

Worthing Swimming Club Press Release 29/6/2013:

“Worthing on track for promotion”

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On Saturday 29th June 2013, 30 Worthing swimmers headed to Arun Leisure Centre, Felpham for the 2nd round of this Year’s Sussex League. Worthing needed to come 1st or 2nd on the night to have a chance of promotion in the final gala on July 13th at Splashpoint, Worthing.

For various reasons, a number of swimmers were missing from the squad, including 3 of our 5 Regional swimmers. This gave other swimmers a chance to shine on a night that was going to be about fighting for every point to try and secure 2nd place.

Littlehampton were very strong and won easily on the night securing the division 2 title and promotion to Division 1 for 2014. After 10 races, Worthing were in 3rd place just behind Hailsham, so we knew it was going to be tough to achieve our 2nd place aim.

In a team gala, every point is vital and it is very important for swimmers to work hard throughout all of their races, utilising the skills they have worked on in training. There were a number of personal bests and great times achieved, but the most important aspect of the evening was on swimmers trying to come 5th instead of 6th and 1st instead of 2nd.

8 wins were secured on the night from the following swimmers:

Ben Curtis - Boys U14 100 Individual Medley

Lucy Hirst - Girls U12 50 Breaststroke

Oscar Silk - Boys U12 50 Breaststroke, 50 Freestyle

Elliott Moore - Boys U14 50 Breaststroke

Jodie Curtis - Girls U16 100 Breaststroke

Ellis Bubb - Boys U16 100 Breaststroke

Boys U16 - 4 * 1 Medley Relay – Ben Curtis, Ellis Bubb, Robert Scott, Joshua Urban

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. The final positions at the end of the gala where

1st Littlehampton 447, 2nd Worthing 294, 3rd Hailsham 261

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Matthew Laker

Media Secretary

Worthing Swimming Club

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