

Morgan in the top 10

Swimming

OWEN Morgan swam into the top 10 all time Great Britain rankings for 50m freestyle at the British Championships in Manchester last week.

The 27-year-old took the silver medal in a lifetime best time of 22.69.

Going into the championships he was ranked 14th but his time pushes him up to ninth place.

The young swimmers at Box Hill were absolutely thrilled for Owen who was until recently helping to coach them. This result will give them a real boost and something to aspire to.

Club founder Conrad Cawley said: "Owen has done this by himself, it takes a lot of hard work and dedication to reach this level, we are all immensely proud of Owen's achievement."

Box Hill recently celebrated its sixth anniversary and the club is currently in the process of upgrading their training programme with the addition of six extra hours available each week.

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Morgan's in top 10

OWEN MORGAN has pushed himself into the top 10 all-time Great Britain rankings.

The 27-year-old took silver medal in the 50m freestyle at the British Championships at Manchester in a lifetime best of 22.69sec.

Going into the event he was 14th but is now ninth, thrilling the youngsters at the Box Hill club, where he has been coaching them until recently.

"It's a real boost for them and something to which they can aspire," said club founder Conrad Cawley.

"Owen has done this by himself - it takes a lot of hard work and dedication and we are all immensely proud of him."

Box Hill have upgraded their training programme by adding six hours per week. Anyone interested should contact Cawley on 07813 355525.