

24.03.07

Lane Cove swimmers set new standards

10 year old Lauren O'Doherty has set a new standard at the Lane Cove Swimming Club breaking a 30 year old record during the current Club Championships.

O'Doherty swam the 100m Freestyle in 1:14.65 to break the long standing record held by former champion swimmer Elizabeth Swinburn since 1977.

O'Doherty's coach, Phil Hughes, praised his young charge.

"It was a great performance" he said.

He added "the result is not completely surprising because she trains consistently and well and is now starting to see the payoff for her hard work."

The strong performance at the Club Championships coincides with the equally impressive performances at the recent Speedo Sprint Finals at the Sydney Olympic Park Aquatic Centre.

O'Doherty's 8 year old sister, Eliza, was part of the Northern Suburbs Gold Medal winning Girls 6x50 Freestyle Relay team. 10 year old Joseph Hilsberg was part of the Boys 6x50 Gold Medal winning team.

Hilsberg was also a finalist in his 50 Freestyle and 50 Backstroke events. 13 year old Sally Gilbert finished 4th in the 50 Breaststroke.

11 Lane Cove swimmers qualified for the Speedo finals.

The Club's Head Coach, John Thompson, said "this was a good chance for our younger swimmers to experience swimming at a new level."

He said "significantly, most of the swims were personal bests."

Overall, the Northern Suburbs district – of which Lane Cove is a part – finished 3rd in the Speedo pointscore out of the 20 participating districts in New South Wales.

Further information:
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