

SPORT

Houston stars as Box Hill compete well

THERE were no medals and no national qualifying times but many encouraging results from Box Hill swimmer's at the final weekend of the BAG-CAT South East Regional Championships at the K2 50m pool in Crawley.

Competing in the 10 year age group Matilda Houston swam a brilliant 200m freestyle heat to get to the final seeded third.

Although swimming the race of a life time in 2 minutes 34.67 seconds she was touched out to finish fourth by less than two tenths of a second.

A combination of fine swims throughout the championships lifted Houston to eighth position overall.

It was another frustrating weekend for Katy Rushmer (11), who once again missed out on national qualifying times and medal places by the

narrowest of margins.

Rushmer will now concentrate on working with coach Conrad Cawley on long course (50m) pool training for her trip to Sheffield to take part in the 100m freestyle event in July.

Fiz Skilton swam three tough events at the weekend and while the first of these (1500m free) proved frustrating the other two, 800m free and 200m free gave her 21 second and 10 second improvements respectively.

Celia Byatt, back from recent illness, again showed true guts and determination to swim lifetime best times in the 100m and 200m breaststroke. These girls and 20 other Box Hill swimmers will now start winding down for the summer break after one final open meet at Cranleigh on Sunday.

Stars in her eyes: Matilda Houston swan her heart out at the South East Championships



Till jingles: Box Hill's Tilly Huston produced the race of her life at the SE Regional Championships.

Swimming

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points list. It was a frustrating time for Katy Rushmer (11), who once again missed out on NQTs and medal places by tiny margins.

She will now concentrate on working with coach Conrad Cawley on long course (50m) pool training for the National Championships at Pond's Forge next month, focusing on the 100m freestyle.

Although Fiz Skilton was thwarted in the 1500m freestyle, she gained improvements of 21 seconds and 10 seconds respectively in the 800m free and 200m free, a credit to her hard work and dedication in the training pool.

Celia Byatt showed guts and determination with bests in the 100m and 200m breaststroke after returning from illness.

Tilly Huston, taking part in the 10yrs category, produced a brilliant 200m freestyle heat to reach the final, where she was seeded third.

Although swimming the race of her life in 2:34.67, she was touched out to finish in fourth position by less than two tenths of a second.

A combination of fine performances throughout the Championships lifted her to eighth overall in the BAGCAT