



Sussex League – Gala 3 Review

The final gala of the 2012 Sussex League was held at K2, Crawley against formidable opponents, Crawley & Mid Sussex Marlins, who are competing for the Sussex League Title.

Competing in the 1st division of the Sussex League, is always a privilege for any Club and maintaining our position, was always going to prove difficult. There are 55 races within 1 gala, over 4 age groups & with 2 swimmers in each of the individual races. Therefore, to be successful, all of a Club's top swimmers must be in attendance and all ages need to be covered for both girls and boys. Our home gala was well supported, with a strong team in attendance. However, at Crawley 10 swimmers were missing, for various reasons and this is partly reflected in the final result.

Crawley	395 Points	Mid Sussex Marlins	384 Points
Worthing	222 Points		

Race winners for Worthing included Nicholas Savill * 3, Michelle Hepworth * 2 and Joe Hazeldine. There were also 8 second places and 22 swimmers, finished 3rd.

After a successful County Championships, Worthing have a number of swimmers who are improving quickly and competing at a high level in their age group. All swimmers need to start preparations for next year's Counties in the form of quality training sessions and obtaining times throughout the year as qualification can now be gained in any licensed gala.

The regionals are just over a month away and congratulations to the 7 Worthing swimmers who have qualified with automatic times, so far. These are Joe Hazeldine in 50,100 and 200 metres Breaststroke, Dominic Cranford in 50 metres Butterfly, Charlie Hepworth, 50 & 100 Metres Freestyle, Nicholas Savill in 100 & 200 Metres Breaststroke, Ben Goddard in 50, 100 & 200 Metres Breaststroke, Archy Burnell in 200 Breaststroke and Michelle Hepworth in 100 Metres Backstroke. Good luck to those in Open Meets in their last chance to qualify.

The next Club gala is on the 21st April, at Guildford and is for the 13 and unders only, in the Rother Trophy Gala. This is an important gala for the Club, so please try to be available.

For those not involved in these galas, the Club's Age Group Championships at Lancing College are in May and are a great opportunity for swimmers of all levels, to show how fast they are swimming and make claims for being in the Gala Squad. Many thanks to everyone involved in the 3 rounds of the Sussex League, including swimmers and our many volunteers, both on poolside and behind the scenes.

Chris Luesley, Swimming Secretary, Worthing Swimming Club