

# Personal bests tumble as Box Hill excel at big one



**Star:**  
Tabi  
Read  
Cayton

BOX Hill's swimmers were in amazing form at the second of four County Championship weekends.

Every single swim bar three, from a total of 50, resulted in a personal best time.

"Truly superb and very satisfying", said head coach Conrad Cawley. "The swimmers are now halfway through these championships and all the hard work is paying off."

Tabitha Read-Cayton, nine, showed she has what it takes by winning gold in 200m backstroke and 200m individual medley, as well as silver in the 200m freestyle.

There were no medals for 10 year-old Zoe Lyon but four top places and regional qualifying times aplenty in 400m IM, 200m freestyle, 200m IM and 200m backstroke.

Matilda Houston, 11, started the weekend with fourth place and a regional QT in the 200m freestyle, clocking an awesome 2:28.52. She later went on to another fourth place finish and another RQT in the 400m freestyle and completed her trio of qualifying times with a massive lifetime best swim in the 200m backstroke.

Since moving to Box Hill 15 year old Viki Knight has

completed over 100 personal best swims. She added five more to her total with the best of these coming in the 200m IM where her much improved breaststroke leg helped to shave two seconds from her entry time.

Felicity Skilton, 13, proved what a tough competitor she is by storming to five great swims all in lifetime bests

Cawley was full of praise for Skilton and said:

"Week after week she swims her heart out."

Jenny Ball stayed focused and produced five fine performances.

Nerves play a big part at these Championships and new girl Lauren Mooney quelled hers with a personal best time in the 200m freestyle and another PB and fourth position in 200m backstroke.

Other Box Hill swimmers adding to the team success were Ben Smith (11), Josephine Truelove (10), Eve Williams (9), Chloe Smale (12), Eloise Smith (13), Celia Byatt (13), Samantha Terry (10) and Nick Long (10).

There will be a break from competition next weekend but all the swimmers will continue to train hard in preparation for the third weekend of the Championships.

## Surreys

In a brilliant weekend for the area's clubs, Box Hill produced an amazing statistic in the second of their four county galas.

Only three swimmers, from a team of 50, failed to record a personal best giving the club a 94% success rate.

Coach Conrad Cawley said: "It's truly superb and very satisfying. The swimmers are now halfway through these championships and all the hard work is paying off."

Taby Read-Cayton, 9, again showed she is set to follow in the wake of older sister Gaby, by taking gold in the 200m back and 200m IM, plus 200m free silver.

The results were made sweeter for the swimmer, who turns 10 next month, as they were achieved well inside the regional qualifying times for 10-year-olds.

Zoe Lyon failed to land a medal but could be content with four top places and regional qualifying times in the 200m and 400m IM, 200m back and 200m free.

Other fine swims came from Matilda Houston, 11 and 15-year-old Viki Knight. Felicity Skilton recorded PBs in all her five events, prompting Cawley to claim: "She is one tough cookie."

Jenny Ball bounced back from her disappointments the previous weekend by staying focused and producing five quality performances.



*Family trait: Taby Read-Cayton is following the example of older sister Gaby after winning two golds and a silver for Box Hill in the Surrey Championships.*