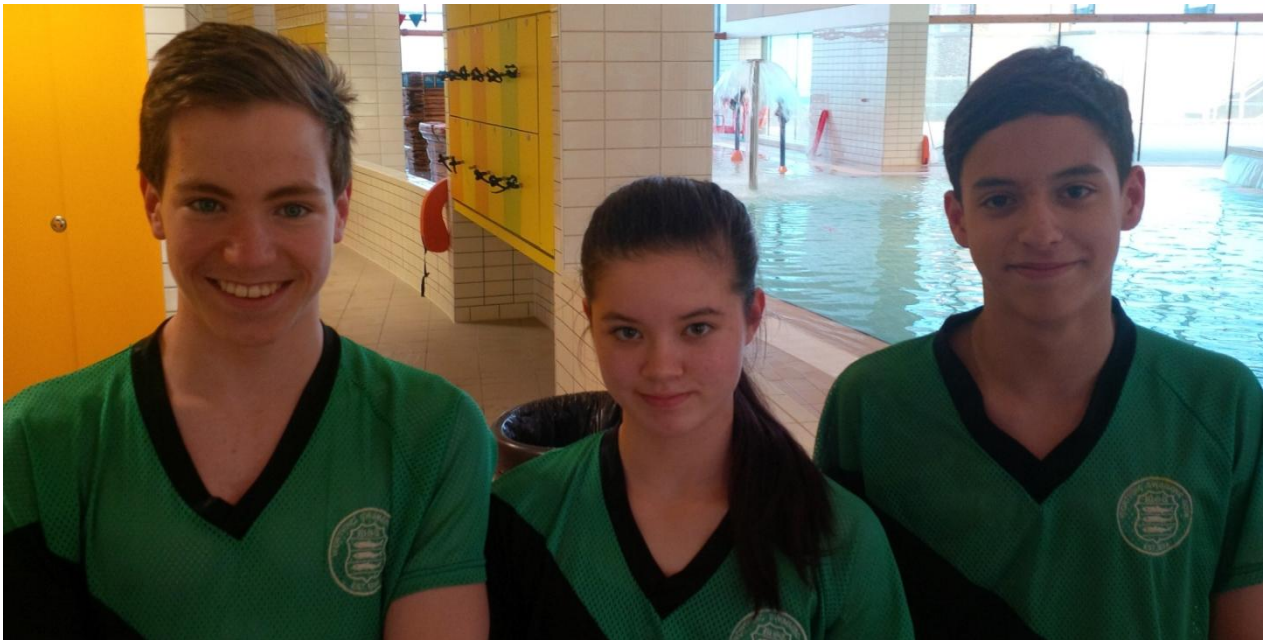




Age Group Regional Championships 2013

Worthing were represented by three swimmers at the 2013 South East Region Age Group Championships held at K2, Crawley on 25th /26th May and 8th / 9th June.

Archy Burnell and Michelle Hepworth took part in 3 events and Elliott Moore 2.



Michelle Hepworth competed in the following events :

100 Metres Backstroke	1m12.34	Long Course	13 th in 13 Years age grp.
200 Metres Backstroke	2m 36.60	Long Course	22 nd in 13 Years age grp.
100 Metres Freestyle	1m04.85	Long Course	26 th in 13 Years age grp.

Archy Burnell competed in the following events :

100 Metres Breaststroke	1m21.86	Long Course	14 th in 13 Years age grp.
200 Metres Breaststroke	2m 56.91	Long Course	16 th in 13 Years age grp.
100 Metres Butterfly	1m 13.01	Long Course	22 nd in 13 Years age grp.

Elliott Moore competed in the following events :

100 Metres Breaststroke	1m21.56	Long Course	13 th in 13 Years age grp.
200 Metres Breaststroke	2m 54.23	Long Course	11 th in 13 Years age grp.

All of these times were set in a 50 metre pool which are generally slower than short course 25 metre times as there are less turns during the swims. These times can be converted to reflect short course times.

Congratulations to Michelle, Archy and Elliott on their achievements in qualifying and swimming at the 2013 South East Region Age Group Championships. These Championships bring together swimmers from the whole of the South East Region, from places as far away as Thanet in Kent, Oxford and Milton Keynes.

Chris Luesley – Head Coach – Worthing Swimming Club