

Royals Go for Gold

Swimmers from Rushmoor Royals Swimming Club were on top form last weekend, earning 32 Gold, 23 Silver and 17 Bronze medals at their annual Open Long Course meet.

The event, held at the 50m pool at Aldershot Garrison Sport Centre, attracted 23 clubs from the region. The 2 day event saw over 600 competitors in 2400 individual swims.

Niamh MacDonagh had an outstanding weekend, winning six gold and one silver medal. Other notable swimmers were James Fuller (3 gold); Matthew Lee (2 gold, 2 silver, 1 bronze); William Fuller (2 gold, 2 silver); George Emmins (2 gold, 1 silver); Aaron Gudge (2 gold, 1 silver); Justin Hanson, Leigh Beale and Victoria Lim (2 gold each). The event was deemed as a great success by visiting clubs with many personal best times. The Royals' swimmers clocked up 233 personal best times on their home waters.

For many, the event was a late opportunity to qualify for the Hampshire County Championship in March. The Royals now have 57 swimmers with county times, (327 individual qualifying times), 14 Southern Regional qualifiers, six National qualifiers and two British Championship qualifiers.

Ben Lafferty, Royals' Head coach, commented: "The number of younger swimmers coming through the club with better technique and skills than ever before means that we're building a great team for the future.

"The Hampshire County Championships in five weeks are an opportunity for our emerging swimmers to make an impact, and I'm confident of that as they are improving rapidly. Our head of the Foundation groups, Liz Short, is doing a great job."