

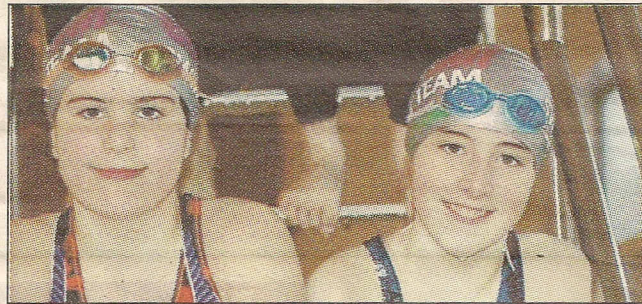
Training disruption can't stop Box Hill

AT the second weekend of the Surrey County Championships the Box Hill swimmers were in fine form despite a severely disrupted training programme due to the heavy snow earlier in the week.

Ten-year-old Eve Williams was the first to dive in for the 400m freestyle event. Using her outstanding technique she cut effortlessly through the water in a lifetime best of 5 minutes 35 seconds, taking 33 seconds off her entry time to finish a credible sixth.

In the same event Zoe Lyon, 11, achieved a regional qualifying time while improving by more than 16 seconds.

There was another re-



Teammates: Zoe Lyon and Louisa Armstrong-Wood

gional QT for team mate Tilly Houston with a four second improvement. While Jenny Ball, 15, marginally improved her entry time, team mate Fiz Skilton, 14, smashed hers by over five seconds.

The 200m individual medley saw Box Hill get

their first county champion of 2009 when Taby Read-Cayton swam a brilliant tactical race and took gold. Not too far behind, all setting lifetime bests, were Zoe Lyon, Louisa Armstrong-Wood and Eve Williams.

Young Carrie Bonnar,

nine, competing in her first championships miscounted and stopped briefly after six lengths before finishing the heat in first position. The three second delay moved her from a silver medal position to fifth place.

Antonia Peckham, 10, also competing in her first championships swam to an amazing improvement of over six seconds in the 200m freestyle.

From a total of 16 girls taking part in the 200m freestyle event all but one swam lifetime bests with Taby Read-Cayton taking bronze. Fiz Skilton, Tilly Houston, Zoe Lyon and Eve Williams all achieved regional QTs.