

Cawley hails his young swimmers

AN outstanding set of results was the verdict from Box Hill Coach Conrad Cawley after his swimmers returned from last weekend's Atlantis SC inaugural Spring Open Meet.

With just a small group of nine Box Hill swimmers competing every one of them received a top six placing in each of their respective events.

With a total of 43 swims between them, the youngsters managed to accrue a staggering 41 medal positions on the podium.

Showing tremendous form and huge improvement was young nine year-old Zoe Lyon who recorded personal best times, taking gold in the 50m and 100m back, silver in 100m free, bronze in 50m free and 100m individual medley (IM).

Young Tabitha Read-Cayton, 9, also managed an impressive collection of medals with gold in 50m fly and 100m IM, making it a one-two with Lyon in the leaderboard by taking silver in both 50m and 100m back.

Ben Smith, 10, also showed great spirit by recording personal best times while taking first places in the 50m back, fly and breast. Smith followed this with silver in 50m free, 100m free, IM, back and breast, gaining an

amazing 12 second PB in the latter.

Arthur Hogarth, 13, won a complete set of awards with first in 50m breaststroke, second in 50m free and rounded off his successful day with a bronze in 100m breaststroke with a six second PB.

Rising star Leo Peterson, 10, took silver in 50m back, bronze in 100m back and 50m fly. He was awarded ribbons for sixth places in both 100m free and 100m IM, while brother Max, 12, was awarded first places for both 100m breast and 50m fly, and silver in 100m back, 100m IM and 50m free.

The medal haul kept coming with Gaby Read-Cayton winning gold in the 100m back in a lifetime best and 50m fly, bringing home silver in 50m free and 100m IM, and later taking fourth place in a much improved 50m breaststroke swim.

The days most prolific swimmer was Vicki Knight who won a total of nine medals for her hard work, which included gold in 100m back, 100m free, 50m back and fly.

If you are a company interested in sponsoring Box Hill please call Conrad Cawley on 01483 232627.