

Worthing Swimming Club Press Release 01/12/2013:

“Worthing's swimmers compete at Christmas open meet”

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On 30th November & 1st December 2013, 8 Worthing swimmers headed to Horsham to compete in the Atlantis Christmas Cracker Open Meet. This is an ideal competition to try and gain County or Regional times for 2014 as well as swimmers trying to obtain personal bests in each swim.

6 new County Qualifying times, 1 Regional Qualifying time and 19 personal bests were achieved over the weekend.

Michelle Hepworth gained a Regional time in 50 Metres Freestyle in 28.56

The following swimmers gained new County times:

Thomas Day 200 Metres Individual Medley 3m28.45 and 100 Metres Individual Medley 1m36.67

Petrina Marsh 50 Metres Breaststroke 40.87 and 100 Metres Breaststroke in 1m27.81

Talisa-Mae Marsh 50 Metres Breaststroke 42.37 and 100 Metres Butterfly 1m22.94

A number of swimmers also gained medals on the day in their age groups.

Archy Burnell, 2nd in 13 Years 100 Metre Individual Medley

Thomas Day 2nd in 9 Years 50 Metre Butterfly

Michelle Hepworth 2nd in 13 Years 100 Metre Backstroke, 1st in 100 Metres Individual Medley, 1st in 50 Freestyle, 2nd in 50 Backstroke, 2nd in 100 Freestyle and 1st in 50 Metres Butterfly

Swimmers received an award if they were the top ranked swimmer over the four 50 metre events. Michelle Hepworth was Top Gun in the Girls 13 Years age category having won the Butterfly and Freestyle in her age group.

Well done to all of our swimmers who took part in this event, achieving County & Regional times and a number of personal bests.

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