

## Swimming Rush job thrills coach

KATY RUSHMER grabbed two gold medals to lead a Box Hill charge on the south coast.

The 12-year-old raced to victories in the 50m freestyle and butterfly at the Bournemouth Open meet last weekend.

Not content with those, the youngster added a brace of silvers in the 50m and 100m breaststroke, later completing her collection with a 100m individual medley bronze.

Four medals and four regional qualifying times went to fast improving 10-year-old Zoe Lyon. She scooped three backstroke bronzes but her best performance came in the

200m free, where she improved her regional entry time by more than a second on her way to a silver medal.

There were three medals for Tilly Houston, 11, and sisters Gabi, 13, and 10-year-old Tabi Read-Cayton while Viki Knight swam superbly in the 200m IM, 100m fly and 200m breast for treble glory. Lauren Mooney, 14, won the 100m IM.

Coach Conrad Cawley hailed his squad, who picked up 22 medals over the weekend. He said: "Our preparation was not the best but my swimmers proved they can tough it out and still produce the results."

### SWIMMING

## Box Hill collect excellent medal haul at open meet

BOX Hill SC came away from two long days of competition at the Bournemouth Open meet with 62 top 10 places and 22 medals.

Katy Rushmer, 12, took two gold medals in the 50m freestyle and butterfly events adding two silver medals in 50m and 100m breaststroke and then went on to grab a bronze in the 100m individual medley.

Four medals and four regional qualifying times went to fast improving Zoe Lyon, 10, who won three bronze

medals in all three backstroke events with her best swim coming in the 200m freestyle improving her regional entry time by more than one second and securing silver in the process.

Coach Conrad Cawley was delighted with the team's showing.

"We had not come into this meet with the best preparation but my swimmers proved to me and to themselves that they can tough it out and still produce the results," he said.

Box Hill's Tilly Houston, who took three medals at the meet while improving her regional entry times, was in buoyant mood as she saw her breaststroke times tumble after months of hard work with her coach.

Fifteen year-old Viki Knight swam her heart out for the club and while the times were not her best she produced three brilliant swims in the 200m individual medley, 100m butterfly (third) and 200m breaststroke to finish first.

Team-mate Lauren Mooney, 14, had a frustrating weekend finishing fourth in four events.

She finally broke the duck by winning gold in the 100m individual medley.

Sisters Gabi, 13, and Tabi, 10, Read-Cayton both won three medals apiece.

Tabi took gold in the 50m butterfly and 50m backstroke and she was touched out into silver position by 0.1 of a second in an exciting 50m freestyle race.

Big sister Gabi also won

two golds and silver in the 200m individual medley, 100m backstroke and 200m backstroke respectively.

Now that the small club has more than 25 regional qualifying swims they will be focusing on a programme of long course (50m) swimming plus a land based strength training programme in the lead up to the Championships in June.

All this is possible because of the generosity of Waitrose to whom the club is very grateful.