



Sussex League 2 – Arun LC - June 2013

On Saturday 29th June 2013, 30 Worthing swimmers headed to Arun Leisure Centre, Felpham for the 2nd round of this Year's Sussex League. Worthing needed to come 1st or 2nd on the night to have a chance of promotion in the final gala on July 13th at Splashpoint, Worthing.

For various reasons, a number of swimmers were missing from the squad, including 3 of our 5 Regional swimmers. This gave other swimmers a chance to shine on a night that was going to be about fighting for every point to try and secure 2nd place.

Littlehampton were very strong and won easily on the night securing the division 2 title and promotion to Division 1 for 2014. After 10 races, Worthing were in 3rd place just behind Hailsham, so we knew it was going to be tough to achieve our 2nd place aim.

In a team gala, every point is vital and it is very important for swimmers to work hard throughout all of their races, utilising the skills they have worked on in training. There were a number of personal bests and great times achieved, but the most important aspect of the evening was on swimmers trying to come 5th instead of 6th and 1st instead of 2nd.

8 wins were secured on the night from the following swimmers :

Ben Curtis	Boys U14 100 Individual Medley
Lucy Hirst	Girls U12 50 Breaststroke
Oscar Silk	Boys U12 50 Breaststroke, 50 Freestyle
Elliott Moore	Boys U14 50 Breaststroke
Jodie Curtis	Girls U16 100 Breaststroke
Ellis Bubb	Boys U16 100 Breaststroke
Boys U16	4 * 1 Medley Relay – Ben Curtis, Ellis Bubb, Robert Scott, Joshua Urben

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, Isobel Gee, Caitlin Silk, Elijah Akehurst, Faris Khallouqi, Oscar Silk, Thomas Day, Richard Rempel, Talisa-Mae Marsh, Lauren McIlrath, Annah Bowles, Petrina Marsh, Pippin Albright, Elliott Moore, Ben Curtis, Ethan Burgess, Lucas Bubb, Jodie Curtis, Gemma Coulson, Hannah Urben, Daisy Hazeldine, Eleanor Hirst, Joshua Urben, Ellis Bubb, Robert Scott, Alice Wardley, Chris Luesley, Stephen Hirst.

1st Littlehampton 447, 2nd Worthing 294, 3rd Hailsham 261

Many thanks to our poolside helpers of Matthew Laker, Fanny Chan, Justine Burgess, Stephen Hirst and Karen Wardley, our timekeepers, Sonia Moore and Charles Silk and our official, Katy Hazeldine.

Chris Luesley, Head Coach, Worthing SC