

## **Rushmoor Royals excel in Distance and Relay events**

Swimmers from Rushmoor Royals were on excellent form at the Hampshire County championships this weekend.

The event, held in the 50m pool at Portsmouth's Mountbatten centre, runs over three weekends and pitches the counties' top swimmers against each other in a series of nail biting heats and finals. The first week of the championship covers the longer distance events and the relays.

Angharad Eburne, 13, came second in the 400m Individual Medley with a personal best time, and later achieved a new Regional qualifying time in the 800m Junior freestyle event. She came second in her age group event in the 800m and the 400m freestyle.

Pippa Littlejohn, 12, achieve a new Regional time in the girls 400m freestyle in her age group.

Nicole Ryan, 12, came first in the 800m and 1500m 12 year old freestyle events, and third in the Junior 1500m freestyle event.

Alice Lim, 14, won third place in the 800m freestyle event for her age group.

Rushmoor's 13 year old boys dominated the 400m freestyle event. George Emmins, Jamie Cunningham and Robert Griffiths took second, third and fourth places.

There were excellent individual performances from Vincent Ryan, Tim Gooding, Elliot Broad, Aaron Gudge, Elinor Cotton, Zoe Hastie, Louise Fox and Ben Artis.

In the Relay events, the Royals' A teams, were unstoppable. The 13 year old boys team of Emmins, Cunningham, Griffiths and Broad set a blistering pace and won the boys freestyle relay convincingly.

The Medley Relay team, of Emmins, Cunningham, Griffiths and Gudge, also won their race.

The open relay team of Tom Litten, Michael Harris, Adam Cotton and Chris Rowley, narrowly missed victory in the 800m freestyle relay, and came in second.

The clubs girls' A team of Eburne, Littlejohn, Ryan and Hannah Campbell were also on good form, coming third in the 13 & Under 200m Freestyle Relay. Nicole Gujer joined the team for the Medley relay, which the team won in an excellent time of 2:15.64.

Both A and B teams reached the finals of the boys' 9-11 Freestyle and Medley relay teams, and swam well.

The teams: Broad, Joseph Kite, James Batty, Michael Hyatt, Tom Smith, Elliott De Landro, Lewis Broad and Vincent Ryan, came fifth and eighth in both Free and Medley finals.

The girls Open relay team of Alice and Victoria Lim, Niamh McDonagh and Faline Chapman, finished second in the 800m freestyle relay.

The younger girls team of Madeline Exton, Hannah Archer, Leigh Beale and Lucy Sturton Placed third in the Age 9-11 200m Medley Relay.

"This was a great start to the county championships, and we've seen some really strong performances in the distance events. The success of our teams in the relays has really buoyed everyone's confidence for the next two weeks of sprint events," said Head coach Emma Collings.

Next weekend's county sprint events will be held in the 25m pool at Waterlooville. Three Rushmoor swimmers – Eburne, Ryan and Litten, will be racing at the British Championships instead.