



County Long Distance 2013

Congratulations to Michelle Hepworth and Elliott Moore who took part in the long distance races at the 2013 County Championships on Sunday 24th February. Due to technical problems with the pool, the races were held in a short course 25 metre pool rather than the usual 50 metres for longer distance races.

Michelle swam in the girls 800 metres and recorded a new personal best time of 10min21.91 coming 4th in the 13 year old age group and 22nd overall.

Elliott swam in the boys 1500 metres and recorded a new personal best time of 20Min 18.87 coming 7th in the 13 year old age group and 26th overall.

Longer distance races require good mental and physical strength to maintain a pace for a longer period of time. It would be great to see more of our swimmers taking part in these Championships in 2014.

Michelle and Elliott both recorded personal best times and we can now look forward to the rest of the County Championships and hopefully many more faster times from all of our swimmers.

Chris Luesley, Head Coach, Worthing Swimming Club