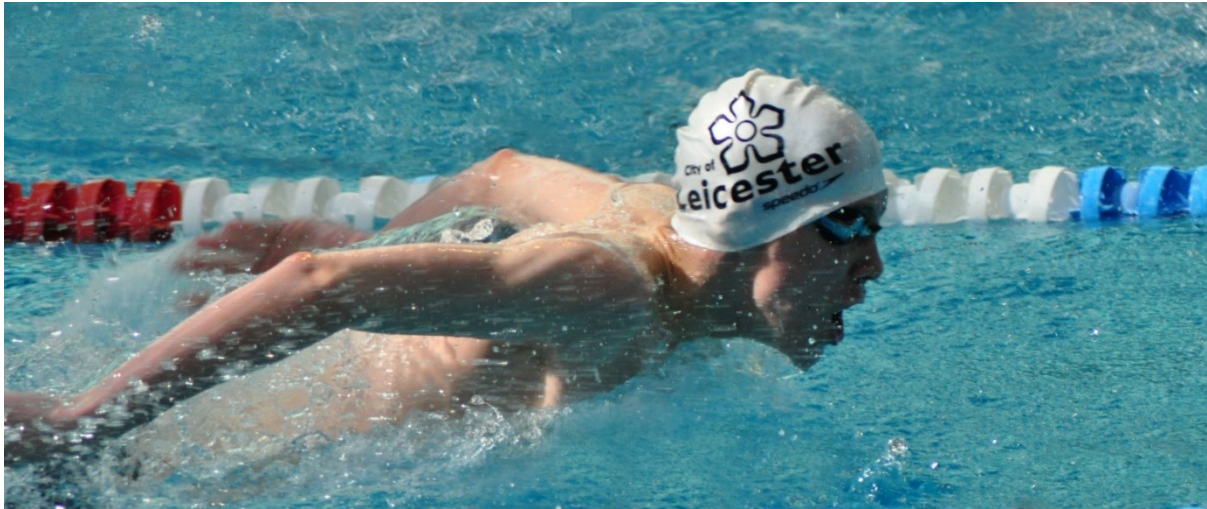


LEWIS KERROD ENGLAND TALENT PROGRAMME



Lewis Kerrod; current year 10 student; pictured above, is a serious swimmer and trains a massive amount of time including 3 early mornings. He has had a terrific season with 3 national events and 3 relay team events at the British championships July/August 2014. These swims have led to him being **ranked in England as 2nd for 100m butterfly and 3rd for 1500m.**

The ASA select swimmers on their performance and rankings to join the England Talent development programme. As a top 3 English swimmer Lewis has been invited to join this programme. He will initially attend an Amateur swimming association (ASA) England programmes education and development day (EPEDD) on 2 November 2014. These events form part of the overall approach to the development of the swimmer pathway in England. On the day he will take part in a number of sessions which will aim to assist the development of skill and knowledge which the ASA believe to be critical to performance swimming.

Well done Lewis, this is a testament to your determination and hard work!

HANNAH COX



After a busy summer of orienteering, Hannah Cox, year 12 student, competed for Great Britain in the Junior European Cup in Belgium at the start of October (see picture above). Hannah came 7th in the W18 category of the sprint, putting her track and road running experience into good use, and was the top performing British runner across all age groups.

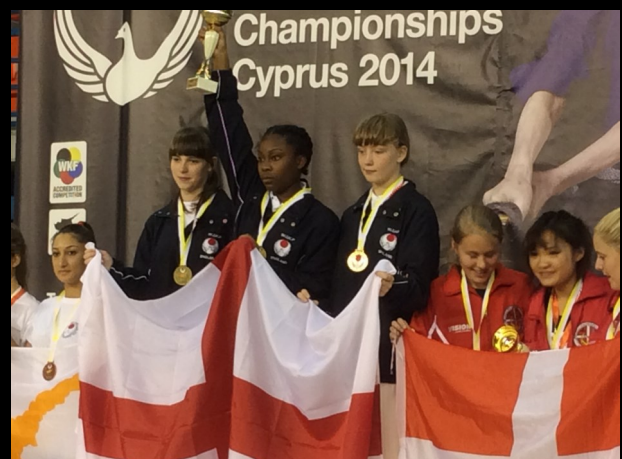
Hannah followed this up with an 8th placed finish in the relay races, after finishing 3rd at the end of her leg.

You can also hear an interview from Hannah whilst competing in Belgium by using the following website link:

<http://www.britishorienteering.org.uk/>

Well done to Hannah on your continued success!

LUCY WHITFIELD



Lucy Whitfield, 2013 WIKF Karate World Champion in the Kata, competed in the 17th WIKF European Karate Championship in Nicosia, Cyprus at the start of October. Lucy picked up the silver medal in the Kata and followed that up with a gold medal in the team individual fighting.

Lucy is on the left in the picture above wearing her GOLD medal!

Well done Lucy on both medals, fantastic achievement!