

TITANS PREMIERSHIP WATER RUN

As part of an innovative and challenging approach to training, Ellesmere College Titans Swimming Club have teamed up with deep water running experts Aqua Running Ltd and their inspirational founder and head trainer - former Liverpool FC midfielder Terry Nelson.

Aqua Running is Britain's leading training specialist in deep water jogging. Working over a number of years with Premiership Football clubs including Manchester United, Chelsea, Aston Villa, Blackburn Rovers – as well as many leading teams from the world of Rugby including Bath Rugby Union and Sale Sharks – Aqua Running have now also turned their attention to helping Titan swimmers enhance their competitive edge.

In doing so - the Titans have become the first swimming club in Britain to harness the aerobic and motivational benefits from deep water jogging.

Terry Nelson was poolside last Thursday 2nd July to take Titan swimmers through their paces. Having retired from football through repetitive injury, and following kidney failure, Terry took up Deep Water Running to keep his sporting dreams alive. Such was the success of his training methods that Terry won the 5000m Gold medal at the World Transplant Games.

Commenting upon the Titans deep water running initiative Titan head coach Jon Pardoe said "Deep water running is a brilliant resistance based aerobic exercise. At the Titans we provide as much variety in training as possible and the swimmers appreciate the challenge".

Further details about joining the Ellesmere College Titans can be found on their website www.ellesmerecollegetitans.co.uk or by telephoning Jon Pardoe on 07903 641668. 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.

Photos: 061 = Titan Swimmers in action Deep Water Running; 089 = Aqua Running's Head Trainer Terry Nelson; 091 = Aqua Running's Head Trainer Terry Nelson – demonstrating Deep Water Mountaineering techniques to Titan swimmers.

Notes to Editor

About Terry Nelson - Having retired from football through repetitive injury, Terry began a career as a paratrooper but was devastated to receive the news that he would face death within six months due to kidney failure unless he had an urgent transplant. He refused to believe the diagnosis, continued hard training, came close to death and was forced on to kidney dialysis for the next 2.5 years. In 1988 his brother, Dean, gave up his own military career and donated one of his kidneys.

To repay his brother he decided to become the fittest transplant patient in the world. He began running and 15 months after the transplant he completed the London Marathon. He swept the board at the 1992 British Transplant Games by winning gold medals in the 400m, 1500m and 5000m.

Sadly, 12 months later and only 6 weeks before the World Transplant Championships, he was told his transplant was rejecting. Searching for a way to keep his running dream alive, he found the answer in a magazine article from the USA about aqua jogging. He sent off for the equipment which would enable him to begin intensive running and training in the deep end of the local swimming pool.

With guidance from Dr. Malcolm Brown of the GB Olympic Team, he progressed so well that within 6 weeks he convinced the medical staff that he was fit to compete.

He won Gold and became the 5000m World Transplant Champion. A week later he won ran in the where he picked up two more gold medals in the 1500m and 5000m at the British Transplant Games, but shortly afterwards he was forced back on to dialysis.

In March 2004 Terry had his second transplant, following which he decided to focus on training - putting to use the skills, experiences and knowledge he developed whilst running in the pool.

About Ellesmere College Titans

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 8 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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