

Worthing Swimming Club Press Release 08/10/2011:

“Worthing aiming for good start to third promotion campaign”

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Recently Worthing travelled to the Arun Leisure Centre in Bognor Regis for the first round of the National Area Swimming League against teams from Maxwell, Eastleigh & Oaklands, Windsor, Bognor Regis, West Wight and Andover.

The arena league is a popular competition and often you will find yourself competing against the best from a very large area of the West of the Country and Worthing knew it was going to be tough challenge.

Michelle Hepworth continues to break records in her swimming with another two seconds in the 100m Butterfly and club record is recognition of her hard work and dedication to the sport. Luke Moore also showed hard work in training can pay of in a race by knocking three seconds of his breaststroke.

At the end Worthing came fourth with a total of 188 point which leaves us seventh on the table.

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