

Litten on top form at Regional Championships

Tom Litten, Rushmoor Royals' rising star, achieved another two National Qualifying Times (NQT) in the pool his weekend, and added two additional county times to his collection.

Litten and the Royals' elite swimmers were at the South East Region Winter Swimming Championships at the Portsmouth Mountbatten Centre, where they competed with top swimmers from the region.

The Royals' team achieved seven new Hampshire county times, bringing the Royals' total to 224 across 49 swimmers.

Litten dominated the pool in the 100m and 200m breaststroke events, where he came first in the heats and the finals. In the 200m event, he beat last week's NQT time and swam a personal best. He matched that achievement in the 100m event final, in a time of 1:03.58 – another NQT.

Throughout the day, Litten swam brilliantly, earning a county time in 100m free (3rd place) and taking first place in the 200m and 400m Individual Medley (IM) races. It was in the 200m IM final that he swam his next NQT.

Team-mate Victoria Lim took a huge three seconds off last week's NQT to come in third in the 200m Butterfly final.

The other Royals swimmers swam equally well, with new county times for Faline Chapman and Niamh McDonagh in the 100m Breaststroke event, and Alice Lim in the 100m Back and IM events .

Angharad Eburne, James Fuller, Nicole Ryan, Adam Cotton, George Emmins and Justin Hanson all swam well in their events, with several personal best times.

The Men's and Women's relay events were exciting, with the Men's team of James Fuller, Cotton, Litten and Chris Rowley making county time in the 400m freestyle relay.

In the Men's 400m Medley Relay, Michael Harris, Litten, Cotton and Rowley came in a respectable third place.

The girls team – the Lim sisters, Eburne and Chapman came in fifth in the 400m Medley Relay and third in the 400m Freestyle Relay.

"This was an outstanding event, with all elite swimmers pulling out some terrific performances," said Head coach Emma Collings.

"Our swimmers are in hard training and it's a really positive sign that swimmers are swimming top times in an early season event. I am really positive about the rest of the season, however there is still a lot of hard work to be done" she added.