

Mew Smashes British Record

On Sunday evening at the Plymouth Leander Open Swimming Meet, Darren Mew, age 30, of Ellesmere College Titans Swimming Club smashed the British Long Course 50m Breaststroke record in a time of 0:27.44.

In doing so he regained a record that he first broke 12 years ago as an 18 year old and last held in 2002. This record had previously been held by arch rival James Gibson since 2003. It adds to the Short Course record which Darren already holds.

What made this achievement all the more remarkable was that Darren swam the race suffering from a chest infection and with his shoulder heavily taped as a result of an injury he recently picked up at the European Short Course Championships which were held in Istanbul.

He had already had to withdraw from the 100m breaststroke on the Saturday as a result of breathing difficulties caused by this infection which compounded his existing asthma which he has suffered from since childhood.

Having already competed at 2 Olympics, 8 World Championships, 3 Commonwealth Games and 6 European Championships, Darren is one of the oldest swimmers competing on the world stage.

Not content with these records, 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 and accepted the effects of ageing - Darren remains positively resolute in his determination to break new ground.

Commenting on recapturing the record at the age of 30 Darren said "I'm feeling brilliant. Age is just a number and it must never be used as an excuse for ducking major goals. Every morning when I wake up I look at myself in the mirror and remind myself that this is the beginning and not the end – there is definitely more to come".

Darren Mew will be back coaching and swimming for the Titans at their forthcoming Open day which is being held on Saturday 30th 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.

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. 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

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Photos of Darren Mew.

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