



## Sussex County Championships 2014

The 1<sup>st</sup> weekend of the 2014 Sussex County Championships were held on the 1<sup>st</sup> and 2<sup>nd</sup> March and saw a number of fantastic swims from Worthing Swimmers, including 47 personal bests out of the 56 races swum with no disqualifications. From those swims, 6 swimmers qualified for Championship Finals, a fantastic achievement at County level. These were Caitlin Silk (5<sup>th</sup> in 50 Brst, 1<sup>st</sup> in 50 Free and 3<sup>rd</sup> in 50 Fly), Grace Byford (8<sup>th</sup>, 50 Brst), Talisa-Mae Marsh (6<sup>th</sup>, 100 Brst), Michelle Hepworth (5<sup>th</sup> Open 50 Free, 2<sup>nd</sup> 100 Back), Katie Davison (7<sup>th</sup>, 50 Free) and Archy Burnell (5<sup>th</sup>, 100 Fly)

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

Caitlin Silk came 1<sup>st</sup> in the 200 Metres Freestyle in the 9 years age group in 2 Min 49.95 having entered on a time of 3 Minutes 13, achieved in November. In the final of the 50 metres free, Caitlin gained a place from her 2<sup>nd</sup> place seeding to win the final in a new personal best time of 34.44 and came 3<sup>rd</sup> in the 50 metres butterfly final in 42.81. Caitlin was also the only 9 year old who had qualified for the 200m butterfly, a tough race for swimmers of all ages. Swimming brilliantly, Caitlin won in 3.38.67.

Michelle Hepworth came 2<sup>nd</sup> in the 200 Metres Freestyle in the 14 years age group in 2 Min 16.69. Michelle also came 5<sup>th</sup> in the Girls 11 and over 50 Freestyle in a new personal best time of 27.89 which was 2<sup>nd</sup> in the junior Championship and 4<sup>th</sup> in the Girls 14 Years 50 Butterfly in 31.70, also a personal best time. In the 100 Metres Backstroke, Michelle finished 2<sup>nd</sup> in 1 Min 09.04 in the final of the 14 years girls.

Ellis Bubb came 3<sup>rd</sup> in the 100 Metres Individual Medley in the 15 years age group in 1 Min 05.39.

Elliott Moore won the 200 Breaststroke in his age group for the 2<sup>nd</sup> year running, winning the 14 year olds in 2min45.82, another personal best at this distance. Ben Curtis finished 3<sup>rd</sup> in 2 Min 49.14.

Katie Davison came 2<sup>nd</sup> in the 200 Metres Butterfly in the 10 years age group in 3.29.05. Katie swam brilliantly all weekend having had to deal with a number of injuries and illnesses in her preparations for these Championships.

Talisa-Mae Marsh also swam in the 200 Metres Butterfly securing a large personal best to finish 6<sup>th</sup> in the 12 years age group in 2 Min 53.39.

Ellis Bubb (59.41) and Archy Burnell (59.88) broke through the 1 minute barrier in the 100 Metres freestyle for the 1<sup>st</sup> time, an important landmark time.

In addition to our excellent individual performances, Worthing entered a relay team into the 9 years age group for girls. Swimming well, the girls finished 6<sup>th</sup> in 1 Min 26.99. Congratulations to Grace Byford, Caitlin Silk, Georgia Connolly and Grace Sainsbury.

The 1<sup>st</sup> weekend also saw us enter the Boys 16 and under 4 \* 50 Metres Freestyle relay. Ellis Bubb, Jacob Nash, Ben Curtis and Archy Burnell came 9<sup>th</sup> missing out on the final by 4 hundredths of a second. In the Medley relay, Ellis Bubb, Archy Burnell, Elliott Moore and Jacob Nash swam a strong heat to qualify for the final where they finished a creditable 6<sup>th</sup> in 2 Min 01.36.

The Counties continue on the 15<sup>th</sup> and 16<sup>th</sup> March at K2, Crawley, good luck to everyone involved.

Chris Luesley, Head Coach, Worthing Swimming Club