

Swimming You Box of beauties

BOX HILL'S young swimmers felt smiles better after a long lay-off as they scooped a clutch of trophies last weekend.

With 34 clubs competing at the two-day Bracknell Open, it was always going to be tough for the small group.

But despite a lack of competitive swimming throughout March, Conrad Cawley praised a string of fine performances.

"I was very proud of them," said the coach, admitting motivating his squad had been tough. "This was a long, hard meet and it was so nice to see the swimmers smiling while coming away with exotic silverware and regional qualifying times."

Box Hill's only 12-year-old, Tilly Houston, got the ball rolling with a bronze in the 100m backstroke with a lifetime best.

Taby Read-Cayton, 11, secured another in the 50m free while a pair of bronze trophies went to breaststroke specialist Abbie Regelous, 16, over 100m and 200m.

The 200m butterfly is traditionally a true test of character. And 15-year-old Jenny Ball showed plenty on her way to bronze in a well-planned race.

Two silver trophies in the 100m fly lifted team morale



How's that for a bit of bling: Box Hill bronze trophy winners from left Tilly Houston, Jenny Ball and Felicity Skilton show off their prizes after a successful Bracknell Open meet.

even more to close day one. Felicity Skilton, 14, swam a magnificent race in a personal best while team-mate Ball held on in the final metres to secure her award.

Day two started with a splash as Houston sped to a sil-

ver in the 400m free, putting on a spurt over the closing 25 metres to clock an RQT.

And in the next heat Skilton tore into the opposition to take bronze in a lifetime best.

Zoe Lyon, 11, who had done well all weekend, came agonis-

ingly close to winning a trophy in the 200m back, only to be touched into fourth by less than a tenth of a second. She did manage two RQTs though in the 100m and 200m back.

In the same event Houston won bronze in her age group

and later finished fourth in the 100m free. The weekend finished as it had started with another bronze for Regelous in the 200m breast. Some of the Box Hill squad will be in action at Reading over the Easter weekend.