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Sportsdesk: 01480 411481 e-mail: sport@huntspost.co.uk



GOLDEN BOY: Matt Laverne, from St Ives Swimming Club, returned from the Birmingham Open meeting with a haul of four golds and one silver medal. Having made the final in both the 50m breast and fly, 200m Free and individual medley and the 100m individual medley, he took gold in all but the 100m individual

medley final and topped his personal bests in four events. Michael Laverne, Matt's brother, and Hannah Smith, both fellow St Ives Club members were also in great form at the meeting. Michael set PBs in six events and Hannah setting new times in several events.

SWIMMING

Super fly guy: Matt Lardner in action. CP



ST IVES swimmer Matt Lardner returned from the Birmingham Open with five medals – four of them gold.

The 17-year-old was first in the 50m breaststroke and butterfly, the 100m individual medley and the 200m freestyle.

He added a silver in the 200m IM, and also set personal bests in every discipline except the 200m freestyle.

Michael Lardner, 10, just

missed out on reaching any finals, but gained personal bests in six disciplines – the 50m, 100m and 200m freestyle, 50m butterfly, 200m backstroke and 100m IM – taking more than 13 seconds and 10 seconds respectively off his backstroke and IM times.

Hannah Smith, 11, also represented the club in what is a high-standard event, and also broke a number of personal bests.