

## Sydney's Rising Club

1.4.08

Lane Cove's strong debut at last week's National Open Long Course Championships was led by one of the meet's youngest competitors, 14 year old Sally Gilbert.

Gilbert was one of 5 Lane Cove swimmers to compete at the championships, which also doubled as the qualifying meet for Australia's Olympic swimming team.

The youngster has risen quickly through the sport's ranks over the past 18 months – from making her first State final just over a year ago, to representing the club in all three breast stroke events (50, 100 & 200) at open nationals last week.

Significantly, she improved her ranking in all three events.

She wasn't to be outshone by her team mates, Tim Antalffy (20), Nathan Besh (28), Phil Butcher (17) and Andy D'Ambrosio (19).

Every swim by Lane Cove swimmers resulted in an improved rankings, including 20 year old Antalffy who climbed 19 placings in the 100 metre butterfly to finish 30<sup>th</sup>.

Antalffy also improved his 50 Fly time and placing and qualified for the semi-finals.

Lane Cove demonstrated its growing strength in the Mens 4x100 Fs and Medley Relays, finishing 9<sup>th</sup> and 10<sup>th</sup> respectively.

Head Coach, John Thompson, paid tribute to the team.

"This, as far as I'm aware, is Lane Cove's first ever appearance at the National Open Long Course championships" he said. "I'm proud of the team".

He added "for every swimmer to improve their rankings is a great achievement and is a tribute to their talent and ability to handle high pressure situations of a national championship meet."

Gilbert and Butcher, along with 3 other Lane Cove team mates (Gilbert's brother Sam (16), Josh Talvi (13) and Jack Van Der Vegt (13)) are now in final preparation for next week's National Age Championships in Brisbane.

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