

## **Michael flies off with medal haul**

Christchurch and New Milton Seagulls swimmer Michael Jones has returned home from the Disability Sports national swimming championships with a haul of medals.

Michael, who has cerebral palsy, has just moved into the lower age bracket of youth swimmers and surpassed his own expectations with nine personal best times as he won two silvers and four bronze medals at the event held at Ponds Forge, Sheffield. His silver medals in the 50m Breast-stroke and 50m Backstroke and bronze in 400m Freestyle, 100m IM, 100m Breast-stroke and 100m Back-stroke were even more remarkable as he has had three months out with an injured shoulder this season.

Seagulls head coach Barry Aldrick praised Michael's determination, he said: "Seagulls coaches Glender Phillips and Rob Spence have been working closely with Michael to improve both his fitness and stroke quality and this combined with Michael's obvious determination has really paid off with some excellent results that both he and the club can be truly proud of. We're now looking forward to see how Michael develops over the next 12 months in readiness for next years championships."



**Michael Jones with his medals  
from the Disability Sports national  
swimming championships**