

Rushmoor swimmers ensure a right Royals homecoming

The Rushmoor Royals made a home advantage count by logging an impressive three National and 24 Regional times at the South East Region Winter Championships, at the Garrison pool Aldershot, over the weekend.

The Royals entered 32 swimmers in 146 events, including the 400m relays.

Star of the day, undoubtedly was Tom Litten, 19, who came first and reached National qualifying times in the 400m Individual Medley; the 100m breaststroke and the 200m Individual Medley. He also added regional qualifying times to his collection in the 50m freestyle, fly and breaststroke events.

Louise Fox, 14, was also on impressive form, earning regional times in the 200m, 400m and 800m freestyle events, while Angharad Eburne, also 14, won three new regional times in the 800m freestyle , the 50m and 200m breaststroke.

Niamh McDonagh, 15, gained a new regional time in the 200m free, and came first in the final. She finished third in the 100m and fourth in the Junior 50m free.

Victoria and Alice Lim both earned Regional times in the in 200m Free while Ewan Laing, 16, came third in the juniors' 400IM, earning a regional time, along with teammates Robert Griffiths and Ben Artis, 15. Laing went on to gain a second regional times in the 50m Fly , while Artis flew through the 50 backstroke to take top honours in the Junior section. Griffiths won his second regional time in the 1500m freestyle.

Jack Peters, 14, earned two regional times in the 400m and 1500m freestyle (where he came first in the Junior event) while Michael Harris, 17, made the final of the 100 back, where he came fifth.

The Royals also placed three teams in the relays – two male and one female.

Head coach Emma Collins said: “We had some fantastic wins and many medals, proving we are a force to be reckoned with in the South East.