

Swimming Tilly gets her reward

TILLY HOUSTON has more than made up for missing out on a medal earlier this month.

The 11-year-old from Box Hill took silver in the 1500m freestyle event at the SER Championships in Crawley two weeks after her disappointment in the regionals.

Houston recorded a lifetime best of 21:07.06mins and finished 11th of 77 girls in her age group in the Bagcat ratings.

Her 13-year-old team-mate Felicity Skilton completed the same distance in 20:26.42, and improved her ranking position when – along with Houston, – she later set a personal best in the 200m freestyle.

Delighted Box Hill coach

Conrad Cawley said: “This event is one of the toughest in the programme and has only recently become available to girls.

“I have been delighted with the guts and determination shown by my swimmers at these championships.

“The club have had more swims than many other bigger clubs and we will now be concentrating on improving on that number for 2009.”

A club record 35 Box Hill swimmers are to take part in the Cranleigh Open on Sunday. They will be boosted by Waitrose in Dorking donating a bag of healthy snacks and drinks.



Well deserved: Tilly Houston collected silver at Crawley last weekend.