



## Tom Handley & Portsmouth Open Meet Results

Tom Handley Open, Saturday 11<sup>th</sup> and Sunday 12<sup>th</sup> January 2014, Prince Regent, Brighton

Worthing had 6 swimmers in attendance at this Open Meet, as they continue to chase County Qualifying times for 2014, one of their last chances to do so.

Worthing swimmers secured 7 personal bests over the 2 days.

Another 3 swims were in County Qualifying times in their respective age groups, not counting races in which swimmers had already achieved a time, but went faster today.

Lauren McIlrath – 100 Breaststroke in 1.28.71

Thomas Day – 50 Butterfly in 42.65

Oscar Silk – 100 Breaststroke in 1.36.91

In addition, Elliott Moore secured a Regional Qualifying time in the Boys 14 Years 200 Metres Breaststroke in a time of 2.48.46.

The following swimmers achieved a top 3 finish in their age groups :

Thomas Day, 3<sup>rd</sup> in Boys 9 Years 50 Butterfly in 42.65

Michelle Hepworth, 1<sup>st</sup> in Girls 13 Years 100 Backstroke in 1.10.86

Elliott Moore, 1<sup>st</sup> in Boys 14 Years 200 Breaststroke in 2.48.46

Michelle Hepworth was also 1st in Girls 11 – 14 Years 50 Freestyle in 28.75 out of 74 swimmers, this qualified her for the skins event. Swimmers race off against each other with the swimmer who comes last in each heat getting knocked out. Swimmers don't have much time between heats, so a real test of endurance. Michelle finished 5th in the Junior Skins Event.

Squad in Full :

Elliott Moore, Oscar Silk, Lauren McIlrath, Thomas Day, Michelle Hepworth, Joshua Coulson.

Portsmouth Open – Mountbatten Centre – 50m Long Course Pool

Archy Burnell attended the Portsmouth Open Long Course meet. Archy swam 100 butterfly in 1.12.94 LC putting him 11<sup>th</sup> in the Boys 14 years age category. He also swam 50 freestyle in a personal best time of 29.25 LC putting him 13<sup>th</sup> in the Boys 14 years age category.

Well done to all of our swimmers who have been in action this weekend.

Chris Luesley, Head Coach, Worthing Swimming Club