

COUNTY CHAMPIONSHIP REPORT

The County Championships have been running over three weekends starting on the 13th February 2011. I have been very proud in all that have represented Worthing Swimming Club as they compete to show off their ability and hope to achieve a better time and qualify for the next demanding hurdle in swimming the South East Region swimming competition.

The first swimmer to represent Worthing was Michelle Hepworth in the 800m Freestyle. And over the three weekends many more will follow trying their very best.

Many personal bests were achieved some from a very small margin and it goes to show that every 1 hundredths of a second can be the difference between success and the need to try again as Charlie Hepworth found out as he attempted to Qualify for the SER Competition in the 200m Breaststroke. His finishing time was a personal best time by 7 seconds and was 2.57.39 and he needed to get under 2.57.40.

Other swimmers were finding it also challenging as Personal Best times were being achieved as Michelle found out on her tough 200m Butterfly event. With a fantastic swim and a personal best time by 2 seconds of 303.95 which was a fantastic swim however 9 tenths over the SER. However with another chance at Littlehampton I hope we can find the difference.

Another memorable event was Joe Hazeldine in the 200m Breaststroke. Who appeared to forget to slap his legs top and arms on the block. For those that do not know this has become Joes trade mark. Perhaps he did and I did not see it. However he produced another fantastic swim with a time of 2.40.02 a personal best time by over 6 seconds and Qualifies for the SER Championship. In the same event and heat Alexander Cranford produced a time of 2.36.64 another personal best time of 6 seconds.

Other swimmers were doing well. Sophie in her Front crawl pushing to go under 31 seconds with a time of 31.08. Archy is improving with 3 seconds in his 50m Breaststroke 44.70 in the heat and 43.63 in the Final. Luke in his 400m Freestyle achieved 5.46.22 which is 23 seconds below his entry time. Ben Curtis produced a much improved Butterfly stroke and in his Breaststroke took another 2 seconds off. Nicholas Savill managed close to 10 seconds in his 200m Breaststroke event.

Gemma Coulson 1.14.26 an improved 100m Freestyle time.
Rosie Scordoulis who improved her 200IM time having to change her Backstroke style slightly overnight with a 2 second personal best time of 1.22.77 Jacob Nash improving in his front crawl now down to 1.11.again improving times well done.
Karen Chan was making her presence felt with heats and Finals Producing good personal best times and showing all that her Backstroke is going from strength to strength with a time of 1.07.54 in the heats and in the Final 1.07.14.

Laura Joseph giving her all found it most challenging but achieved a respectful time in her 50m freestyle event of 30.26 well done. Ben Goddard produced another fine display with his swimming producing good times especially in the 200m Freestyle 2.19.58 a personal best time close to 6 seconds.
Well done to all swimmers who attended. Through hard work you will continue to achieve. Thank you to those that came and supported. Also a thank you to the parents, for getting the swimmers there on time and supporting Worthing. Thank you to all the coaching staff, teachers who help the swimmers achieve.

Go Green Army.

Many thanks
Nic Piper
Head Coach
Worthing Swimming Club