

SWIMMING

Young team continue to blossom in pool

AFTER the hugely successful results at Bournemouth last week it was a small group of swimmers who flew the flag for Box Hill at the Haslemere Open meet.

With just five swimmers taking part in a total of just 28 events the young team put in excellent displays and completed every swim in a personal best time.

Nine year-old Georgia McGrath improved her entry time by more than a minute for fourth position in the 200m freestyle. Team-mate Johanna Jeffery did the same in the 200m freestyle event for 10 year-olds and later went on to produce fantastic swims in 50m free-

style, backstroke and her favourite event the 50m breaststroke.

Not content with her improvement in her first race McGrath stormed to four more top finishes in three 50m events and the 100m individual medley.

The only male swimmer Henry Mooney, 11, was in determined mood after his results at Bournemouth and gained improvements in the 200m freestyle, 50m back, 50m free and a fifth position in the 100m individual medley.

Assistant coach Karen Marshall said: "These small local meets for swimmers aged between nine and 12 years offer them the chance to gain

valuable experience.

"It is not always about winning but more about grounding and preparation for the bigger meets."

Valuable experience indeed for Annie St Marcus, aged 10, who only recently took up the sport and has improved in leaps and bounds over her short time with Box Hill.

St Marcus swam four lifetime bests in 50m free, breaststroke, back and 100m individual medley races.

Recently nominated for a Mole Valley sports award Samantha Terry, 10, was in defiant mood when she outpaced the opposition to take gold position on the podium in

50m backstroke in a stunning new time of 41.82 seconds. Terry later took more time off in the 50m butterfly and 50m breaststroke events.

As 2007 defending champions Box Hill currently have a large number of swimmers preparing to take part in the Bognor Regis meet on May 25.

Jenny Ball and Lauren Moody, both 14, are preparing for the Regional Youth Championships at Aldershot on May 3 and 4.