



By Chris Keane

Ann on Top form at Midland Short Course Championships.

Derventio eXcel Swim Squad have returned from their annual training camp in Majorca to take the Midland Championships by storm. They were in blistering form at the competition, which took place in Leicester last weekend, with 14-year-old Ann Morris taking the lions' share of the top medal places. Ann's highly impressive performances have reaffirmed her position as one of the most promising youngsters in the country. Not only did she win an amazing six Junior gold medals, but also took silver in the 400m freestyle Senior category, giving junior international swimmer, Sasha Matthews a very close run. She also won bronze in the senior 400 individual medley event.

Equally impressive was the highly talented 12 year-old Fiona Donnelly, who won 2 junior gold medals and unbelievably for a 12 year-old, the 50m Backstroke title in the senior category. She also won 4 silvers and a bronze in the junior and four bronzes in the senior age groups.

Butterfly specialist, Livvi Sefton (15) also produced excellent results, making a clean sweep of all junior butterfly events, winning gold in the 50, 100 & 200m distances as well as winning silver in the 50m & 200m and bronze in the 100m senior categories.

Sixteen-year-old Emma Smithurst, who is also well used to the number one position on the podium, was in expected form taking gold in the senior 200m Butterfly & 400m individual medley and silver in the 100m butterfly & 200 individual medley events

Top boy's performer was Chris Steeples (15) who also made a clean sweep of the top places in all junior Breastroke events and a silver and bronze in the 200m & 100m individual medley respectively. Chris also took silver in the 50m Breastroke in the senior age group.

Other medal winners were:

Richard Sellers (19): 2 gold (100m butterfly & IM), 1 silver (200m butterfly) & 2 bronze (50m butterfly & freestyle)

Scott Tovell-Coleman (14): 1 gold (1500m freestyle) & 1 bronze in the same event (senior)

Evie Keane (13): 1 Silver (800m Freestyle -and bronze Senior) and 1 bronze (200m backstroke).

Laura Jamieson (16): 1 Silver (100m backstroke) and 1 Bronze (50m backstroke)

James Shand (14): 1 silver (1500m freestyle)

DERVENTIO eXCEL SWIM SQUAD



Jo Reeks (15): 1 bronze (1500m freestyle)

Robert Guest (14): 1 bronze (200m freestyle)

Kane Haggett (14): 1 bronze (50m freestyle)

Alex Thirkell (15): 1 bronze (800m freestyle)

Matthew Smithurst (14) 1 bronze (50m Breastroke)

Derventio swimmers also were in excellent form in the relay events, taking silver in the men's 4 x 100m freestyle and bronze in the 4 x 100m individual medley. The women's event also saw the A & B teams take silver and bronze respectively in the 4 x 100m freestyle and the 4 x 100m individual medley team events.

One other impressive sight was in the women's 200m butterfly, which saw all medal places taken by the Derventio trio of: Emma Smithurst (gold) Livvie Sefton (silver) and Fiona Donnelly (bronze). Derventio were also the top medal winners out of 23 Midland clubs participating, winning an amazing 20 gold, 19 silver & 22 bronze medals.

Head Coach Mark Rose said: "This has to be the best set of results we have ever had, given that the swimmers have recently returned from a rigorous training camp and have not been rested at all, as they would normally have, prior to a major competition. To dominate the junior competition so heavily, yet again reinforces the fact that we are one of the best prepared age group & youth teams in the world!

Derventio eXcel is a partnership between all Derbyshire Swimming Clubs, Derby City Council, South Derbyshire District Council, North East Derbyshire Council, Amber Valley Borough Council, Chesterfield Borough Council, Derbyshire Amateur Swimming Association, British Swimming, Derbyshire Sport, the University of Derby and Derby College. It is one of a select number of squads that are endorsed and supported by British Swimming.

Swimmers at Derventio eXcel train for up to 27 hours per week, with six sessions starting at 5 30am. They train in a wide range of facilities over the county including: John Port School, Manor College, Middlecroft, Moorways, Queens, Queens Park, Ripley, Eckington & Sharley Park Clay Cross Leisure Centres

For further comment regarding this press release or to discuss any aspect of the Derventio eXcel programme, please contact Mark Rose – Head Coach on: 07956 516618