

Young Lyon celebrating after achieving a magnificent seven

AT the first competitive swim of the new season, at the excellent eight lane facility at the Xcel Sports Centre in Elmbridge, the Box Hill Swim Team shone brightly.

The idea of this Surrey County Qualifier meet was to give swimmers an opportunity to gain qualifying times for 2009 County Championships.

After a relaxing summer break the Box Hill swimmers showed that working on technique during training sessions pays off in the long run coming away with an impressive 59 top eight places, 10 county qualifying times and 10 medals.

The small club, that is still struggling to find enough quality water time for training, fared very well alongside clubs three times their size.

The most outstanding Box Hill swimmer was 11-year-old Zoe Lyon who completed all of her seven events, winning a gold medal and gaining a 2009 County qualifying time in 200m individual medley.

Lyon later went on to smash her PB by over one second winning the 50m freestyle, while once again achieving a qualifying time.

New girl Megan McInnes, who turned 11 on Monday, swam a blistering 50m backstroke to win gold, a qualifying time and a new lifetime best by almost three seconds.

Competing in her least favourite event 10-year-old Eve Williams cruised to third place and a CQT to take bronze in the 50m backstroke.

Team mate Georgia McGrath completed the 200m freestyle shaving over two seconds off her previous best on the way to securing a silver medal and a 2009 CQT.

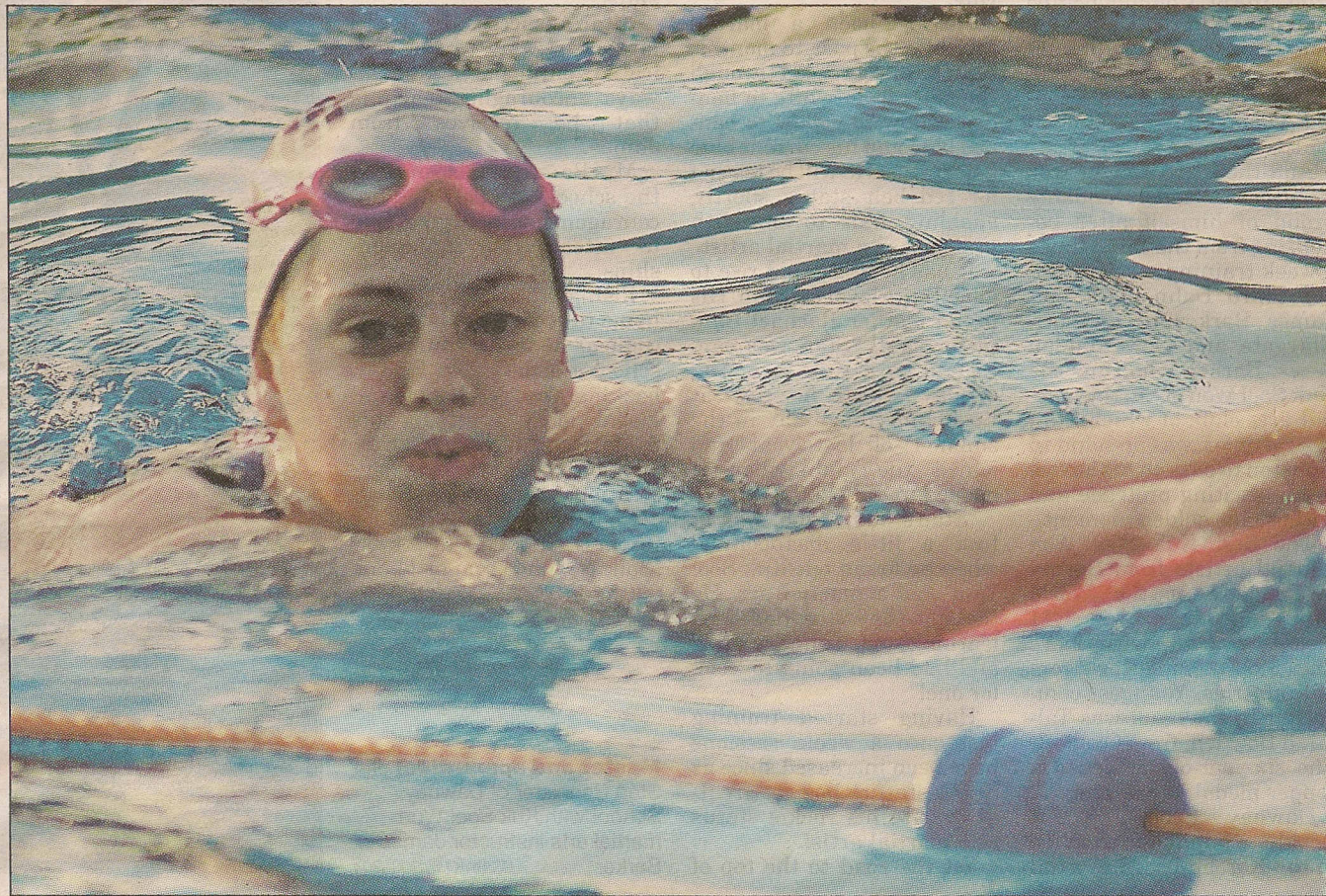
Tilly Houston, 11, came close to qualifying in three of her events but made absolutely sure in the 50m freestyle when she swam an outstanding time of 31.71 seconds to take gold.

Fast rising star Millie Reed choked water on her way to winning the 100m breaststroke but fought back to swim an amazing qualifying time of one minute 33.69 seconds, an improvement of a staggering 7.75 seconds.

Jessica Filby, 13, gained no qualifying times but produced seven PB's. Also competing well was Lauren Mooney who showed just how tough it is to qualify when she won two and came runner up in three events but still failed to make the grade.

Senior swimmer Fiz Skilton, 14, had a gruelling eight events totalling four life time bests and came away with two qualifying times in 200m individual medley (silver) and 50m butterfly (gold).

Meanwhile sister act



Winner: Fiz Skilton was amongst the swam well to break four personal bests

Tabitha and Gaby Read-Cayton were competing at the prestigious Southampton Open with mixed fortunes.

Tabitha, 10, swam to six county times, four lifetime bests, five gold medals, one silver and a bronze. Gaby, 14,

managed one gold medal in the 50m backstroke and two PB's in her other two events.

The success of Box Hill lies in many areas said head coach Conrad Cawley.

"The outstanding encouragement and support I have

been given by all involved with Box Hill has motivated me to do my very best for the club," he said.

"Dorking sports centre have also been extremely understanding and generous. I believe that at Box Hill we have a patient and caring

approach which pays dividends. You only have to look at the results for confirmation."

The swimmers will now break for a few days before training in preparation for more opportunities to qualify at up and coming meets.