

Worthing Swimming Club Press Release 29/9/2013:

“Worthing swimmer develop at Littlehampton open meet”

=====

On Sunday 29th September 2013, Worthing had 21 swimmers in attendance at the Littlehampton Open Meet at Arun Leisure Centre in Felpham, an ideal opportunity for swimmers to try and gain County Qualifying times for 2014 and for others to get race experience as they start their swimming journey.

Worthing swimmers secured 1st Place in 6 races, with Archy Burnell in the Boys 13 Years 200 Freestyle and 200 Breaststroke, Thomas Day in Boys 9 years 50 Butterfly, Daisy Hazeldine in Girls 15 years 200 Freestyle and 100 Breaststroke and Faris Khallouqi in Boys 9 years 200 breaststroke.

2nd placed swimmers were Gemma Coulson in Girls 14 years 200 freestyle, Joshua Coulson in Boys 10 years 50 backstroke and 200 breaststroke, Katie Davison in Girls 10 years 50 Butterfly, Elliott Moore in Boys 14 years 200 Individual Medley and Jacob Nash in Boys 15 years 200 Individual Medley.

3rd placed swimmers were Gemma Coulson in Girls 14 years 100 and 200 Backstroke, Joshua Coulson in Boys 10 years 50 Freestyle, Ben Curtis in Boys 100 Backstroke and 200 Individual Medley, Katie Davison in Girls 10 years 200 freestyle and backstroke, Thomas Day in boys 9 years 200 backstroke, Daisy Hazeldine in Girls 15 years 100 freestyle and 200 backstroke, Jacob Nash in Boys 15 years 200 free and 100 butterfly.

One of the most important aspects of the Gala are the times recorded, as these licensed times count towards Counties 2014 and give a swimmer an idea of how they are progressing and what they still need to work on, be it turns, starts, technique or stamina, to name but a few.

Personal bests were secured in 49 of the 57 swims on the day, by our 21 swimmers. 9 swims were in County Qualifying times in their respective age groups for next years County Championships. Archy Burnell 2, Ben Curtis 2, Katie Davison 3, Faris Khallouqi 1, Elliott Moore 1, Jacob Nash 2. There were also a number of swims, which were very close to the times needed, so with a bit more training, these should be secured with just over 3 months of qualifying left.

Well done to all swimmers who swam in the Littlehampton Development Chaser Open Meet.

=====

Matthew Laker
Media Secretary
Worthing Swimming Club
Website: www.worthingswimmingclub.org