

Worthing Swimming Club Press Release 11th Jan 2010

"Nice one Harry!"

Worthing swimmer Harry "the fish" Burnell (aged 11 years) produced a sizzling performance at the Tom Handley Open in Brighton this weekend. Harry won three of his six races coming second in three and achieved top ten national ranking for 50m and 100m freestyle.

Michelle Hepworth continues to impress also in the girls nine years age group as does Sussex swimmer Karen Chan.

A small team of Worthing swimmers attended the event, which considering the weather was very well supported. Even a team from the "Isle of Man" competed. Worthing consolidated on their training over the traditional Christmas break by achieving several Sussex county qualifying times at the Tom Handley.

Five Worthing aged group club records were broken.

Michelle Hepworth (9 years) 200m individual medley, Karen Chan (13 years) 200m individual medley, Harry Burnell 50m, 100m freestyle and 100m backstroke.

A Worthing team of over thirty swimmers will now travel to the K2 in Crawley during February and March for the Sussex county championships. Having recently achieved "Swim21" accreditation Worthing are now looking forward to County and South East Regional success in 2010.

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Yours in Swimming

"Dream, Plan, Reach"

Alan Burnell

Media Secretary

Worthing Swimming Club

web: www.worthingswimmingclub.org