



Age Group Regional Championships 2013

Worthing were represented by three swimmers at the 1st Weekend of the 2013 South East Region Age Group Championships held at K2, Crawley on Saturday 25th and Sunday 26th May. The 2nd Weekend is on 8th / 9th June at Crawley.

Michelle Hepworth, Archy Burnell and Elliott Moore all took part in 2 events. Michelle and Archy will also be swimming 1 event each on the 2nd Weekend.

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.

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.

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.

Michelle Hepworth's times converted are 1.11.2 and 2.36.60 for 100 and 200 Metres

Archy Burnell's times converted are 1.20.3 and 2.53.9 for 100 and 200 Metres

Elliott Moore's times converted are 1.20.0 and 2.51.2

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.

Best of luck to Archy Burnell in 100 Metres Butterfly and Michelle Hepworth in 100 Metres Freestyle on the 2nd Weekend.

Chris Luesley – Head Coach – Worthing Swimming Club