



## Rother League 1 – Cranleigh, April 2013

On Saturday 20<sup>th</sup> April 2013, 34 Worthing swimmers headed to Cranleigh for the 1<sup>st</sup> round of this Year's Rother League. Worthing are in Division 2 and seeded 8<sup>th</sup> overall, so were therefore seeded 3<sup>rd</sup> on the evening.

First of all I would like to thank all swimmers that were involved in the Gala. Every single swimmer that was selected for this gala was in attendance – Fantastic! Selections for a Gala are made easier by high attendance levels and allow us to compete to a higher level.

Another important area of focus in competitions are the number of disqualifications, from issues such as false starts, quick takeovers on relays etc. Only 1 disqualification on the night, so not too many points lost.

Worthing began well but were only 4<sup>th</sup> after 10 races. The 1<sup>st</sup> wave of relays were going to be important and our relay teams were performing well, with good takeovers and maximum effort. After 30 races, it was clear the fight for 2<sup>nd</sup> through to 5<sup>th</sup> was going to be very tight with Sutton and Cheam clear leaders and Worthing now placed 3<sup>rd</sup>. 10 races later and only 1 point separated 3 teams with Worthing just 2<sup>nd</sup>. Every point had to be fought for and with just the Squadron relay to go, Worthing were 3<sup>rd</sup>, but a strong performance was needed to maintain this position.

Our team of 8 swimmers came 3<sup>rd</sup> and therefore secured 3<sup>rd</sup> place overall, just 5 points behind Elmbridge. Worthing finished 3<sup>rd</sup> on the evening, winning 4 races, 2<sup>nd</sup> in 12 races and 3<sup>rd</sup> in 9 races.

Race Winners – Michelle Hepworth – 50 Backstroke in Under 15 and Open age Groups, Charlie Hepworth in Open 50 Freestyle and Karen Chan in Girls Open 100 Individual Medley.

Squad in Full:

Ana-Isabella Meecham, Cara McCully, Katie Davison, Cerys Nicks, Maisie Perry, Thomas Day, Ethan Burstow, Elijah Akehurst, Faris Khallouqi, Matthew MacDonald, Lucy Hirst, Holly Stoner, Lily McCardle, Talisa-Mae Marsh, Lucas Bubb, Alejandro Meecham, Ethan Burgess, Oscar Silk, Annah Bowles, Petrina Marsh, Gemma Coulson, Michelle Hepworth, Florence Mason, Elliott Moore, Ben Curtis, Archy Burnell, Daisy Hazeldine, Anna Hartnell, Eleanor Hirst, Karen Chan, Charlie Hepworth, Joe Hazeldine, Ellis Bubb, Jacob Nash.

Many thanks to our poolside helpers of Matthew Laker, Justine Burgess and Fanny Chan, our timekeeper, Sarah Coulson, Judge, Katy Hazeldine and Starter, Ian Nash.

I look forward to seeing all of the swimmers involved competing at our Age Groups on Saturday 27<sup>th</sup> April. The next round of Rother League is on 18<sup>th</sup> May and a team selection will be made after the 27<sup>th</sup> April.

Chris Luesley, Head Coach, Worthing Swimming Club