

## **British Championship time for Rushmoor Royals swimmer**

Alice Lim of Rushmoor Royals Swimming Club gained a British Championship time in the 200m butterfly at the Dragon meet in Swansea last weekend. The club also gained an impressive five National Qualifying Times (NQTs) 8 Regional times, and 45 personal best swims at the meet.

Facing tough competition from over 50 English and Welsh clubs, the Royals' Faline Chapman swam NQTs in 50m, 200m and 400m freestyle; Ben Artis made the time in 100m backstroke and Angharad Eburne in 100m breaststroke.

There were excellent swims from James Fuller, Aaron Gudge, George Emmins, Elliot Broad, Justin Hanson, Jamie Cunningham, William Fuller and Ffion MacKenzie, all qualifying for the finals, and all swimming their personal best times.

The prestigious annual event, held at the Wales National Pool, attracted over 400 swimmers.

Head Coach Ben Lafferty said: "I was exceptionally pleased with our performance given that the meet came immediately after the Christmas break and after disruption to our training through snow closures. Getting so many national qualifiers so early in the season is great news.

"Now our swimmers will apply themselves to another 7 week training cycle which leads in to the Hampshire County Championships in March.

"The top group of swimmers in the club will go to Cyprus for a warm weather training camp in February half-term which should be the high point of the training cycle. "