



Sussex County Championships 2013



The 2nd weekend of the 2013 Sussex County Championships were held on the 16th and 17th March. Worthing Swimmers achieved 58 personal bests out of 69 races, which results in a fantastic 99 personal bests out of 119 races over both weekends. From all of those swims, 9 swimmers qualified for Finals, a fantastic achievement at County level.

These were Lily McCardle (2), Thomas Day (2), Katie Davison (2), Michelle Hepworth (2), Archy Burnell (2), Holly Stoner, Oscar Silk, Ellis Bubb and Elliott Moore.

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

Katie Davison came 3rd in the 200 Metres Freestyle in the 9 years age group in 2 Min 59.75.

Joe Hazeldine came 3rd in the 400 Metres Individual Medley in the 10 – 16 Years Age Group in 5.04.48, a Regional Qualifying time.

Ellis Bubb came 3rd in the 50 Metres Breaststroke in the 14 Years Age Group in 33.44 and 3rd in the final of the 100 Metres Breaststroke in 1.12.92 both in Regional Qualifying Times.

Archy Burnell came 2nd in the Boys 13 Years Final in the 100 Metres Breaststroke in 1.19.04, a faster Regional qualifying time.

Michelle Hepworth came 2nd in the 50 Metres Freestyle in the 13 years age group in 28.89.

Michelle also came 2nd in the 100 Metres Backstroke in the 13 years age group in 1 Min 09.33, 3rd in 200 Metres Backstroke in 2.34.36 and 3rd in the final of the 100 Metres Freestyle in 1.02.95, with all 3 races being in Regional qualifying times.

Elliott Moore came 3rd in the final of the Boys 13 Years 100 Metres Breaststroke in 1.19.37, a faster qualifying time. Elliott also won the Boys 13 Years age group in the 200 Metres Breaststroke in 2.49.79, a fantastic achievement and both in Regional Qualifying times.

Charlie Hepworth came 2nd in the 100 Metres Freestyle in the 15 years age group in 55.59, 3rd in the 50 Metres Breaststroke in 34.86, 2nd in 50 Metres Freestyle in 25.62 and 3rd in 200 Metres Breaststroke in 2.43.93.

Lily McCardle came 1st 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 6th in the Medley and 7th in the freestyle relay. The boys managed a brilliant 3rd place in the freestyle relay and 4th in the Medley relay. Congratulations to Thomas Day, Ethan Burstow, Matthew MacDonald, Faris Khallouqi and Elijah Akehurst who swam in the boys races and Amalie Duncan, Cara McCully, Katie Davison, Caitlin Smith in the girls races.

Many thanks to everyone involved in making the Counties successful for Worthing, from swimmers to parents, to Coaches and poolside Officials.

Chris Luesley, Head Coach, Worthing Swimming Club