

# Perkins excels as Box Hill go national

UP and down the country Box Hill swimmers were in action over the weekend.

Kitty Perkins, 36, assistant coach and masters swimmer flew north to take part in the British Masters Long Course Championships held in the Commonwealth games pool in Manchester and came away with Gold medals in 50m and 200m backstroke, just narrowly missing out on the British record in both events.

Saturday saw other Box Hill swimmers travel to Ponds Forge in Sheffield to represent their respective schools in the English Schools National finals.

On Sunday a long hard day of competition lay ahead at the Cranleigh

open meet. With swimmers spending more than 10 hours on poolside they were glad for the generous donation of a bag of healthy drinks and snacks provided by Waitrose of Dorking.

Coach Conrad Cawley said: "Waitrose have been very kind and also very wise in donating the kind of nutrition that helps keep energy levels high."

A combination of skills, true grit and support brought success to the young team.

There were so many fine swims from so many swimmers that it would be impossible to mention them all and unfair to anyone who got missed out.

A total of 32 Box Hill swimmers took part and

**Mother and daughter:** Kitty and Laura Perkins both perform for Box Hill SC



between them won 24 gold, 18 silver and 24 bronze medals.

In some events Box Hill monopolised the top three places while in others they took gold in five out of six age groups.

Another bonus was the number of 2009 county qualifying times achieved at a "licensed meet". However, during the day

there were more than 12 disqualifications for various breaches of the swimming rules.

Cawley commented: "Of course not all the swimmers won a medal but all gained valuable experience from this meet. Many of the youngsters were competing for the first time with varying degrees of success".

## Swimming Kit still winner

KITTY PERKINS rediscovered the gold medal-winning talents she enjoyed as a teenager at last weekend's British Masters Long Course Championships.

As Kitty Edbrooke, she had a stranglehold on Guildford City club and county swimming in her 1980s pomp.

These days, Perkins - now 36 - is assistant coach at the Box Hill club, working alongside her former City mentor Conrad Cawley.

She was in action at the Commonwealth Games pool in Manchester and surged to gold

medals in the 50m and 200m backstroke. But after narrowly missing out on British records in both events, Perkins admitted: "Given more training time in the pool, I might have done better."

With that in mind, her advice to up and coming young swimmers was this: "They should attend all of their training sessions if it's results they are after."

Meanwhile, Box Hill youngsters were grateful to Waitrose for helping them get through Sunday's Cranleigh Open meet.

With swimmers spending

more than 10 hours at poolside, they were delighted the super-market giants' Dorking store donated bags of health drinks and snacks.

Cawley said: "Waitrose have been very kind and also very wise in donating the kind of nutrition that helps keep energy levels high."

And the support worked well as Box Hill stacked up 24 gold medals, 18 silver and 24 bronze in a glittering parade. Another bonus was the number of 2009 county qualifying times achieved at this 'licensed' meet.