

# Fran and Naomi in another gold rush

**FERNDOWN** Otters' former national champions Fran Hughes and Naomi Vides revived their golden double act with two wins apiece in the South West Youth Championships at Millfield.

They monopolised the 200m individual medley titles, Hughes winning the 16 and over title in 2:27.28, Vides taking the 14-15yrs gold in 2:27.70.

Both times also qualified them to swim the medley at the national youth championships in the summer.

But it was the breaststroke that won Hughes, 17, her national youth title two years ago and 15-year-old Vides her national age group titles – and it showed.

In the 200m breaststroke Hughes finished 2.6 seconds clear of her nearest challenger to win the older age group title in 2:41.18.

And in the 14-15yrs 50m breaststroke, Vides claimed her other

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gold in 34.85.

In the 100m breaststroke Vides won the 14-15yrs bronze in 1:16.24 with Hughes fourth in the 16/o category in 1:17.72.

Meanwhile in the men's events, Bournemouth University students Scott Denham and Jack Johnson, both swimming for Bournemouth Dolphins, formed a golden double act of their own, albeit it at opposite ends of the distance spectrum.

Denham, 22, recorded his first-ever national qualifying time (NQT) and will be heading for the final stage of the Commonwealth trials in August after winning the 50m breaststroke in 30.72. He also took bronze in the 100m breast (1:07.86) and came fifth in the 200m (2:38.33).

Johnson, 19, won his gold in an exciting men's 1500m freestyle in which the lead changed hands



**GOLDEN WONDERS:** Ferndown's Fran Hughes (left) and Naomi Vides each won two golds at the South West Youth Championships

several times.

Johnson took the 17/o title in 17:20.17 less than half-a-second behind Plymouth's Matthew Rose, who won the 15-16yrs gold in the same race.

Dolphins' Jay Olenicz, 15, won silver in the 15-16yrs 50m backstroke in 29.07 and added to his NQTs as he came fifth in the 200m back in 2:17.18.

Fourteen-year-old Tess Carter (Dolphins) reaped the rewards of a demanding weekend as she reached the top eight in five events and won silver medals in two – the 14-15yrs 200m butterfly

(2:24.51) and the 800m freestyle (9:46.05). She was also sixth in the 100m butterfly in an NQT of 1:07.75 and the 200m freestyle (2:13.71) and eighth in the 400m freestyle (4:47.66).

Zoe Watson added a silver to Ferndown's medal tally in the 16/u 800m freestyle (9:25.04) as well as coming eighth in the 100m free (1:00.59).

Dolphins' Danielle Thwaites, 14, remarkably recorded seven PBs in seven events, including the 200m butterfly in which she placed sixth in 2:34.16.

Other finalists for Dolphins were Jasmine McCannagh with

were Jasmine McCormack with fifth in the 16/o 50m backstroke and 100m freestyle and sixth in the 100m backstroke, Lottie McRae in the 14-15yrs 200m butterfly and 200m medley and Courtney Rowan in the 14-15yrs 50m freestyle (28.90).

For Ferndown, Fiona Hardie was fifth and seventh in the 16/o 50 and 100m butterfly and Sammie Ledden eighth in the 200m breaststroke (3:01.59).

Christchurch and New Milton Seagulls' 14-year-olds Megan Chapman and Ellie Kerslake both reached finals in their first South West Championships, Chapman coming sixth in the 14-15yrs 50m breaststroke (37.96), Kerslake seventh in the 50m backstroke (33.70).

In the girls' 4x200m freestyle relay, Dolphins' team of Sam Bush, McRae, Rowan and Carter came fourth and Otters' quartet of Hardie, Phoebe Notley, Vides and Hughes fifth just 0.22sec behind them.