

Press Release
October 2010

Conde Nast Traveller Readers' Spa Awards 2010

Favourite UK Spa Retreat

Good Spa Awards 2010 winner

Customer Service without batting an eyelid

Zest Spa Awards 2010

Best for Weight Loss

Healthy Readers' Choice Awards 2010

Best Spa



Golden Boy, Liam!

Ragdale Hall's sponsored swimmer Liam Tancock who is based at Loughborough University, has just won two gold medals, a silver and bronze at the Commonwealth Games in Delhi, India.

Already world champion and world record holder at 50m backstroke, Liam powered to victory in both the 50m and 100m against very strong Australian opposition. He broke the Commonwealth Games record in both races. Earlier in the week Liam won silver in the 100m freestyle relay and also a bronze as part of the 100m medley relay team.



These results firmly cement Liam's status as Britain's leading male swimmer having now won three commonwealth gold medals over two games.



After his second gold Liam commented "it's a tough environment and a tough crowd but I've come away with victory. Now I'm a double commonwealth champion, pretty cool!. This is a fantastic end to a fantastic year and I just can't wait for London 2012 now!"

Ragdale Hall are extremely proud of Liam's achievements in the four years we have been sponsoring him and are always pleased to see Liam and his girlfriend and fellow Olympic swimmer Caitlin McClatchey , relaxing at Ragdale when their schedules allow.

Top swimmers, unlike some elite sports people, receive very little funding to cover the considerable personal cost of pursuing world class results and Liam is therefore extremely grateful of the sponsorship Ragdale has been able to give him.

For further information contact:

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