



Worthing Swimming Club



Sussex League – Gala 1 – 21st January 2012

The 1st gala of the 2012 Sussex League was held at Arun Leisure Centre and opponents in the form of Brighton (Sussex League Title Holders and Littlehampton were always going to provide tough opposition..

Choosing a squad for such an occasion, is always difficult and it is important to get the balance between using the whole squad and having the fastest swimmers in every race. Open Meets and Club galas are priority if you are to ensure that we have your most up to date times.

The squad competed to the best of their ability and after overcoming sickness and late changes, Worthing secured 1st place positions in 2 races swum by Michelle Hepworth and Nicholas Savill and 2nd place 7 times. This reflected the level of the competition against 2 of the best teams in Sussex.

Many thanks to those that were asked to swim last minute and those that were in attendance but were only asked to swim 1 length. Every swimmer is needed to provide towards a team performance and this is often because you are the youngest swimmer in the age group. The age at date of the Sussex League Galas is in July, which means that 11 year olds can compete against 13 year olds etc.

Race Result

Brighton	433 Points
Littlehampton	362 Points
Worthing	213 Points

The next gala is at home on the 3rd March. A list of those selected will be available in the coming weeks. If selected, please try to be available for this important gala.

Many Thanks to those that swam at, or helped at this gala.

Chris Luesley – Coach and Swimming Secretary