

# Swimming Rush job as Katy races to another NQT

**SPEEDY** Katy Rushmer proved her recent national qualifying time was no fluke – by racing to another.

The Box Hill star scorched to a 100m freestyle bronze medal at the SE Region Age Group Championships in a hot time of 1:07.30.

It was a repeat of the NQT Rushmer clocked at Guildford City's short course meet the previous weekend.

The 11-year-old had earlier won another bronze in a tightly fought 100m butterfly.

Box Hill youngsters revelled in the competitive atmosphere at Crawley's K2 50m pool.

Tilly Houston, 10, stayed calm and focused as she made her regional debut and was sixth in the 100m back and free. She added an impressive

eighth in the 200m back and rounded off an exhausting weekend with 10th in the 200m IM. All her swims were lifetime long course bests.

Gaby Read-Cayton was on a mission to secure a 100m back NQT.

While the 13-year-old swam the performance of her life to take fourth, she missed the qualifying mark by less than two-hundredths of a second.

Read-Cayton later rallied and went on to swim an electrifying 200m back with a superb personal best time, moving her up the rankings from 32nd to ninth.

Also rewarded for hours of hard training was Fiz Skilton.

The 12-year-old swam a brilliantly tactical 400m free to achieve a massive 10-second



*Rush hour: Box Hill's Katy Rushmer was on top form at Crawley with two bronze medals.*

improvement from her previous standard.

Skilton backed this up with an impressive 100m free, shaving four seconds off her best.

Eloise Smith, also 12, proved she can hold her

nerve with the pressure on by swimming a strong 100m free, improving her starting ranking by more than 10 places.

Other Box Hill swimmers to shine were 13-year-olds Jenny Ball and Celia Byatt.

# Rushmer leads way for Box Hill

**THE** South East Region Age Group Championships got off to a flying start this weekend for the swimmers at Box Hill.

An abundance of personal best times and impressive swimming showed that Box Hill were there to compete and compete they did in the 50m pool at K2, in Crawley.

Katy Rushmer repeated her national qualifying time gained at the Guildford Short Course meet when she took the bronze medal in the 100m freestyle in a time of 1 minute 7.3 seconds.

Rushmer had earlier won another bronze in the closely fought 100m fly. She now has one more chance at adding to her national times next weekend in the 100m breaststroke.

Tilly Houston, 10, competing in her first ever regional competition remained calm

and focused as she was placed sixth in both 100m backstroke and freestyle.

Another impressive eighth place in the 200m back and she rounded off an exhausting weekend with 10th place in 200m individual medley all with life time long course best times.

Gaby Read-Cayton, 13, was on a mission to gain an NQT for 100m backstroke. While she swam the performance of a lifetime and claimed fourth place, she missed the qualifying time by less than 2/100ths of a second.

Read-Cayton later rallied and went on to swim an electrifying 200m backstroke with a superb personal best time moving her up the rankings from 32nd to ninth position.

Also being rewarded for all her hard training was Fiz

Skilton, 12, who swam a brilliantly tactical 400m freestyle race to achieve a massive improvement of 10 seconds.

She later followed this with an impressive 100m free shaving four seconds from her previous best. Eloise Smith, 12, also proved she can hold her nerve when it matters by swimming a strong race in her 100m free, improving her starting ranking by more than 10 places.

Jenny Ball, 13, swam a confident 100m back and free, and together with Celia Byatt in the 200m IM ensured that Box Hill were on course for their most successful championships yet.

Next weekend sees the same group of girls competing in a further 14 events in the final round of Regional Championships.



**National time:** Katy Rushmer is in good form and has swam NQT's in consecutive weekends