

Worthing Swimming Club Press Release 14/9/2013:

“Worthing swimmers try to gain County times from Ken Deeley open meet”  
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On Saturday 14th September 2013, Worthing had 17 swimmers in attendance at the Ken Deeley Open Meet at Prince Regent in Brighton, 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 Places in 2 races, with Archy Burnell in the Boys 13 Years 50 Backstroke and 50 Breaststroke , 2nd Place with Caitlin Silk in Girls 9 Years 50 Backstroke, and 3rd Place with Caitlin Silk in Girls 9 Years 100 Individual Medley.

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 31 of the 43 swims on the day, by our 17 swimmers.

9 swims were in County Qualifying times in their respective age groups for next years County Championships.

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 under 4 months of qualifying left. Congratulations to all swimmers who swam in the Ken Deeley Open Meet

Squad in Full :

Caitlin Silk, Maisie Perry, Katie Davison, Oscar Silk, Talisa-Mae Marsh, Holly Stoner, Timothy Hartnell, Petrina Marsh, William Newnham, Archy Burnell, Ben Curtis, Anna Hartnell, Thomas Day, Lauren McIlrath, Faris Khallouqi, Katie O'Hara, Elliott Moore.

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