

## NATIONAL AGE GROUP DIVING CHAMPIONSHIPS 2016 – SHEFFIELD JULY 7-10<sup>th</sup>

A strong 18 team of divers from the Southend Diving Programme, based at the World Class Diving centre in Garon Park, travelled to Sheffield for the 2016 National Age Group Championships.

The event was the culmination of months of planning and preparation including competing at many Regional and invitational competitions to gauge the levels of performance and establish the consistency needed to be successful. The team responded magnificently and finished the 4 long, intensive days of competitions with an impressive medal haul consisting of 1 Gold, 8 silvers, and 6 Bronze.

The competitions started off with the Synchronised diving and in the 8/13 yrs 1 metre Springboard event where the pairings of Max Lano with Hudson Lawrence, and Hayden Rayment with Todd Geggus with started the Southend medal haul with solid performances. Max and Hudson narrowly missed Gold by just over 1 point to take Silver with Hayden and Todd earning a well-deserved Bronze medal each. Not to be outdone, team mates Marney Easen and Amie Hudson in the 14/18yrs 3m synchro event also rose to the occasion in taking silver in their event.

Friday saw the start of 3 days of individual events and Southend Divers continued with a series of good performances and many personal best scores. Max Lano 13 yrs was leading the field in the 3m springboard event until his very last dive when he missed his entry spot on an inward 2 ½ somersaults. But, Max showed tremendous resilience and determination in making a strong comeback the following day on the 1m springboard where he won a very well deserved Gold medal. Team mate Hudson Lawrence followed up his synchro silver with an individual bronze in the same event.

Jessie Millham 11yrs, recently recovered from a serious wrist injury, won Silver on both the 3m springboard and the 5m Platform. Marney Easen 15 yrs won Bronze on the 3m event with team mate Amie Hudson, 16 yrs very close in 4<sup>th</sup> spot just 0.1 points behind her! Marney followed this up with a Silver on the Platform event in a very hard fought battle with Eden Cheng from Crystal Palace. Olivia Blower 17yrs completed the Clubs tally of medals with a strong performance in the Group A Highboard demonstrating some excellent control and entries that earned her a Bronze medal.

Head Coach Shan Veasey said that the whole Team did well, and exceeded last year's medal tally of 12 medals. But stressed that congratulations are due to all the divers, many of whom put in good performances and achieved personal best scores, and several young divers who had only quite recently qualified, and were competing in their first National Age group events.

Full results and scores of all the divers can be found on: [www.Diverecorder.co.uk](http://www.Diverecorder.co.uk)

Anyone interested in learning to dive can contact: [southend-diving@fusion-lifestyle.com](mailto:southend-diving@fusion-lifestyle.com)

