

Worthing Swimming Club Press Release 23/02/2014:

“Worthing's long weekend at Crawley”

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On Saturday the 22<sup>nd</sup> of February Worthing took 30 swimmers to the Alice Dauncey Development Gala at Crawley for the 1st time. Swimmers had to be slower than times set in advance in each individual race or although they would still get a time, they wouldn't get any points. The most important aspect of the gala was on swimmers gaining experience and getting up to date times rather than positions on the night.

Worthing started the gala well and were leading the field after 11 events and at this stage Atlantis were 2nd. The relay events changed the whole field as there were no limits on how fast swimmers were except that they must have swum an individual event as well. By the end, Worthing came a respectable 4th, with Atlantis who led for the early part of the gala in 5th. Crawley were hosts and winners on the night. Shiverers, Beacon and East Grinstead were also competing.

Well done to all of our swimmers who competed on the night with 4 swimmers being faster than the allowable times in their events, Ben Bolton, Katie O'Hara, Maxwell Garrard and Lucas Bubb. Our next Club Gala is the 1st round of Sussex League on Saturday March 8th 2014, at Splashpoint. This is our home Gala against Littlehampton and Crawley.

On Sunday the 23<sup>rd</sup> of February Oscar Silk swam in the County Long Distance Long Course 1500 metres at K2, Crawley on Sunday 23<sup>rd</sup> February 2014. Oscar completed 30 lengths of the 50 metre pool in 22 Min 54.05, a great achievement in a tough event.

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Matthew Laker  
Media Secretary  
Worthing Swimming Club  
Website: [www.worthingswimmingclub.org](http://www.worthingswimmingclub.org)