

Swimming digest

WITH several less experienced Box Hill swimmers taking part in their first Open competition, the Atlantis, the club came away with 26 medals including 52 top 10 places

Eszter Heins, aged nine, and competing for the first time won gold in the 200m individual medley and treble silver in the 50m and 200m freestyle events and 50m backstroke.

The Box Hill boys shone brightly with Sebastian Dudley, nine, taking silver in the 50m freestyle.

Fast improving George Gundry, 10, secured gold in the 50m free and 50m back.

Joseph Hamblin, nine, claimed silver in the 50m back executing a brilliant turn while 12 year old Morgan Savill swam lifetime bests taking silver and bronze in the 50m breaststroke and 50m free respectively.

Owen White, nine, powered to victory in the 50m free and added bronze in the 200m free.

Regional qualifier Eve Williams, 11, took bronze (100m back), silver (100m fly) and gold (100m breast), all in lifetime bests.

With no experience of open meet

swimming it was not the ideal start as young Sophie Lee, 10, was placed in the wrong heat and swam against much faster swimmers.

She rose to the occasion producing a lifetime best and a credible 12th position.

A swimmer with huge potential is how Conrad Cawley described Georgia McGrath, 10, as she swam a 22 second improvement in the 200 IM to take bronze.

Another swimmer quietly progressing through the ranks is Annie St Marcus, 11, who swam lifetime bests in 50m backstroke winning silver adding bronze in a well paced 50m free.

The 11 year old girls were further represented on the medal podium when Megan McInnes improved her times in four from five events as she won gold in the 100m free and 100m backstroke while inching ever closer to an automatic SER time while later adding silver in the 50m fly and bronze in the 200m IM event. Samantha Terry, who recently achieved two SER base consideration times, was unsuccessful in her attempt to improve her best in the 100m

backstroke time trial however she did improve her 50m fly time by more than one second taking bronze.

Samantha later smashed her previous best time in the 100m breaststroke by more than seven seconds to claim silver position.

With 22 swimmers representing the small club Cawley was well pleased with the results.

Meanwhile at the SER Championships two of the older Box Hill Team members were in action.

No medals for Fiz Skilton, 14, and Jenny Ball, 15, but massive improvements in both times and rankings. Jenny moved up 51 places in the 50m free to finish in 11th position.

With two new coaches joining the Box Hill coaching staff the small club are looking to take another huge leap forward in the world of competitive swimming.

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