SUSSEX DEVELOPMENT GALA 31ST OCTOBER
Prince regent Swimming Pool

10.15 and hundreds of swimmers were waiting to get into the complex for the start of the 2010 Development Gala. Worthing had 15 swimmers in the first session and they were eagerly waiting to get going. Rob Drage and Mark Savill were officiating at this event for Worthing to help the day pass smoothly.

Holly Stoner and Rebecca Harman achieved Personal bests in the 50 Backstroke first event all was looking good. The boys were next in the 200m Breaststroke with Luke Moore, Ben Curtis, Joshua Harman, Archy Burnell and Nicholas Savill all achieve PB with Ben Curtis taking the most time off his entry time by 13.2 seconds. Well done boys.

With no rest in site event 3 was the return Rebecca Harman, Eloise Walker, Gemma Coulson and Rosie Scordoulis in the 200m Freestyle. Good swims from all with 2 just outside entry times and 2 more PBs with Gemma taking close to 9 seconds off. Good steady entry dive from Eloise to achieve a time close to 4 seconds off.

200m Fly saw Mathew Laker take time off his entry time by a second and Charlie Hepworth achieve a fantastic 50m time of 35 seconds but was not able to hold all together and come in outside his time.

Event 5 and Rebecca, Holly, Eloise and Jodie Curtis took on the 100m IM. Holly manages a massive PB taking 17 seconds off well done Holly and Personal Bests for all.

Event 6 first race and only race for Ethan Burgess, with Ben Curtis and Archy both eager to get better times in the 50 free.

Ethan got the mood going with the first Personal Best time by just over a second, followed by Ben with close to 2 seconds and then Archy with the same well done boys.

Event 7 bringing the end to session one was the return of Gemma, Jodie, and Rosie in the 100m Breaststroke. All broke their entry times in this technical demanding stroke with Jodie the largest margin of close to 3 seconds.

A good morning from all the Worthing swimmers keep up the good work. GO GREEN ARMY.

Nic Piper
Head Coach
Worthing Swimming Club