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## **Open Club Championships - 2013**

On 2 Saturday's and 2 Weekday Club nights in November, Worthing Swimming Club have held their Open Club Championships. 200 Metres on all strokes as well as 400 metres Freestyle and 400 Individual Medley. The 800 (Girls) and 1500 (Boys) is to be held on 1<sup>st</sup> December 2013.

Swimmers aged 8 years upwards took part in these races, some of which are a great challenge for a swimmer, such as 400 Individual Medley and 200 Butterfly. All of our Club Championships are now licenced at level 4 which allows swimmers to achieve County Qualifying times for 2014.

49 County Qualifying times, 157 personal bests, 3 Event Best times and 1 Aged Club Record were achieved. The following swimmers gained County times:

400 Individual Medley – Michelle Hepworth 5m45.08, Holly Stoner 6m02.65, Katie Davison 6m40.82, Joe Hazeldine 5m03.33, Ellis Bubb 5m15.51, Jacob Nash 5m22.85, Ben Curtis 5m25.45, Archy Burnell 5m35.21, Elliott Moore 5m40.38, Oscar Silk 6m20.93.

400 Freestyle – Michelle Hepworth 5m02.54, Katie Davison 5m49.39, Joe Hazeldine 4m25.56, Jacob Nash 4m41.29, Ellis Bubb 4m43.27, Archy Burnell 4m51.85, Oscar Silk 5m26.79.

200 Freestyle – Michelle Hepworth 2m19.06, Katie O'Hara 2m32.27, Katie Davison 2m45.22, Caitlin Silk 3m13.82, Jacob Nash 2m09.21, Ellis Bubb 2m12.20, Archy Burnell 2m15.26, Oscar Silk 2m32.88, Ethan Burgess 2m36.28.

200 Backstroke – Michelle Hepworth 2m32.85, Holly Stoner 2m46.77, Katie Davison 3m06.10, Caitlin Silk 3m21.30, Ellis Bubb 2m27.18, Jacob Nash 2m32.96, Ben Curtis 2m35.86, Elliott Moore 2m37.51, Archy Burnell 2m38.16, Oscar Silk 2m52.71.

200 Breaststroke – Michelle Hepworth 3m05.96, Talisa-Mae Marsh 3m19.75, Katie Davison 3m39.90, Caitlin Silk 3m51.28, Ellis Bubb 2m39.09, Elliott Moore 2m49.89, Ben Curtis 3m00.42, Oscar Silk 3m18.62.

200 Butterfly – Michelle Hepworth 2m48.84, Katie Davison 3m31.02, Caitlin Silk 3m53.89, Ben Curtis 2m44.63.

We also had time trials for those swimmers who will be 9 years old as at the 2014 County Championships and Grace Byford gained the 9 years 50 metre breaststroke time in 52.79.

Many thanks to all swimmers, parents and helpers who supported our Open Club Championships in 2013. Best of luck to those swimming in 800 and 1500 on 1<sup>st</sup> December.

Chris Luesley, Head Coach, Worthing Swimming Club