



## Sussex County Championships 2013

The 1<sup>st</sup> weekend of the 2013 Sussex County Championships were held on the 2<sup>nd</sup> and 3<sup>rd</sup> March and saw a number of fantastic swims from Worthing Swimmers, including 41 personal bests out of the 50 races swum. From those swims, 5 swimmers qualified for Championship Finals, a fantastic achievement at County level. These were Lily McCardle (2), Thomas Day, Katie Davison, Michelle Hepworth and Archy Burnell.

The following swimmers finished in the top 3 positions in their age groups :

Katie Davison came 3<sup>rd</sup> in the 200 Metres Freestyle in the 9 years age group in 2 Min 59.75 having entered on a time of 3 Minutes 18, achieved in November.

Michelle Hepworth came 2<sup>nd</sup> in the 50 Metres Freestyle in the 13 years age group in 28.89, her 1<sup>st</sup> time under 30 seconds in a licensed competition, a 1.2 second personal best. Michelle also came 2<sup>nd</sup> in the 100 Metres Backstroke in the 13 years age group in 1 Min 09.33, a 3 second personal best and a second faster in the final than the heat, an excellent swim.

Charlie Hepworth came 2<sup>nd</sup> in the 100 Metres Freestyle in the 15 years age group in 55.59, a small personal best on what is already a fantastic time.

Lily McCardle came 1<sup>st</sup> in the 200 Metres Butterfly in the 10 years age group in 3.24.56. The 200 Metres Butterfly is a gruelling race, very difficult for most swimmers and Lily swam brilliantly to achieve a new personal best time and become County Champion in the 10 years age group.

In addition to our excellent individual performances, Worthing entered a relay team into the 9 years age groups for both girls and boys. Both teams swam well, with the girls finishing 6<sup>th</sup> and the boys managing a brilliant 3<sup>rd</sup> place.

Congratulations to Thomas Day, Ethan Burstow, Matthew MacDonald and Elijah Akehurst in the boys race and Amalie Duncan, Cara McCully, Katie Davison, Caitlin Smith in the girls race. Hopefully, the 1<sup>st</sup> gala of many for quite a few of these Worthing swimmers.

The 1<sup>st</sup> weekend also saw us enter the Mens Open 4 \* 100 Metres Medley relay. Our young team swam well to qualify for the final and came 8<sup>th</sup> overall. Well Done Ellis Bubb, Charlie Hepworth, Joe Hazeldine and Alex Standing.

Our 16 & Under 4 \* 50 Metre team also qualified for the final in the freestyle relay with Jacob Nash, Joe Hazeldine, Ellis Bubb and Charlie Hepworth competing and finishing 8<sup>th</sup>, but only 4 seconds behind the winners. Our 4 \* 50 Medley team comprised Elliott Moore, Archy Burnell, Jacob Nash and Charlie Hepworth and finished 12<sup>th</sup> in their race.

The Counties continue on the 16<sup>th</sup> and 17<sup>th</sup> March at K2, Crawley, good luck to everyone involved.

Chris Luesley, Head Coach, Worthing Swimming Club