

Worthing Swimming Club Press Release 16th Jan 2010

"Swim 1500m quickly - no problem!"

Worthing swimming club completed it's 2009 Open championships on friday with the 1500m freestyle events. The Wadurs swimming pool in Shoreham is 25m in length so the 1500m event requires the swimmer to cover 60 lengths of the pool.

Eleven Worthing swimmers ranging from 11 to 47 years of age tested their stamina, endurance and self belief during this gruelling 1500m event. For some this was the first time they had attempted the event, for others the prize was a Sussex county ASA 2010 championships qualifying time.

Six of the swimmers achieved county qualifying times. For the girls Karen Chan (13) won in a time of 20:30.97 (20 minutes, 30 seconds) and for the boys GB team member Alexander Cranford (15) in a time of 17:37:18.

To put it in perspective most people would find it a challenge to walk 1500m in 17 minutes!

The competition was professionally run by Worthings ASA referee Mr Rob Drage and Sussex county chairman Mr Peter McCallum who together with the aid of several other ASA officials managed to keep everthing running smoothly.

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Yours in Swimming

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"Dream, Plan, Reach"

Alan Burnell

Media Secretary

Worthing Swimming Club

web: [www.worthingswimmingclub.org](http://www.worthingswimmingclub.org)