

Worthing Swimming Club Press Release 15/6/2013:

“Worthing swimmers get of swimmingly at Sussex league competition”

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On Saturday 15th June 2013, 28 Worthing swimmers headed to King Alfred, Hove for our long awaited 1st round of this Year’s Sussex League. Worthing are in Division 2 and will need victories in the 1st and 3rd galas and at least 2nd place in Gala 2 to ensure promotion back to Divison 1.

King Alfred is a difficult pool to swim in, due to its angle, the roof causing havoc for backstroke races and the very high blocks, daunting for young swimmers. The theme of the evening was all about winning races and gaining the best place possible rather than the best times. These can be achieved in Club Championships and Open Meets.

Worthing fielded a strong team against Lewes and Bognor on the night. Worthing won 38 of the 55 races and came 2nd in 23 races with each Club having 2 swimmers in each race.

Therefore, Worthing led from race 1 and sealed a 144 point victory on the night. The next gala, despite only being our 2nd of the league will decide whether we will be able to gain promotion at our final gala, our 1st home gala in Splashpoint on 13th July.

This is because Littlehampton and Hailsham, our opponents on the 29th June at Arun Leisure Centre have both won 2 Galas already. Having a fairly small squad in attendance results in most of the swimmers being very busy and they all coped very well with their workload.

In other news Michelle Hepworth & Archy Burnell represented Worthing at the 2013 South East Region Age Group Championships held at K2, Crawley on the 8th/9th June.

Michelle Hepworth competed in the following event:

100 Metres Freestyle 1m04.85 Long Course 26th in 13 Years age grp.

Archy Burnell competed in the following event:

100 Metres Butterfly 1m 13.01 Long Course 22nd in 13 Years age grp.

All of these times were set in a 50 metre pool which are generally slower than short course 25 metre times as there are less turns during the swims. These times can be converted to reflect short course times.

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