

A cracker of an event gives Box Hill

an awesome medal collection



Satisfied: Josie Trulove, Georgia McGrath and Sam Terry

FAST approaching the third anniversary of forming Box Hill SC, coach Conrad Cawley and 24 of his talented young swimmers visited Atlantis SC in Horsham for their Christmas Cracker Open meet.

It was a long but successful day with the swimmers competing through 12 hours from 8.30am.

Success for the Box Hill team came in many guises which included personal best times; county qualifying times and plenty of medals.

In total the team swam to 43 medals made up of 19 bronze, seven silver and 17 gold.

Top girl with eight gold medals was Katy Rushmer who was on her Christmas break from Millfield School. Rushmer tore the opposition apart winning all eight of her events in PB times taking a whopping 31 seconds off her 200m butterfly best and 16 seconds from her 200m breaststroke.

The young developing talent

was on show with Eve Williams (nine) taking four bronze, one silver and gold in the 200m individual medley in a county time and a four second PB.

Fourteen-year-old Jenny Ball also took six medals with gold coming in the gruelling 200m butterfly which she won in a PB time of four seconds.

Viki Knight, 14, was in good form after a slow start when she went on to win two gold medals in 50m butterfly and 50m backstroke and then added two more in the 200m IM and 200m backstroke.

With three medals apiece Felicity Skilton (13) and Ben Smith (11) showed real determination and guts to keep plugging away while not hitting their best form. Skilton's best came in the 50m butterfly which gained her silver, while Smith was just outside his best when he touched first in 50m butterfly.

Zoe Lyon, 10, proved once again that she has huge potential setting four lifetime bests

and snatching a gold medal in 50m butterfly and silver in 200m backstroke. Ironically her best swim of the day in which she improved her time by almost eight seconds came in the 200m breaststroke but she could only manage eighth position.

A personal best time in the 50m breaststroke was Tilly Houston's best swim of the day but again did not produce a medal. Instead she swam to gold in the 200m backstroke with a time just off her best and a bronze in 200m freestyle again just missing a PB time.

The Box Hill swim team is predominantly girl heavy but Ryan Kavanagh shone for the boys with two bronzes in 50m butterfly and 50m backstroke.

Highly competitive Chloe Smale had a fantastic day's swimming with three lifetime bests and two medals, while Celia Byatt had success in 200m backstroke and 50m breaststroke taking two bronze medals.

The final three medals were won by Eloise Smith (13), bronze 50m breaststroke; Grant Williams, bronze 50m freestyle; and 15-year-old Abbie Regelous, silver in the 50m breaststroke.

Cawley said: "This had been a tough meet but my swimmers proved once again that they enjoy a challenge.

"What impressed me most was the fact that we have swimmers like Georgia McGrath and Millie Reed achieving county qualifying times, having only just come through our development programme."

Box Hill swimmers who have qualified for the County Championship's commencing in February 2008 spent the Christmas holiday training in the Olympic size pool at Aldershot Garrison.