



Club Age Groups – April / May 2013

Our annual Club Age Groups were held on Saturday's 27th April & 11th May 2013, for the final time, being held at Lancing College, before we use Worthing's new pool, Splashpoint, for our next Club Championships in the Autumn.

The Age groups provide the perfect opportunity for swimmers of all ages and abilities within the Club to swim against each other in their own age groups, allowing swimmers to try & achieve personal best times, try & win medals & try and break Club Records.

Our youngest swimmers, swim 1 length in the 8 and under races on all 4 strokes. Older swimmers get the chance to not only swim 2 lengths on all of the strokes, but also get to swim Individual Medleys at both 100 and 200 Metre distances.

Lancing College was a very busy place on both of these evenings, as many parents attended to see how swimmers recent efforts in training have affected their racing performances.

The following swimmers won their races in the 8 Yrs and under Age Group

25 Metres Backstroke	-	Georgia Connolly & Maxwell Garrard
25 Metres Freestyle	-	Heidi Denyer & Maxwell Garrard
25 Metres Breaststroke	-	Heidi Denyer & Jimmy Sanchez-Reeve
25 Metres Butterfly	-	Kimberley Griffith

The following swimmers broke Age Group Records &/or Event Best Times

Girls 13 Yrs EBT	– Michelle Hepworth	– 50 Backstroke	33.32
Girls 13 Yrs EBT & AGR	– Michelle Hepworth	– 50 Freestyle	28.64
Girls 13 Yrs EBT & AGR	– Michelle Hepworth	– 50 Butterfly	31.98
Girls 13 Yrs EBT & AGR	– Michelle Hepworth	– 100 IM	1.11.88
Girls 9 Yrs EBT & AGR	– Katie Davison	– 200 IM	3.24.52
Boys 16 Yrs EBT	– Joe Hazeldine	- 100 IM	1.06.04
Boys 16 Yrs EBT & AGR	- Joe Hazeldine	- 50 Breaststroke	33.90
Boys 13 Yrs EBT	– Archy Burnell	- 200 IM	2.35.88
Boys 14 Yrs EBT	– Ellis Bubb	– 200 IM	2.30.06

Congratulations to the swimmers mentioned above and all of the swimmers who competed in the gala from either our Learn to Swim or Learn to Compete lanes.

There were many fantastic swims and personal bests – Keep up the good work in training.

Chris Luesley, Head Coach, Worthing Swimming Club