

# Extra training key to success

THREE Box Hill swimmers celebrated energy-sapping performances at the Surrey Championships by turning up for extra training.

Endurance specialists Fiz Skilton, Zoe Lyon and Tilly Houston were in action at Aldershot's Olympic-size pool during the first weekend of the 2009 series.

Skilton broke the 20-minute barrier in the 1500m while 11-year-old Lyon claimed sixth in her age group over the same distance, just outside her personal best.

And there were two top eight places for Houston, 12, as she took sixth in the 800m and fifth over 1500m.

Coach Conrad Cawley was delighted with the results but even happier to report that all three girls took part in a two-hour training session later the same day.

Over at the Black Swans

meet at Elmbridge, it was the club's boys who shone.

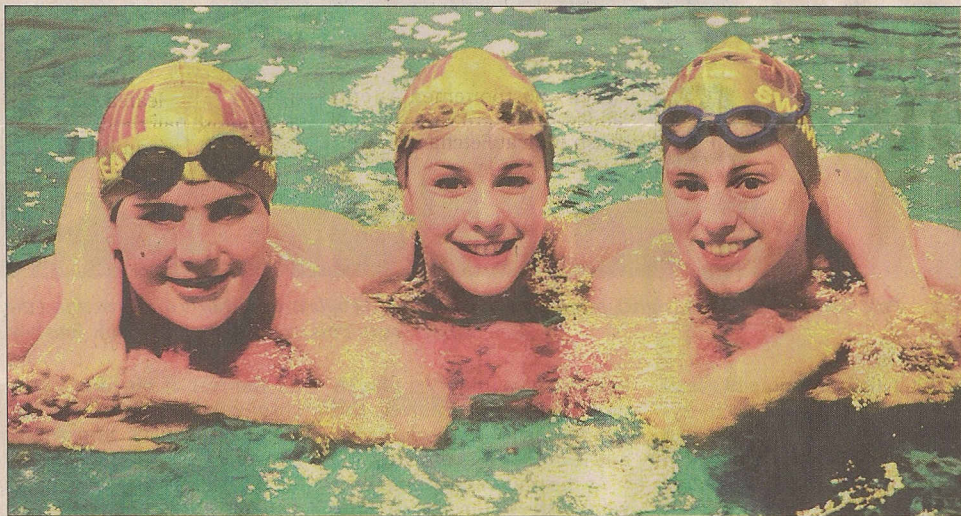
Charlie Barlow, 10, was eighth overall in his age group while nine-year-old Oliver Cooper took second in his.

Cawley added: "Recently it's been the girls that have led the way in competition but with more boys progressing through the system they are starting to emulate them."

Meanwhile, Box Hill's squad hit form again during the second weekend of the Surrey Championships, despite the heavy snow disrupting their training schedule.

Eve Williams, 10, used her outstanding technique to cut through the water in a lifetime best of 5:35.0, taking 33 seconds off her 400m free entry time to finish a highly creditable sixth.

In the same event Lyon proved unstoppable achieving a regional qualifying time



*Fruits of their labours: Box Hill threesome (from left) Zoe Lyon, Tilly Houston and Fiz Skilton put in extra sessions and were rewarded with success.*

(RQT) while improving by more than 16 seconds. There was another RQT for Houston with a four-second improvement, while Jenny Ball marginally improved her entry time and Skilton smashed hers by more than five seconds.

Box Hill's first county champion of the series is Taby Read-Cayton who swam a brilliant tactical race and took gold in

the 200m IM in another RQT. Not far behind and setting lifetime bests, were Lyon, Williams and Louisa Armstrong-Wood.

Nine-year-old Carrie Bonnar could afford a miscount and brief stop after six lengths of her Championships debut before finishing her heat in front.

But the three-second delay moved her from the silver

medal position to fifth overall. Antonia Peckham, 10, also competing in her first Surreys, swam to an amazing improvement of more than six seconds in the 200m free.

Out of 16 girls taking part in the 200m free all but one swam lifetime bests with Read-Cayton earning a bronze. Skilton, Houston, Lyon and Williams all recorded RQTs.