

## GIRL POWER AT LANE COVE

16/02/09

Lane Cove's female contingent put in an outstanding performance at last weekend's New South Wales Open Championships.

14 year old Monique Bain qualified for her first National Age championships pool event, swimming an impressive 28.6 in the 50 Freestyle, to easily qualify for the event in April.

The weekend results caps an impressive few months for the up and coming swimmer: she has qualified for the National Age 5km open water event ; she also came second in her age group at the recent Cole Classic ocean swim.

One of the club's newest members, 15 year old Shori Hijikata qualified for her first National Open Long Course Championships in the 50 Fly.

Hijikata also added an extra event to her already impressive list at the National Age championships by qualifying in the tough 200 Butterfly.

Lane Cove's Head Coach, John Thompson, paid tribute to the girls.

"What happened over the weekend, demonstrates that hard work combined with confidence and self-belief bring great results."

The boys weren't to be outshone.

Champion butterflyer, Phil Butcher (18), qualified for his first open final in two events, coming 6th in the 50 Fly and 8th in the 100 Fly against some tough opposition including Olympic medallists Geoff Heugill, Adam Pine and Andrew Lauterstein.

21 year old team mate, Tim Antalffy, also demonstrated his talent by improving on his position from last year by winning the 50 Fly "B" final after being back in training for just one week.

And proving that age is no barrier, 29 year old Hugh Rothwell made his first ever appearance in an open final's program by swimming a 3 second PB to qualify for the 200 Breaststroke and finishing 19th overall.

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