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Derbyshire

Small but Mighty...

Ripley R.A.S.C.A.L.'s Lifesaving Club win Top Honours at the East Midlands Qualifying Competition.

'Small but mighty!' Ripley might only have 25 lifesaving members but it took on clubs more than ten times it's size at its Regional Championships. Despite this it won medals

GOLD

Junior Girls; Olivia Strachan/Vicky Threfell

Junior Boys; Alan Palmer/Anthony Mason

Senior Girls 15/17yrs; Jessica Cross and Jennie Lockwood who only moved up into this section last year after taking the National Title as juniors in 2009.

The Team SERC (Simulated Emergency Response) Competition represented by; Joanne Dening, Emily Allsop, Adam Threfell and Jennie Lockwood who took their place at the National finals in November.

SILVER

Junior Girls; Jessica Lockwood/Susannah Allsop
Junior Boys; Frazor Crump/George Couatts, George Spendlove and Tom Eley finished just out of the top four.

Senior Boys 15/17yrs; Ross Strachan and Adam Threfell a frustrating one point behind the winners which precluded them from competing at the National Championships in November.

BRONZE

Open Ladies; Joanne Dening
Mens Open; Chris Dening



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The 'family' connection with siblings medalling in other sections is testament to the nurturing ethos and impressive coaching record of Jeremy Johnson who has been head coach for the R.A.S.C.A.L.S. for 18 years, his patience and attention to detail is first class and he is held in very high esteem by swimmers and associates past and present.

Daniel Woodthorpe has returned to assist the coaching team as an impressive role model after competing at the Nationals for several

years alongside the Dening family's eldest sister Karen. Daniel's calm good humour and his depth of knowledge make him a well respected and valued coach which the young members strive to emulate.

Anyone wishing to find out more about lifesaving at Ripley can visit the R.A.S.C.A.L.'s web site ripleyrascals.org.uk. It's fun fitness and offers valuable life skills in open water, beach venues, land and pool based competitions.