

Derventio eXcel Swim Squad

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Derventio go from Strength-to-Strength

The 4th Annual Derventio eXcel Open meet which concluded on Monday, saw some excellent results for Derventio swimmers and was a resounding success for all concerned, in what is now a firm favourite in the British swimming calendar. The Open meet, which is held at Ponds Forge Pool, Sheffield, followed the day after the culmination of the British Swimming Championships and Commonwealth Trials, which also included some outstanding swims from Derventio Squad members; most notably, Chris Steeples (17) who qualified to compete for GB at the European Junior Championships in Helsinki, Finland in July in the 100m breaststroke.

Other excellent achievements were:

- The women's 4x100m Freestyle Relay team, won silver behind Loughborough University and taking 3 seconds off the County Record in the process, in a time of 4:00.54. (Evie Keane – 1:00.4, Francis Marshall – 59:6, Emily Allsopp – 1:00.6 & Catherine Williams – 1:00.1). Georgina Tovell-Coleman took Emily's place in the 4 x 200m event with the team again taking silver medal position.
- In the men's 4x100m Freestyle relay, Kane Hagget led off in a PB time of 53.9. Zichen Liu (53.2) Connor Smith (56.2) and Robert Guest (55.9) to take bronze behind the teams from Hatfield and Loughborough. In the 4 x 200m event, Zichen and Connor, were joined by Chris Steeples and Scott Tovell-Coleman to add another bronze to the tally
- Ripley based swimmer Molly Renshaw (13) recorded a new PB and County Junior Record in the 200m Breaststroke (2:39.4). She also made another PB in the 100m Breaststroke with 1:16.22.
- Sarah Vasey (13) in her first ever swim at a British Championships, swam a 2:49 in the 200m Breaststroke
- Catherine Williams (14) swam a blistering 400m Freestyle taking 6 seconds off her PB in a time of 4:30.73. She also improved her PB the 50m Freestyle in a time of 28.08
- Buxton swimmer Emily Allsop (16), swam in the fastest heat of the 200m Backstroke against World Champion and World Record holder - Gemma Spofforth, finishing in an excellent 2:21.
- Twelve year-old Hannah Jones from Ripley, making her National debut in the 200m Butterfly, recorded a sensational time of 2:23.79 to top this seasons national rankings in her age-group, taking another 3 seconds off her PB in the process.

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Over the course of both the British Championships and Derventio Open meet, a number of Derbyshire County records were also broken:

Zichen Liu 200m Backstroke 2:06.61, 100m Backstroke 58.44; Chris Steeples 50m Breaststroke 30.03; Emily Allsopp 50m Backstroke 30.74; Livvi Sefton 50m Butterfly 28.67; Women's 4x100m Freestyle Relay & Women's 4x100m Medley Relay.

In addition to those performing at the British Champ's, the rest of the squad also proved their mettle across a range of age groups during the Derventio Open Meet, with many achieving additional National Qualifying Times (NQT) on top of the numerous ones already achieved by these and other squad members. Those achieving NQT's at this event were: Harry Webster (15), James Latham (14), Emily Allsop (16), Evie Keane (15) & Abbie Wood (11)

Other British Age Group Category (BAGCAT) achievements were:

Abbie Wood – 11 year-old girls – 3rd
Hannah Jones – 12 year-old-girls – 1st
Molly Renshaw – 13 year-old girls – 1st
Sarah Vasey - 13 year-old girls – 2nd
Livvie Sefton – 15 years & older girls – 1st

Ben Goodall - 13 year-old boys – 1st
Connor Smith - 14 year-old boys – 2nd
James Latham -14 year-old boys – 3rd
Chris Steeples - 15 years & older boys – 1st
Zichen Liu - 15 years & older boys – 1st

Head Coach Andi Manley said: "I am really pleased with these results. Of course Chris making the GB Squad for the European Junior's is an outstanding achievement and one which he can be justifiably proud of. What was equally pleasing was the number of personal best times and county records achieved by so many of the squad over the course of the week. We have a number of excellent young swimmers in the squad who are more than capable of following Chris' example".

The Open meet is a much needed source of revenue for the squad and is a vital part of ensuring its viability. Chairman Karl Davidson said: "What a fantastic weekend for Derventio Following on from a great week at the British Championships. Feedback from Clubs, Coaches, Spectators and VIP guests was highly complementary with regard to how well the meet was run and also how enjoyable it was to attend. We should use this



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weekend's success as a yardstick to our future and ambitions in the knowledge that when working together we can achieve anything we want to"



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