

Media release for Southampton Diving Academy

St Albans Dive-In

A team of 23 youngsters from Southampton Diving Academy travelled to St Albans in May to compete in the St Albans Dive-In, coming back with 2 gold, 3 silver and 3 bronze medals between them.

The most successful member of the team was Andrew Dowling (12) who took a gold medal in the Group C Boys' Age Groups event and in partnership with team mate Max Costley a bronze medal in the synchronised diving. Andrew's reverse dive, a newly acquired skill, was particularly well executed and helped him to achieve the winning score of 91.3 off 4 dives.

Andrew's synchro partner, Max Costley (10) also had a very successful meet, taking the silver medal in the Group D Boys' Age Groups event. To do so he had to adjust to competing from the 1m board, although his recent training with this list of dives had all been from the 3m springboard.

The boys' coach, Chris Jenkins, was thrilled by their success. "This was a well deserved success," she explained. "Both boys are working hard at the moment and this has paid off both here and with their other recent events. I am particularly pleased with the excellent attitude of all of my divers just now and delighted that they are being rewarded with such outstanding results."

The other gold medal winner in the team was Chris Lingard (12) who took his medal in the Group C Boys' Novice event. The result was particularly commendable as this was his first competition away from his home pool.

Other silver medallists were Nick Farrow (12), returning from a recent injury in good form and Robert Knight (14) who has dived particularly well in all his competitions so far this season. Both were entered in Age Group events in Groups C and B respectively.

His enthusiastic approach to his diving earned Sam Colmer (13) a bronze medal in the Boys' Group B Age Group event and team mate Rosie Pope (13) put in an inward 1 ½ on 3m to clinch the bronze medal in her event. This is a difficult dive to achieve particularly for a relative newcomer to the sport.

Alison Farrow, coaching at the event, was very pleased with how the day went. “All the divers performed well today,” she said. “I was especially pleased with how the less experienced members of the team coped. The whole group were a real credit to the club.”

Full results were as follows:

Novice:

Daniel Whitehead, 6th; Helena Jennings, 6th; Emma Howsham, 9th; Danielle Beckett, 16th; Scott Spearing, 16th; Rosie Pope, bronze; Connie Stock, 8th; Beverley Angove, 13th; Chris Lingard, gold; Andrew Tilson, 5th; Tom Pocock, 6th; Daniel Blake, 7th; Rosalind James, 7th; Amy Lovett, 10th; Stacie Vaughan, 13th

Age Groups:

Max Costley, silver; Moyra Ferrier, 5th; Andrew Dowling, gold; Nick Farrow, silver; Robert Knight, silver; Sam Colmer, bronze; Emily Burden, 5th; Danielle Robinson, 7th

Synchronised

Emma Howsham & Scott Spearing, 8th; Andrew Dowling & Max Costley, bronze; Moyra Ferrier & Connie Stock, 6th; Daniel Blake & Tom Pocock, 7th; Beverley Angove & Danielle Beckett, 8th; Daniel Whitehead & Andrew Tilson, 9th; Nick Farrow & Kelly Chittock, 4th; Robert Knight & Sam Colmer, 5th; Stacie Vaughan & Helena Jennings, 9th; Rosie Pope & Rosalind James, 12th; Emily Burden & Danielle Robinson, 4th; Amy Lovett & Chris Lingard, 6th.

ENDS

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

Please note photo opportunities can be arranged.