



## Sussex County Championships 2014 Summary

The 2014 Sussex County Championships were held on 2 weekends in March and saw a number of fantastic swims from Worthing Swimmers, including 84 personal bests out of the 101 races swum. From those swims, 17 swims qualified for Finals, from 9 swimmers.

**Bagcats Results** Swimmers are awarded points based on their swims in the heats for certain events, with each age group having different criteria. For example, 9 Years, best 50, best 200 form, best 200 free and best IM. The swimmer with the highest points total wins that age group.

Caitlin Silk gained 1,109 points to win 9 Year age group by a large margin of 161. Caitlin won 7 of the 10 County age group titles that were available to win in her age group, which contributed greatly to the 1,109 points.

Katie Davison, whose County preparations have been badly hit by illness and injury only swam a limited number of races on 1 weekend & achieved 7<sup>th</sup> place in the 10 yr age grp, a fantastic achievement in the circumstances.

Michelle Hepworth narrowly missed winning her age group by just 36 points when gaining 2,149 points to come 2<sup>nd</sup> in the 14 year age group. Needing a best 100 event, best 200 form event, best distance event and best IM, Michelle gained a high number of points from each event. (Photo, Caitlin, Katie, Michelle)



**Top 3 Placings :** Out of 10 events in the 9 years girls age group, Caitlin Silk won 7, came 3<sup>rd</sup> in 2 events and 5<sup>th</sup> in her other event. Caitlin won freestyle and backstroke in the 50 metre events, Backstroke, Freestyle and Butterfly in the 200 metre events as well as the 100 and 200 metres individual medley's.

Elliott Moore was 1<sup>st</sup> in the Boys 14 Years 200 Metres Breaststroke, 2<sup>nd</sup> in the 14 year olds 100 metres breaststroke final and 3<sup>rd</sup> in the 50 metres breaststroke.

Michelle Hepworth was 2<sup>nd</sup> in the Girls 14 Years 100 Freestyle final, 2<sup>nd</sup> in the 14 Years 50 Backstroke which was 6<sup>th</sup> in the junior age group, 2<sup>nd</sup> in the Girls 14 Yrs 100 Individual Medley, 1<sup>st</sup> in the 14 Years 200 Metres Backstroke, 5<sup>th</sup> in the final of the 50 freestyle Open Championship an event that Michelle was 1<sup>st</sup> in her age group in and 2<sup>nd</sup> in the junior age group, 2<sup>nd</sup> in the 14 Yrs 100 metres backstroke final and 2<sup>nd</sup> in the 14 Yrs 200 freestyle.

Ellis Bubb was 5<sup>th</sup> in the Open Championship 100 metres breaststroke, an event Ellis also came 2<sup>nd</sup> in the 15 Years age group and 3<sup>rd</sup> in the junior age group. Ellis was also 3<sup>rd</sup> in the 15 Years 50 Breaststroke, an event that saw Ellis come 4<sup>th</sup> in the junior age group. Finally, Ellis was 3<sup>rd</sup> in the 15 Yrs 100 Individual Medley.

Ben Curtis was 3<sup>rd</sup> in the Boys 14 Years 200 Metres Breaststroke and 3<sup>rd</sup> in 200 Metres Butterfly. Also in this gruelling event and defying injury and illness, Katie Davison came 2<sup>nd</sup> in the 10 years age group.

**Relays** Our 9 year old relay teams saw Grace Byford, Caitlin Silk, Georgia Connolly and Grace Sainsbury come 6<sup>th</sup> in the freestyle and medley relays. The Boys of Maxwell Garrard, Andrew Sayegh, Lohan Samarasinghe and Sam Keogh came 4<sup>th</sup> in the freestyle relay. Our Junior Boys relay team reached the final of the 4 \* 50 medley relay coming 6<sup>th</sup> with Elliott Moore, Ellis Bubb, Archy Burnell and Jacob Nash. The boys of Ellis, Archy, Jacob and Ben Curtis were 9<sup>th</sup> in the freestyle relay, whilst our girls medley relay team comprising Michelle Hepworth, Petrina Marsh, Talisa-Mae Marsh and Katie O'Hara came 14<sup>th</sup>.



Lohan, Sam, Andrew, Maxwell, Grace, Caitlin, Grace and Georgia prepare for their County 9 Yrs relay race.

**Regional Times** – The following swimmers achieved Regional times at the County Championships

Ellis Bubb gained some quicker times and some new qualifying times in 50, 100 and 200 Breaststroke, 100 Backstroke and 200 & 400 Individual Medley's in Boys 15 / 16 Yrs.

Elliott Moore gained quicker times in 100 and 200 Breaststroke in Boys 14 Yrs.

Michelle Hepworth gained quicker times in 50 Freestyle and 50 Backstroke, and new qualifying times in 50 Butterfly, 100 Freestyle and 200 Backstroke in Girls 14 Yrs.

Katie Davison gained a Regional time in 200 Freestyle in Girls 10 Yrs

Caitlin Silk gained a Regional time in 200 Backstroke in Girls 10 Yrs

**Club Records**      **The following swimmers achieved Open Club Records at The Counties.**

Ellis Bubb – Boys 50 Breaststroke in 32.52, Boys 100 Breaststroke in 1.09.59 breaking an 8 year old record and Boys 200 Individual Medley in 2.22.35.

Michelle Hepworth – Girls 50 Freestyle in 27.89

**Age Group Club Records were achieved by the following swimmers :**

Caitlin Silk broke the 9 Year Old records in 50 freestyle, 50 Backstroke, 100 & 200 Individual Medley.

Michelle Hepworth broke the 14 Year Old records in 50 freestyle.

Ellis Bubb broke the 15 Yr Old records in 100 Backstroke, 50 & 100 Breaststroke, 100 & 200 Individual Medley.

**Chris Luesley, Head Coach, Worthing Swimming Club**