



Rushmoor Royals' swimmers added another 10 Hampshire County qualifying times to their tally this weekend, in the clubs' annual Long Distance meet.

The meet attracted 800m and 1500m swimmers from 20 clubs around the region.

Royals' swimmers did exceptionally well. In the 12-13 year old category, George Emmins set a blistering pace in the 800m to come in first in 9:44.67 – easily making a Hampshire County qualifying time. Teammate Elliot Broad came in fourth, Aaron Gudge sixth and Tim Gooding eleventh, all comfortably within county times.

In the 14-15 year old age group, Ben Artis (7th) and Justin Hanson (10th) both swam county times.

Not to be outdone, the girls were on fine form, with Alice Lim (14) swimming first place in 9:35.37.

County times also went to Pippa Littlejohn (6th), Zoe Hastie (8th) and Elinor Cotton (13th) in the 12-13 year old age category.

Youngsters Oliver Broad (11) and Vincent Ryan (10) swam the event, for which there is no publish county time for this age range. Both achieved a personal best time.

Rushmoor Royals now have 37 swimmers who have qualified for one or more County events.

The week before, Rushmoor Royals' swimmers took on some of the regions' top clubs at the National Arena Swim League, held in Maidenhead.

There were notable first place performances from Tom Litten (Mens Open 200m IM and 100m Fly); Chris Rowley (Mens Open 100m Free); Angharad Eburne (13/U 100m Breastroke); Leigh Beale (11/U 50m Fly); George Emmins (13/U 100m Fly) and the extraordinary Open Mens Individual Medley Relay team of Michael Harris, James Fuller, Tom Litten and Chris Rowley.

Head Coach Emma Collings was delighted with the results from the two events, and said the swimmers were all "buzzing with excitement" about the year ahead.

"We have radically overhauled the training programme, with more emphasis on refining technique and building core strength to compliment the generic swim training schedule," she explained.

"It's early days, but we are already seeing some big improvements in times. We have fully bought into the long term athlete development programme, with an emphasis on developing our young talent, not over-training and over-competing.

"To this end, we have introduced techniques sessions for all swimmers, with the emphasis on learning through fun. We have appointed a new fitness coach, Chris Rowley, who is a former GB international swimmer himself. Chris is working with the youngsters to build their core strength and stability and will also be working with parents and young people about optimum nutrition for young athletes.

"Rushmoor Royals is a great club, and by shifting our focus back to development of individuals' long term, as well as producing results in the short term, we are set to lay excellent foundations for the swimmers of the future."