



## Atlantis Christmas Cracker Open Meet - 2013

On 30<sup>th</sup> November & 1<sup>st</sup> December 2013, 8 Worthing swimmers headed to Horsham to compete in the Atlantis Christmas Cracker Open Meet. This is an ideal competition to try and gain County or Regional times for 2014 as well as swimmers trying to obtain personal bests in each swim.

6 new County Qualifying times, 1 Regional Qualifying time and 19 personal bests were achieved over the weekend.

Michelle Hepworth gained a Regional time in 50 Metres Freestyle in 28.56

The following swimmers gained new County times:

Thomas Day                      200 Metres Individual Medley 3m28.45 and 100 Metres Individual Medley 1m36.67

Petrina Marsh                    50 Metres Breaststroke 40.87 and 100 Metres Breaststroke in 1m27.81

Talisa-Mae Marsh                50 Metres Breaststroke 42.37 and 100 Metres Butterfly 1m22.94

A number of swimmers also gained medals on the day in their age groups.

Archy Burnell, 2<sup>nd</sup> in 13 Years 100 Metre Individual Medley

Thomas Day 2<sup>nd</sup> in 9 Years 50 Metre Butterfly

Michelle Hepworth 2<sup>nd</sup> in 13 Years 100 Metre Backstroke, 1<sup>st</sup> in 100 Metres Individual Medley, 1<sup>st</sup> in 50 Freestyle, 2<sup>nd</sup> in 50 Backstroke, 2<sup>nd</sup> in 100 Freestyle and 1<sup>st</sup> in 50 Metres Butterfly

Swimmers received an award if they were the top ranked swimmer over the four 50 metre events. Michelle Hepworth was Top Gun in the Girls 13 Years age category having won the Butterfly and Freestyle in her age group.

Well done to all of our swimmers who took part in this event, achieving County & Regional times and a number of personal bests.

Squad in attendance : Holly Stoner, Thomas Day, Petrina Marsh, Talisa-Mae Marsh, Michelle Hepworth, Jacob Nash, Archy Burnell, Katie Davison.

Chris Luesley, Head Coach, Worthing Swimming Club