

Worthing Swimming Club Press Release 25/1/2011

Attached photo (left to right) Karen Chan, Joe Hazeldine, Charlie Hepworth and Michelle Hepworth

Brighton Tom Handley Open Meet Trophy winners

"Success in the New Year"

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The year's swimming calendar kicks off with the popular Brighton Tom Handley Open Meet held in the 25m pool at the Brighton Prince Regent Swimming Complex on the 15th and 16th of January. This competition attracts swimmers from clubs as far as Kent and also a lot of Clubs from London. They were all chasing their qualifying times for this year's County Championships in February/March and Regional Championships in May/June.

Worthing Swimming Club has 11 swimmers entered this Open competition and came away with 4 1st place, 2 2nd place and 5 3rd place. There were 19 Personal Best, with Michelle Hepworth getting 6 PB out of 7 events entered.

Eight Aged Club record and 1 Open Club Record were broken in the process: Michelle Hepworth 10 years 100 Free, 100 Back, 100 Breast, 100 Fly and 200 IM; Joe Hazeldine 14 years 100 Breast and 200 IM; and Karen Chan 14 years 50 free and 200 Back Open Club Record.

Six swimmers achieved County Championships qualifying times in 28 events: Karen Chan 6, Ben Goddard 1, Joe Hazeldine 7, Charlie Hepworth 6, Michelle Hepworth 6 and Sophie Quach 2. More encouragingly, Three swimmers qualified for the South East Regional Championships in 5 events: Karen Chan - 50 Free and 200 Back; Joe Hazeldine - 100 and 200 Breast; and Charlie Hepworth - 100 Free. Great achievement!

30 swimmers from the gala squad travelled to St Bedes, Hailsham for gala one of the Sussex League swimming competition on Saturday 22nd January. This competition requires 2 swimmers for each individual events, demanding strength from the squadron in both depth as well as breadth.

After 54 individual and relay events, Worthing was the clear winner with 417 points ahead of Chichester 314 by 103 points. Hailsham came third with 259 points. We managed to take 29 1st, 31 2nd and 12 3rd. This is very impressive indeed!

There were 17 personal best which is not always easy when swimming lots of events within 2 hours. One Age Club Record was broken by Karen Chan 14 years in 100m Individual Medley, which is also a new Open Club Record. Harry Burnell and Michelle Hepworth also performed well to win all 9 individual events between them. Well done!

A few swimmers worth special mention for their team effort: Emma Piper travelling back from University to help out in the open 100 fly; Holly Stoner standing in at the last minute; Archy Burnell and Sophie Quach swimming up with the others regularly.

The next two rounds will be in June and July. Judging from our current performance, we stand a very good chance for promotion!

25 swimmers from the junior gala squad travelled to Horsham for the East Grinstead Puffin Trophy Gala on the same day as the Sussex League. This competition is catered for the younger and less experienced swimmers. The age groups are restricted to 9, 10, 11 and 12.

After 52 individual and relay events, Worthing came sixth out of eight clubs: Beacon 469, East Grinstead 410, Marlins 382, Atlantis 366.5, Redhill & Reigate 315, Worthing 259, Bognor 173.5 and TASS 162.

We know we were spreading rather thin with two team competitions on the same day. Our less experienced swimmers have done well, with 21 personal best out of 32 individual events. For some swimmers, it is also their first Open gala: Page Lucas, Amy Blower, Samuel MacDonald, Chole Mans, Oscar Silk and Issac Taylor-Clark. Hope they enjoyed their first Open competition and we like to see them competing again in not too distant future.

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