AT JUST 15 years old, an injury threatened to end the career of a budding eastern swimmer.

Abby Duncan, of Toorak Gardens, suffered a hairline fracture in her lower spine, due to a heavy sporting workload.

The Norwood Swimming Club member feared she would never swim competitively again.

“I was doing swimming, cross country and playing netball and I was overusing my body,” Abby says. “I couldn’t compete in swimming for almost a year.”

But, with patience and hard work, the St Ignatius College Year 10 student made a comeback. Last month, she captained the state’s senior school team at the National School Sport Australia Swimming Championships in Melbourne.

She won gold in the 50m butterfly, silver in the 4x100m freestyle relay and bronze in the 200m individual medley and 100m butterfly. Abby, 16, is this month’s secondary finalist in Messenger Community News’s School Sports Awards.

St Peter’s Girls’ Sarah Mihail and Scotch College footballer Callum Coleman-Jones were also finalists in the secondary category.

Seymour College’s Lucy Manviel was nominated in the primary category for her success in swimming and cross country. The overall winners will be announced on November 7.

Visit dcdl.sa.gov.au/sport to nominate a sport star.