

Worthing Swimming Club Press Release 09/03/2013:

"Worthing's most busiest time of the year "

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On the 24th February Michelle Hepworth and Elliott Moore who took part in the long distance races at the 2013 County Championships on Sunday 24th February.

Due to technical problems with the pool, the races were held in a short course 25 metre pool rather than the usual 50 metres for longer distance races.

Michelle swam in the girls 800 metres and recorded a new personal best time of 10min21.91 coming 4th in the 13 year old age group and 22nd overall & Elliott swam in the boys 1500 metres and recorded a new personal best time of 20Min 18.87 coming 7th in the 13 year old age group and 26th overall.

Longer distance races require good mental and physical strength to maintain a pace for a longer period of time. It would be great to see more of our swimmers taking part in these Championships in 2014.

On the 2nd & 3rd of March Worthing swimmers competed at the 2013 Sussex County Championships and saw a number of fantastic swims from Worthing Swimmers, including 41 personal bests out of the 50 races swum.

From those swims, 5 swimmers qualified for Championship Finals, a fantastic achievement at County level. These were Lily McCardle (2), Thomas Day, Katie Davison, Michelle Hepworth and Archy Burnell.

The following swimmers finished in the top 3 positions in their age groups:

Katie Davison came 3rd in the 200 Metres Freestyle in the 9 years age group in 2 Min 59.75 having entered on a time of 3 Minutes 18, achieved in November. Charlie Hepworth came 2nd in the 100 Metres Freestyle in the 15 years age group in 55.59, a small personal best on what is already a fantastic time.

Michelle Hepworth came 2nd in the 50 Metres Freestyle in the 13 years age group in 28.89, her 1st time under 30 seconds in a licensed competition, a 1.2 second personal best. Michelle also came 2nd in the 100 Metres Backstroke in the 13 years age group in 1 Min 09.33, a 3 second personal best and a second faster in the final than the heat, an excellent swim.

Lily McCardle came 1st in the 200 Metres Butterfly in the 10 years age group in 3.24.56. The 200 Metres Butterfly is a gruelling race, very difficult for most swimmers and Lily swam brilliantly to achieve a new personal best time and become County Champion in the 10 years age group.

In addition to our excellent individual performances, Worthing entered a relay team into the 9 years age groups for both girls and boys. Both teams swam well, with the girls finishing 6th and the boys managing a brilliant 3rd place.

Congratulations to Thomas Day, Ethan Burstow, Matthew MacDonald and Elijah Akehurst in the boys race and Amalie Duncan, Cara McCully, Katie Davison, Caitlin Smith in the girls race. Hopefully, the 1st gala of many for quite a few of these Worthing swimmers.

The 1st weekend also saw us enter the Mens Open 4 * 100 Metres Medley relay. Our young team swam well to qualify for the final and came 8th overall. Well Done Ellis Bubb, Charlie Hepworth, Joe Hazeldine and Alex Standing.

Our 16 & Under 4 * 50 Metre team also qualified for the final in the freestyle relay with Jacob Nash, Joe Hazeldine, Ellis Bubb and Charlie Hepworth competing and finishing 8th, but only 4 seconds behind the winners. Our 4 * 50 Medley team comprised Elliott Moore, Archy Burnell, Jacob Nash and Charlie Hepworth and finished 12th in their race.

And finally on the 9th March, 34 Worthing swimmers headed to Pavilions in the Park, Horsham, for East Grinstead's Puffin Gala.

This development gala is an ideal opportunity for our younger swimmers to gain competitive experience and get some times on the board. Horsham is an excellent competitive pool for swimmers to do this, with 8 lanes, an electronic scoreboard and a large spectator area.

Worthing were against some competitive teams with Atlantis, Mid Sussex Marlins, Crawley, Littlehampton, Beacon, Redhill and East Grinstead all in attendance.

Development Galas are aimed at mostly non County swimmers, to allow less experienced swimmers an opportunity to showcase their talents. Our younger County swimmers were in attendance to gain much needed experience swimming in older age groups and relays.

Worthing finished 7th on the evening, winning 2 races, 2nd in 6 races and 3rd in 4 races. The Boys 8/9 Years Medley Relay team comprising Ethan Burstow, Faris Khallouqi, Thomas Day and Elijah Akehurst won their race, as well as Katie Davison in Girls 8/9 Yrs butterfly.

2nd places were secured by the following swimmers : Richard Rempel in Boys 10 yrs 25m freestyle, Caitlin Silk in Girls 8/9 years 25 metres backstroke and freestyle, Katie O'Hara in Girls 11 yrs 50 Freestyle, Lucas Bubb in Boys 11 yrs 50 metres breaststroke as well as our Girls 10 years medley relay comprising Maisie Perry, Abbie Moon, Katie Davison and Rosie McIlrath.

3rd places went to Ethan Burstow in Boys 8/9 yrs breaststroke and freestyle, Maisie Perry in Girls 10 yrs 25m butterfly and Richard Rempel in Boys 10 yrs 25 metres breaststroke.

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