



Sussex League 1 – King Alfred - June 2013

On Saturday 15th June 2013, 28 Worthing swimmers headed to King Alfred, Hove for our long awaited 1st round of this Year's Sussex League. Worthing are in Division 2 and will need victories in the 1st and 3rd galas and at least 2nd place in Gala 2 to ensure promotion back to Division 1.

King Alfred is a difficult pool to swim in, due to its angle, the roof causing havoc for backstroke races and the very high blocks, daunting for young swimmers.

The theme of the evening was all about winning races and gaining the best place possible rather than the best times. These can be achieved in Club Championships and Open Meets.

Worthing fielded a strong team against Lewes and Bognor on the night. Worthing won 38 of the 55 races and came 2nd in 23 races with each Club having 2 swimmers in each race. Therefore, Worthing led from race 1 and sealed a 144 point victory on the night. The next gala, despite only being our 2nd of the league will decide whether we will be able to gain promotion at our final gala, our 1st home gala in Splashpoint on 13th July. This is because Littlehampton and Hailsham, our opponents on the 29th June at Arun Leisure Centre have both won 2 Galas already.

Having a fairly small squad in attendance results in most of the swimmers being very busy and they all coped very well with their workload.

Squad in Full: Katie Davison, Lucy Hirst, Lily McCardle, Chloe Rempel, Caitlin Silk, Elijah Akehurst, Faris Khallouqi, Oscar Silk, Thomas Day, Holly Stoner, Michelle Hepworth, Lauren McIlrath, Annah Bowles, Petrina Marsh, Archy Burnell, Dima Parfoot, Elliott Moore, Ben Curtis, Jodie Curtis, Gemma Coulson, Hannah Urben, Daisy Hazeldine, Joshua Urben, Ellis Bubb, Jacob Nash, Alice Wardley, Joe Hazeldine, Stephen Hirst.

1st Worthing 446, 2nd Lewes 302, 3rd Bognor 241

Many thanks to our poolside helpers of Matthew Laker, Fanny Chan, Stephen Hirst and Karen Wardley, our timekeepers, Su Curtis and Lynne Stoner and our officials, Ian Nash and Katy Hazeldine.

Chris Luesley, Head Coach, Worthing SC