

Swimming Jenny has a Ball

BOX HILL swimmers dug deep to take 10th place at a superior quality Haslemere Open.

Despite returning without a medal, it was Jenny Ball who impressed most in terms of improvement against 31 rival clubs.

By contrast, Tilly Houston was well below her best but still managed two silver medals (200m and 400m freestyle) and one bronze (200m backstroke).

With only two boys taking part, 11-year-old Ben Smith raced to a pair of silvers in the 100m and 200m butterfly to help Box Hill take 22nd place overall.

Felicity Skilton, 13, had a frustrating weekend with 12 swims and just two personal best times. But 14-year-old Viki Knight stormed to four lifetime bests from seven events, closely followed by Celia Byatt with

five from 10. Coach Conrad Cawley said: "With another tough meet at Guildford coming up our swimmers now realise that results come through hard work, regular training and determination."

Meanwhile, Chloe Smale, Jessica Filby and Zoe Lyon were third, fourth and seventh respectively at the National Triathlon Championships in Wolverhampton.