

Little Georgia shows good form to improve five of her personal bests in only six events

FIVE personal bests and five 2010 county qualifying times from just six swims.

Not a bad weekend's work for 11-year-old Georgia McGrath.

The youngster recorded the superb times at the Rushmoor Royals meet in Aldershot last weekend.

Competing in the 11-12 age category, Georgia will be pleased to have shown such improvement, especially in what was once her weakest event, the 200m backstroke.

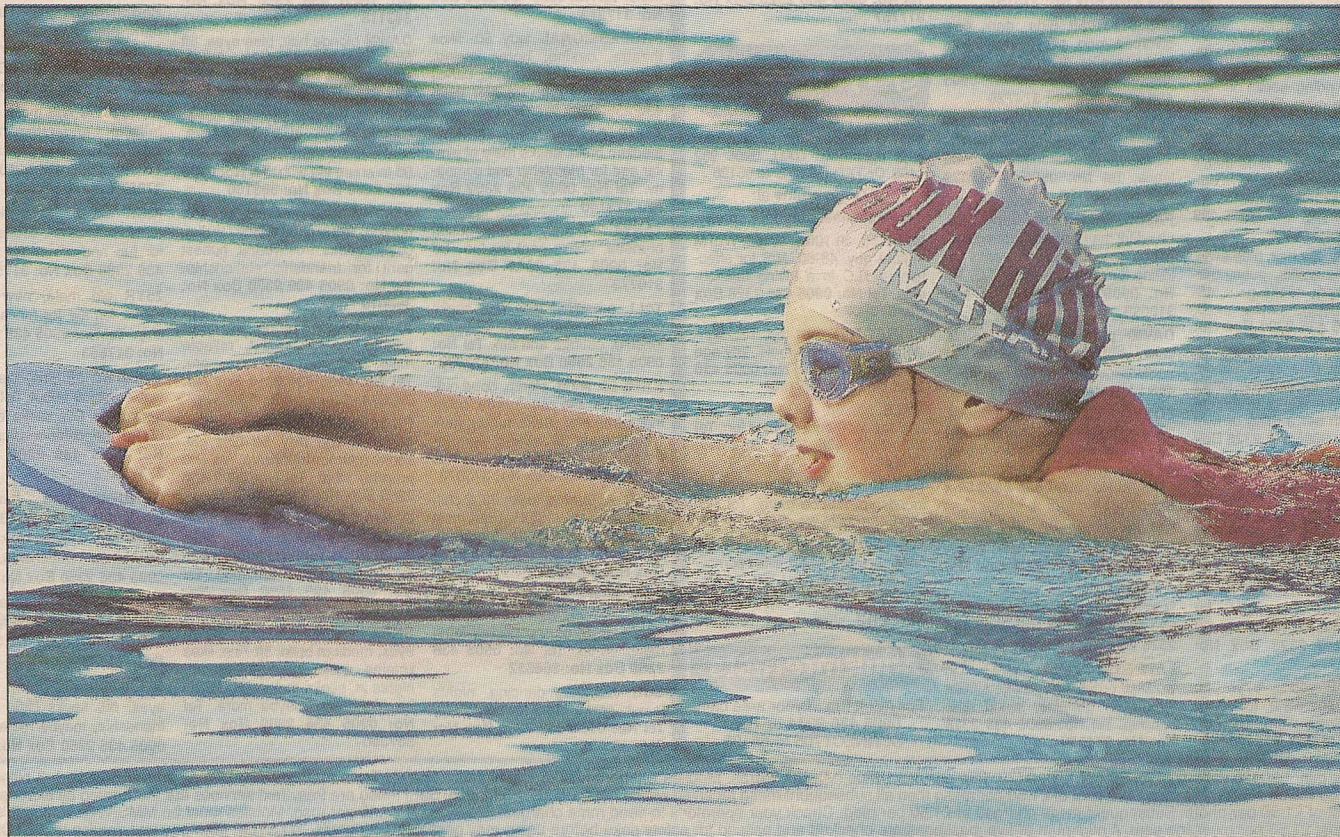
She paced the race perfectly and took seven seconds off her entry time.

Before that she had made a massive improvement of more than four seconds in the 200m freestyle.

She also made smaller improvements in the 50m freestyle and the 50m and 200m breaststroke.

She only just missed the 200m individual medley time by less than a second.

Fiz Skilton, 15, was outside her entry time but still managed a creditable sixth place in the 400m individual medley.



Improving: Georgia McGrath, pictured in training, recorded superb times at the Rushmoor Royals meet