

PRESS RELEASE



FOR IMMEDIATE RELEASE

DATE OF ISSUE: WEDNESDAY 13 JULY 2011

YEOVIL STUDENTS WIN FIVE GOLDS AT DISABILITY ATHLETICS CHAMPIONSHIPS

Yeovil College is delighted to announce that three of its sports stars have won a total of nine medals at the Nationwide Junior Disability Athletics Championships.

In all, Alex Cossins, Jordan Muir-Gamble and Tom Minchington won five gold, two silver and two bronze medals as part of the South West team. The team, made up of the best disabled athletes from all areas of the region, also won the overall competition by a massive 200 points. In all, more than 300 British athletes took part in the championships at the UCLan Sports Arena last weekend.

Alex (19) of Crewkerne won a bronze medal for a 100m time of 16.1 seconds and gold for the javelin distance of 20.45m. Alex's achievements are particularly remarkable because he only began training with the Yeovil College Athletics Academy this year. Alex has just completed a NVQ in Coaching, Teaching and Instruction at the College and is a former pupil of Wadham School.

First year Graphic Design student Jordan Muir-Gamble won a silver and two golds in the shot, 60m and 100m respectively. Jordan (17) of Yeovil achieved 4.40m with the shot, while his winning times in the 60m and 100m were 11.3 seconds and 18.1 seconds.

Tom Minchington (18) of Yeovil won two gold medals, a silver and one bronze. He competed in the 400m, achieving a winning time of 71.6 seconds, and the long jump, reaching a top distance of 3.49m. He received his silver medal for 200m, which he completed in 30.6 seconds, and his bronze as part of the South West four by 400m relay team. Tom is a former Preston School pupil, who has just completed a BND in Sport with Yeovil College. He is progressing to a Foundation degree in Sports Development and Coaching at the University Centre Yeovil later this year.

As well as being members of the Yeovil College Athletics Academy, Alex, Jordan and Tom also train with the Yeovil Olympiads Athletics Club.

Tom said *"We're absolutely over the moon with what we've managed to achieve this weekend. It's taken me three years of hard work to get to this stage, so it's great that it's started to pay off. I decided what targets I wanted to aim for and I've managed to reach all of them, so I'm very pleased. Now I have to*

decide what my new targets will be! Both the Yeovil Olympiads Athletics Club and Yeovil College Athletics Academy have really supported me to get this far. The club and Academy coaches have helped me get stronger and faster and ready for the championships. I'm already looking forward to another competition next weekend in Exeter."

Athletics Academy coach and lecturer Matt Hann said *"Tom, Alex and Jordon all put in outstanding performances and we're delighted that they've been successful. They've progressed through the Yeovil College Athletics Academy programme and all three students put in a lot of hard work and dedication to their sport, so they deserve to compete and succeed at this level. These students show just how important sporting enrichment is. Yeovil College has an outstanding track record of nurturing talent across all sports disciplines and we're continuing to build on the successes achieved each year."*

Chris Burton, Faculty Director for Sport, Hair, Beauty and Complementary Therapies said *"Once again the students and coaches at Yeovil College have excelled themselves this year. We're all absolutely delighted that Jordan, Alex and Tom have achieved such excellent results and look forward to celebrating further sporting success in the future. We wish our students every success in the next phase of their academic and sporting lives. They are excellent ambassadors for the College and our wider community."*

For more information on the opportunities for elite sportspersons at Yeovil College, please visit www.yeovil.ac.uk.

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Notes to Editors

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Photograph shows the champion athletes with their medals. (l-r) Tom Minchington (18) of Yeovil, Jordan Muir-Gamble (17) of Yeovil and Alex Cossins (19) of Crewkerne.

Results

Alex Cossins

Event	Time/Distance	Medal
Javelin	20.45 metres	Gold
100 m	16.1 seconds	Bronze

Tom Minchington

Event	Time/Distance	Medal
400 m	71.6 seconds	Gold
Long Jump	3.49 metres	Gold
200 m	30.6 seconds	Silver
Four x 400 m Relay (Team event)		Bronze

Jordan Muir-Gamble

Event	Time/Distance	Medal
60 m	11.3 seconds	Gold
100 m	18.1 seconds	Gold
Shot	4.40 metres	Silver