



## 2012 Sussex County Championships Summary

The Sussex County Championships comprise of a number of races held over 3 weekends at the beginning of every year. Worthing had 17 qualifiers qualifying for over 100 swims. The Counties are ideal for seeing how a swimmer compares to other swimmers in their age group, as well as being a perfect opportunity for achieving Regional Qualifying times.

In total, 19 swimmers qualified for Championship Finals, a fantastic achievement at County level.

On the 5<sup>th</sup> February, Michelle Hepworth, Archy Burnell and Joe Hazeldine competed in the Long distance races. Michelle was 5<sup>th</sup> in the 800 metres, in the 12 years age group. Archy was 10<sup>th</sup> in the 1500 metres in the 12 years age group and Joe won the 1500 metres in the 15 years age group in a time of 18m34.79s. Great swimming, in these tough endurance events.

Worthing had relay teams entered in the 9 years age group for both boys and girls for both freestyle and medley races. The boys team was put together at short notice, so lacked experience going into the races, but swam well on the day to finish 4<sup>th</sup> in the freestyle relay, Lydon Gladman, William Groom, William Clark, Joshua Coulson.

The girls, Cerys Nicks, Isabel Robinson, Lily McCardle and Gigi Casey finished in 2<sup>nd</sup> place in their Medley relay. However, the girls managed to beat that achievement in the freestyle relay, winning in a time of 1m14.61s. A great achievement considering none of the girls had qualified in the individual events for freestyle in their age group.

There were many highlights from the individual races on both weekends of the Championships.

The following swimmers came 1<sup>st</sup> in their age groups :

Nicholas Savill, 50 Metres Backstroke – 13 Years

Joe Hazeldine, 100 and 200 Metres Breaststroke – 15 Years

Archy Burnell, 200 Metres Breaststroke – 12 Years

William Clark, 200 Metres Butterfly – 9 Years

Well done to Nicholas, Joe and Archy and to William, who was the only qualifier in his age group for 1 of the toughest events, 200 metres butterfly, a fantastic achievement at such a young age.

Our swimmers also achieved 19 other podium places in their age groups. The number of Regional Qualifying times are still being worked out, but many personal bests were achieved throughout the Championships. Keep up the training and the times will continue to drop.

Congratulations to all of our swimmers for their achievements at the County Championships 2012.

Chris Luesley, Swimming Secretary, Worthing Swimming Club