

## 4 National times for Royals' Swimmers



Rushmoor Royals Swimmers achieved four National Qualifying Times (NQT) and 106 Hampshire County Qualifying times in the annual Long Course Open Meet at the Garrison this weekend.

The event attracted swimmers from around the South East Region, with clubs from as far afield as London, Kent, and Portsmouth.

Early in the first session, Tom Litten, (18) swam a time of 4:44.41 to make his first NQT in the 400 Individual Medley. Within hours, he notched up his second NQT in the 200m Breaststroke with a time of 2:25.30.

Victoria Lim, 16, achieved an NQT in the 200m Butterfly in a time of 2:25.49, giving the Royals swimmers a great boost in confidence.

Royals' fans had to wait until Sunday to see their next NQT - Angharad Eburne, 12, in the 200m breaststroke. She made a time of 2:49.54

In the interim, there were 106 new county standard swims across all age groups and all races.

This brings the total to 217 county times, representing 49 swimmers – around 25% of the club.

Head Coach Emma Collings said she had not expected the team to swim as well as they did, as it was very early in the season to be swimming a long course (50m) meet.

"They have done brilliantly!" she said. "We have had a huge number of personal best swims, in addition to the large number of county times.

"Getting four national times as well was a really exciting start to the season for the Royals. Well done to everyone that took part!"

- *Emma Collings will represent Hampshire at the Masters inter-counties on 21st November at Garrison. Her sister Sarah Collings, Chris Rowley, Tom Litten and Kristina Paige will also swim. Sarah Collings represented Rushmoor Royals at the Masters Nationals (short course) the previous weekend, winning 3 golds in 200/400/800 free. She set two Great Britain records in the 30-35 age group, and won a bronze in 200 back.*