

Press Release from Southampton Diving Academy

November 2011

Georgie strikes gold in Southampton!

Top divers from all over the country descended on Southampton recently for one of the biggest meets of the UK diving calendar. The annual three-day Southampton Invitational meet, organised by Southampton Diving Academy and supported by Active Nation, attracted divers from 15 clubs stretching from Edinburgh to Plymouth and brought to The Quays many of the country's leading divers. A series of great individual performances from Southampton Diving Academy youngsters meant that the team came away with a total of 29 medals including 9 golds in the face of tough competition.

Star of the show was local diver Georgie Wingrove who won gold in both the 1m and 3m springboard events in the 16+ age group. Southampton showed their strength in depth in this age group with Bethany Watts winning gold on the platform and added a bronze for the 1m event. Rachel Holland was another who took away two medals with a silver on the 1m and a bronze on the 3m. Lauren Grinstead took the total medals won for Southampton girls in this category to 7 by taking the silver medal on platform.

The older girls really led the way but the younger category girls also had a very successful event. In the girls 14/15 age category Sarah White came away with a gold on the platform while Mollie James took bronze in the 3m springboard.

In the girls 12/13 year old category Southampton showed their strength on the platform with Portia Angove taking silver and Madeleine Angell taking the bronze.

In the youngest girls category, the 11 and under, Miranda Dibden was the top Southampton diver, taking gold in the platform and bronze in

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the 1m. Team mates Phoebe Cartwright took the bronze on platform and Emily Martin took bronze in the 3m springboard.

While the girls performed extremely well, the Southampton Diving Academy boys were not going to be outdone, again taking away medals in all categories.

In the 16+ boys event team mates Ryan Strudwick and Charlie Wood performed brilliantly with Charlie taking the Gold on platform, silver on the 1m and bronze on the 3m. Ryan took the silver on 3m and the bronze on 3m.

Best performer in the 14/15 age group category was Lewis Coleman-Smith who struck gold on the platform and took bronze on the 3m springboard. Star of the event in the 12/13 age group category Lewys Oakley took away three medals, silver on 3m and bronze on both the 1m and platform events.

In the youngest age category for the boys, the 11 and under, the Southampton Diving Academy youngsters showed that their strength runs right through the age groups with Harrison Williams taking gold on platform and silver on the 1m. Team mate Robbie Brodie also performed extremely well, taking gold on the 1m and bronze on the 3m sprinboard.

Southampton Head Coach Lindsey Fraser commented "Our High Performance Centre again showed its worth with some fantastic performances from across the age range shows that we have a pool of very talented young divers. And at the same time, we're successfully involving a much wider group of youngsters in national level competitions."

Note to Editors:

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