

Worthing Swimming Club Press Release 15/02/2014:

“Last chance for worthing swimmers to gain a county times”

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Recently Worthing had 9 swimmers in attendance at the Atlantis Regional/National Chaser 2014 Open Meet at the Pavilions in the Park in Horsham which was the final opportunity for some swimmers, to try and gain County Qualifying times for 2014, and an ideal opportunity to obtain Regional times.

Worthing swimmers secured 10 personal bests on the day, out of 18 swims. These licensed times count towards Counties and Regionals in 2014 and also give swimmers a chance to practice events that they already have County times in.

5 of these swims were in County Qualifying times in their respective age groups, not counting races in which swimmers had already achieved a time, but went faster today.

These were by: Jacob Nash 1, Talisa-Mae Marsh 2, Katie O'Hara 1, Lauren McIlrath 1

Michelle Hepworth won the Girls 13 Years 200 Backstroke and was the quickest swimmer in all age groups in 2 Min 31.53. Michelle was also 2nd in the 200 Metres Individual Medley and 3rd in 50 Metres Breaststroke. Talisa-Mae Marsh was 2nd in Girls 12 Years 100 Metres Breaststroke and 3rd in 200 Metres Butterfly. Elliott Moore was 2nd in Boys 14 Years 50 Metres Breaststroke, Jacob Nash was 2nd in Boys 15 Years 200 Metres Individual Medley and Katie O'Hara was 3rd in Girls 12 Years 50 Metres Freestyle.

Also 8 Worthing swimmers attended the Sussex Schools Championships at Horsham, representing their various schools in either Junior, Intermediate or Senior age groups. The winner of each event in their relevant age group is then able to compete in the Regional Schools event. In addition to that, the gala is licenced so that times achieved count towards County and Regional Championships.

The following results relate to Worthing Swimming Club swimmers and reflect positions within a swimmers age group based on school years.

Lauren McIlrath - Davison High 100 Breaststroke 22nd 1.30.10

Petrina Marsh - Our Lady of Sion 100 Breaststroke 3rd 1.27.69 Faster County Qualifying Time

Ellis Bubb - Worthing High 100 Breaststroke 4th 1.13.05

Elliott Moore - Our Lady of Sion 100 Breaststroke 6th 1.17.75 Regional Qualifying Time

Michelle Hepworth – Sir Robert Woodward 100 Freestyle 4th 1.02.92

Katie O'Hara - Davison High 100 Freestyle 17th 1.09.66 Faster County Qualifying Time

Oscar Silk - Our Lady of Sion 100 Freestyle 25th 1.11.34 Faster County Qualifying Time

Talisa-Mae Marsh - Our Lady of Sion 200 I.M. 15th 2.52.86 County Qualifying Time

Ellis Bubb - Worthing High 200 I.M. 3rd 2.23.10 Regional Qualifying Time

Elliott Moore - Our Lady of Sion 200 I.M. 8th 2.38.31

Michelle Hepworth – Sir Robert Woodward 100 Back 2nd 1.10.12

Katie O’Hara - Davison High 100 Back 18th 1.21.02

Oscar Silk - Our Lady of Sion 100 Back 18th 1.21.65 Faster County Qualifying Time

Talisa-Mae Marsh - Our Lady of Sion 100 Butterfly 6th 1.21.96 Faster County Qualifying Time

Katie O’Hara - Davison High 200 Freestyle 17th 2.31.27 Faster County Qualifying Time

Oscar Silk - Our Lady of Sion 200 Freestyle 17th 2.37.85

Overall Worthing swimmers gained 2 Regional Times, 1 County Time, 6 Faster County Qualifying Times, 9 Personal Bests in 17 races.

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