

Sally's Stunning Swims

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14 year old up and coming Lane Cove swimmer, **Sally Gilbert**, has continued her progression into the top ranks of New South Wales swimming winning her first ever championship medals.

Sally, along with 21 team-mates competed in the Metropolitan Championships, held at Homebush last weekend.

Earlier this year she qualified for her first National Age championships. Last weekend she won two bronze medals in her main events: 100 and 200 Breaststroke.

Her coach, Scott Farnell, wasn't surprised.

"Sally is one of the toughest swimmers in training. She listens and works well. I have no doubt she'll do herself and her club proud at State next month and at Nationals in Brisbane in April" said Farnell.

Overall, Lane Cove continued its resurgence with its most successful championship meet in years, moving up to 23rd on the point score table out of the 79 Sydney clubs that competed last weekend.

16 year old **Phil Butcher** maintained his stranglehold on his pet event, the 100 Butterfly by setting a new Metropolitan record of 56.48.

Other highlights:

- **Joseph Hilsberg** Gold 100 Bk
Silver 100 Fs
- **Phil Butcher** Silver 50 Bk
- **Sally Gilbert** Bronze 100 Br
Bronze 200 Br
- **Josh Talvi** Bronze 200 Fs

Significantly, 65% of all swims by Lane Cove athletes were life-time bests!

Swimmers are now back in full training, and will be so through Christmas and New Year, preparing for the New South Wales Championships in mid January.

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