

SHORI SIZZLES AT STATE

01/09/09

15 year old Lane Cove swimmer, Shori Hijikata, staged a remarkable turn-around at last weekend's NSW Short Course Championships, by winning her first individual medal since 2006 at these championships.

The talented butterfly and breaststroke swimmer took one second off her previous best mark to win Silver in the 100m butterfly event in a time of 1.03.43.

She narrowly missed a medal in the 200 breaststroke, coming fourth by 0.19 second of a second. And despite swimming a full program of six events, achieved personal best times in each race she swam.

Her strong performance follows an exceptional National Open campaign a few weeks earlier in Hobart, in which she again achieved best times in each event she competed in.

Lane Cove Head Coach, John Thompson, paid tribute to the 15 year old.

"Shori has only been training at Lane Cove for just over a year but has improved remarkably in that time.

"She has the elements that go into being a champion: she trains well and consistently, she's tough mentally and physically, her underwater work has improved significantly and she has been doing some good work in the gym.

"Really, she is getting the results she deserves", said Thompson.

Overall, the team swam exceptionally well with several swimmers finishing in the top 10, some for the first time:

- Angus Callister (13) 7th 100 Br, 8th 200 IM
- Kyron Israelsohen (12) 8th 50 Fs
- Sam Pratt (12) 6th 50 Fs
- Sam Ritchens (11) 9th 50 Fly

Thompson said "it was a great performance from the team – most of them are fairly inexperienced at this level but still swam 100% personal best times, demonstrating the depth of their talent and the quality of the program at Lane Cove".

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