



KETCHEN KING ESTATE AGENTS
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Crawley Long Course Open Meet 2013

Worthing had 2 swimmers in attendance at this Open Meet on 13th/14th April 2013, which was an ideal opportunity for swimmers to try and gain Regional Qualifying times for 2013, and to obtain experience in a long course pool.

Archy Burnell swam in 6 events over the weekend, (All times are Long Course times)

100 Freestyle	1m03.82	10 th	Boys 12 – 13 Yrs age group
50 Butterfly	32.87	27 th	Boys 12 – 15
100 Breaststroke	1m24.39	6 th	Boys 12 – 13
200 Individual Medley	2m40.98	9 th	Boys 12 – 13
50 Freestyle	29.88	41 st	Boys 12 – 15
200 Breaststroke	2m59.98	6 th	Boys 12 – 13

Archy qualified for this year's Regionals in the 200 Metres Breaststroke having already qualified at the Counties in the 100 Metres Breaststroke.

Ben Curtis swam in the 200 Metres Breaststroke and came 13th in the Boys 12 – 13 yrs in 3.04.12

Littlehampton Open Meet April 21st 2013

The following swimmers attended this open meet, with Regional qualification still possible.

Archy & Harry Burnell, Ben Curtis, Michelle Hepworth, Lily McCardle, Elliott Moore,

Oscar Silk & Holly Stoner.

Archy Burnell gained a Regional Qualifying time in the 100 metres butterfly in 1m11.86 and gained 3 personal bests and 3 first placed swims in the 13 years age group.

Harry Burnell gained 1st place in the 15 years age group in 4 races – 100 freestyle in 59.95, 100 backstroke in 1.10.26, 50 Freestyle in 26.92 and 100 Butterfly in 1.05.16.

Ben Curtis gained a personal best in 200 metres breaststroke breaking 3 minutes for the 1st time and gaining 1st place in the 13 years age group.

Michelle Hepworth came 3rd in the 13 years age group, just outside her personal best.

Lily McCardle had 2 first placed swims in the 10 years age group with personal bests in the 100 and 200 metres breaststroke, with the 100 metres being in a new Club Record.

Elliott Moore came 3rd in 100 Metres Backstroke in the 13 years age group in a personal best time.

Oscar Silk gained a new personal best and 3rd place in 11 years in the 200 Metres Breaststroke.

Holly Stoner updated her 200 metre times with personal bests in 200 metres freestyle and 200 metres backstroke coming 4th and 5th in the 12 years age group.

Representing Worthing in the 2013 Regionals are Ellis Bubb & Joe Hazeldine in the Youth Championships on 4th and 5th May at Crawley and Michelle Hepworth, Archy Burnell and Elliott Moore at the Regional Age Groups starting on 25th May 2013. Chris Luesley, Head Coach, WSC