

## **Mew Goes East Gunning For European Gold**

Darren Mew, of Ellesmere College Titans Swimming Club, aims to celebrate his 30<sup>th</sup> birthday in style by winning gold at the forthcoming 2009 European Short Course Swimming Championships which will be held in Istanbul, Turkey from Thursday 10<sup>th</sup> to Sunday 13<sup>th</sup> December.

Having already competed at 2 Olympics, 8 World Championships, 3 Commonwealth Games and 6 European Championships, Darren will be the older statesman of the British team. He also becomes the first ever Shropshire club swimmer to compete at a major championships and the only swimmer from any West Midlands Club to have been selected this time round. He will join 31 other British swimmers trying to break new records and add to their existing medal haul.

Not content with having been British and Commonwealth record holder in both the 50m and 100m breaststroke, Darren has set his sights on breaking new records and competing for Britain at London 2012.

At a stage in life when most international swimmers have long hung up their goggles, Darren remains resolute in his determination to break new ground. His single minded focus over the years has made him a British sporting icon with his portrait featuring prominently in the recent National Portrait Gallery Champions exhibition.

Commenting on his selection at the age of 30 Darren Mew said “Age is just a number. The water doesn’t know how old you are. I’ve had to swim against the odds all my life, overcoming asthmas since early childhood, and the disappointment of not qualifying for the Beijing Olympics. It’s simply a question of mind over matter. I believe I’m swimming faster than at any point in my life and I know there is still more to come”

Commenting on Darren Mew's selection Titans head coach said “Darren is an inspiration to every Titan swimmer. His positive enthusiasm is contagious to all who come into contact. He will be flying the flag for us, Shropshire and Britain”

Darren Mew will be back coaching and swimming for the Titans at their forthcoming Open day which is being held on Saturday 30<sup>th</sup> January and to which talented swimmers throughout the UK are being invited to attend. For details go to the Titans website [www.ellesmerecollegetitans.co.uk](http://www.ellesmerecollegetitans.co.uk).

### Notes to Editor

Darren Mew was born on the Isle of Wight on 12/12/79. The Ellesmere College Titans Swimming Club was established in 2008, as a meeting of minds, between Ellesmere College – a school with a great sporting heritage and the parents of some of the top young swimmers in Shropshire, united in their desire to create an ambitious, positive and competitive swimming club.

The result: A centre of swimming excellence in the heart of the North Shropshire countryside. To maintain this standard the Club adopts and implements a selective membership policy, to ensure that all swimmers share the same goal of achieving swimming success at the highest level. The emphasis is on quality not quantity of swimmers, with the Club limiting its total swimming membership to 24 - ranging from children as young as 9 upwards.

In such an environment a great deal of one to one coaching can be given to individual swimmers, and productive use can be made of underwater video analysis and specialist training equipment

Ellesmere College was founded in 1884 and is part of the Woodard Group – the largest grouping of public schools in the UK. Over the years it has been responsible for producing some of the British sporting greats including ex-England Rugby captain Bill Beaumont. It is hoped that it will produce the next generation of British swimming greats.

Issued on behalf of Ellesmere College Titans Swimming Club (The Titans). For further details please contact Jon Pardoe on 07903 641668 or email [jonpardoe@hotmail.co.uk](mailto:jonpardoe@hotmail.co.uk). Further details on scholarships and places at Ellesmere College can be obtained from the College Admissions Secretary on 01691 622321 or by email at [admissions.secretary@ellesmere.com](mailto:admissions.secretary@ellesmere.com)

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Photos of Darren Mew.

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