

Swimming

Cryer's jubilant as youngsters grab golden harvest

BOX HILL coach Steve Cryer was full of praise for his young team as they won 32 medals and set 10 new club records at the Cranleigh Open Meet.

Twins Holly and Florence Niemy (9), who recently raised more than £500 for Marie Curie in the swimathon were in fine form as they shared the spoils in the 200m breaststroke event.

Holly took silver with only

her sister ahead to claim gold, Florence adding a second in the 50m breaststroke as she again won family bragging rights in the 200m freestyle.

Seven medals and five club records were earned by Fin Ring-Hrubesh (13), his best two finishes in the 200m individual medley - a 10-second improvement and the 200m breaststroke, where he claimed a staggering

17-second best. Charlie Bennett (10) was in fine form to win gold in the 50m and 200m free, achieving a 10-second improvement in the longer distance before going on for silver medal in the 50m backstroke. There were medals galore, six in total coming for the outstanding Sophia Hodgson (10) plus club records in the 50m back and 200m freestyle events to

maintain her steady improvement since joining the club.

Rebecca Lynch, 14, is another who has made excellent strides with golds coming in the 50m breast and butterfly, three club records and two silvers making it an excellent meet for her all round.

Antonia Hunter-Choat (14) proved she has what it takes when she claimed bronzes in the 50m and 200m freestyle.

Other Box Hill medallists included Sebastian Dudley (12 - silver 200m free), Molly Colbert (10 - silver 50m free and 200m IM), Freya Johnson (9, gold 200m IM) and Emma Annetts, whose two fine displays brought her gold at 50m and 200m free. Cryer says the times produced were proof of progress, with the focus now on the next meet at Dorking on November 13.



Winning touch: Freya Johnson, 9, claimed gold for Box Hill in the 200m individual medley at the Cranleigh Open Meet last weekend.