

## **Royals' Golden Girls take on Hampshire's best**

Rushmoor Royals swimmers added to their medal tally this weekend, winning 13 Gold, 12 Silver and 6 Bronze awards at the Hampshire County Championships.

Day 3 and 4 of the championships, held at Waterlooville, also saw 23 swimmers achieve new South Eastern Region times. Rushmoor Royals now have 18 Individual Qualifiers in 93 events for the Regionals, to be held in May.

Newcomer Nicole Ryan, 11, was on blistering form, winning 8 golds in 50/100/200m Backstroke; 50/100/200m butterfly and 100/200m freestyle events. She also took a silver in the 100m Individual Medley.

Ten year old Leigh Beale was also in fine form, winning 3 golds in 50m Butterfly; Breaststroke and 100m Individual Medley. She won silver in 200m Freestyle, Breaststroke and Individual Medley events.

Angharad Eburne, 12, won the 100m Breaststroke and 200m Breaststroke. She achieved silver in 50m Breaststroke and bronze in 200m Individual Medley and Freestyle events.

Alice Lim continued her winning streak, with silvers in 200m Individual Medley; 200m Butterfly; 200m Freestyle and 100m Individual Medley, and bronze in 50 Butterfly.

Holly Campbell took silver in 50m Breaststroke.

Not to be outdone, George Emmins placed second in the 100m and 200m Butterfly, and third in the 50m Butterfly.

Nicole Gujer ; Rhian Mackenzie Jamie Cunningham also placed third for 50 Butterfly in their age groups, and Courtney Woodhead for her 100m Individual Medley

While the boys were did not feature heavily in medals, they swam excellent races, making 10 of the 23 new regional times. Aaron Gudge qualified for regionals in 4 events, Justin Hanson in 2, and the remainder were achieved by Elliot Broad, Ben Artis, William Fuller and George Emmins.

The girls achieved thirteen regional times: Ryan (4) ; Lim (3) Beale (2) Eburne (2) and Campbell (2)

Head Coach Ben Lafferty said: "I am delighted at these results. Rushmoor Royals' swimmers go from strength to strength, and big competitions like the County championships bring out the very best in them. Almost 60% of swims were at the contestants' personal best. The final County meet is next weekend, when our older and more experienced swimmers get to show their talents. Look out Hampshire!"