

Harris is on Cloud Nine

Rushmoor Royals Swimming Club

The club had another outstanding weekend at the Hampshire County Championships, with 11 new Regional times, and a bevy of medals.

The Southampton meet concluded the six-day championships, with the final two days of racing for the older swimmers. Fifteen year old Michael Harris won nine events, achieving a new regional time in 50m free. Adam Cotton, 16, came first in the 200m butterfly.



Faline Chapman, 15, was unstoppable, taking first place in Girls' Age 15 50m/200m/400m Freestyle, 100m Breaststroke (new regional time), as well as the Girls Open 50m freestyle.

Team mate Victoria Lim, 15, continue her winning streak, placing first in her age group for 100m Butterfly and 200m Backstroke (new regional time). Catriona McGill, 16, took first place in the 200m Individual Medley.

In the team events the Royals' girls did well to get the bronze medal in the Junior Open Medley Relay Final.

Head Coach Ben Lafferty was delighted with the results. "Royals' swimmers have, over the last three weekends, amassed an impressive 48 golds, 35 silvers and 33 bronze medals. We've had two new National Qualifying times, and an incredible 48 South East Regional times this month.

"They have worked incredibly hard; the work they did on the warm weather training camp in Cyprus, where some of them covered 75km in 8 days, set them up. We now start an intensive training cycle for the Regionals in May."