

LANE COVE'S ELDER STATEMAN LEADS THE WAY

28/07/09

28 year old **Hugh Rothwell** led the Lane Cove swim team at last weekend's NSW Open short course Swimming Championships.

Rothwell, swimming in hip-to-knee swim suit, swam a personal best in his pet event, the 200 Breaststroke, to finish as a finalist for the first time.

He said "I finished 11th at State Open last year, also in a personal best time. But I'm really excited by finishing top 10 for the first time and again with a PB."

Rothwell's strong performance, while battling a neck injury, follows on from his first Open National appearance earlier this year – qualifying for the 50 breaststroke, after many years of solid training.

And capping off an impressive 6 months, Rothwell swam in his first ever final at the NSW Open Long Course Championships in January.

The 28 year old balances training with his day-time job as a primary school teacher.

Lane Cove Head Coach John Thompson paid tribute to Rothwell "he inspires the rest of the squad, proving that age is no barrier."

Rothwell is now turning his attention to the World Master's Games in Sydney, later this year.

Lane Cove's team competing at last weekend's NSW Open championships also included 13 year old **Lauren O'Doherty**, making her debut appearance at this level in the 400 Freestyle. Also in the team were **Tim Antalfy** (21), **Nathan Besh** (28), **Shori Hijikata** (15), **Brandon Tam** (16).

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