

Worthing Swimming Club Press Release 14/01/2012:

Attached photo: Worthing's open meet swimmers

“Worthing starts the new year with a bang”

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At the start of the New Year Worthing's swimmers competed in the first two open meets of the year. The first open meet took place at Arun Leisure Centre in Felpham with 15 Worthing swimmers taking part.

At this gala, Worthing won seven races, four seconds and two third places. Michelle Hepworth cemented herself for this years counties by gaining her last remaining time and 17th County Qualifying time in the 100m Individual medley.

The second open meet took place at the Prince Regent Swimming Pool in Brighton which had 10 Worthing swimmers competing. This gala was the last chance for swimmers to gain a county time for the County gala's in Febuary and March.

William Clark has shown great improvement recently proven by him gaining three more county times to add to the four he had already achieved.

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