13) on highboard. Both girls dived superbly, with Georgia narrowly missing out on 2 further medals, taking 4th on both 3m and highboard, only 4 or 5 points behind the bronze position in each case. Fran did particularly well to take her gold, being the youngest competitor in the group.

The girls' coach, Charly Tomkys, was "very chuffed" with their result. "It was a really excellent result for them both," she explained. "They have been training very hard and definitely deserved their success."

Alex Cameron (10) also made a very good showing, taking medals in all 3 of his events: bronze on 1m and silvers on 3m and highboard as did team mate Jack Howsham (12) who took silver on 1m, bronze on highboard and 7th on 3m. Alex dived consistently well on all 3 boards, taking scores of 7 with his reverse dive on the 3m board.

Making a sudden leap forward in his level of performance, Stephen Lingard (10) took a well deserved silver on 1m and was unlucky to miss out on medals in his other two events, taking 4th in each case only 3 to 5 points behind the bronze positions.

Also performing well during the weekend was Bethany Watts (9), whose consistency was rewarded with a bronze medal on the 1m board.

Christian Brooker, leader of the Intermediate Squad, was very satisfied with the result. "I knew that the squad had a good chance of doing well", he said. "The result was a just reward for the hours of commitment they have put into training over the last few months. I am very proud of them."

Full results are as follows:

Novices

Sarah White, 4th; Laura Ware-Heine, 5th; Rosie Medlock, 8th; Sam McSevich, 7th; Harry McCarthy, 11th; Rachel Holland, silver; Jade Murphy, 20th; Max Costley, 9th; Ryan Strudwick, 14th; Charlie Saint, 18th; Rosie Pope, 4th; Moyra Ferrier, 21st; Olivia Rogers, 23rd; Andrew Dowling, 4th; Josh Pike, 8th; Jordan Rippon, 9th; Chris Lingard, 10th; Reuben James, 11th; Jamie Keyter, 13th; Heather Bilsby, 14th.

Intermediates

1m: Georgia Wingrove, gold; Bethany Watts, bronze; Stephan Lingard, silver; Alex Cameron, bronze; Ciaran Allen, 9th; Max Gennings, 10th; Kate Hicks, 5th; Jack Howsham, silver; Kim Purkis, 10th; Fran Godfroy, 11th; Emily Burden, 12th; Danielle Robinson, 15th; Robert Knight, 13th; Sam Colmer, 14th.

3m: Georgia Wingrove, 4th; Bethany Watts, 7th; Stephan Lingard, 4th; Alex Cameron, silver; Ciaran Allen, 16th; Max Gennings, 10th; Kate Hicks, 5th; Jack Howsham, 7th; Fran Godfroy, 12th; Danielle Robinson, 10th; Robert Knight, 11th; Sam Colmer, 13th.

Highboard: Georgia Wingrove, 4th; Bethany Watts, 5th; Stephan Lingard, 4th; Alex Cameron, silver; Ciaran Allen, 11th; Max Gennings, 5th; Jack Howsham, bronze; Fran Godfroy, gold; Emily Burden, 9th; Danielle Robinson, 8th; Robert Knight, 10th; Sam Colmer, 9th.

ENDS

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

Please note photo opportunities can be arranged.