

British Gas ASA National Championships Sheffield (Youth Open & MC) 5th - 10th August 2014

Women's 15 Yrs/Over 400m IM - Heats

Place	Name	AaD	Club	Time					FINA Pt
7.	Lauren Wray	19	Loughboro Un	5:03.70 PB Conv 4.57.9					690
	50m 31.39	100m 1:07.99	150m 1:46.91	200m 2:24.81	250m 3:09.27	300m 3:54.86	350m 4:29.87	400m 5:03.70	
	31.39	36.60	38.92	37.90	44.46	45.59	35.01	33.83	

Women's 19 Yrs/Over 400m IM - Final

8.	Lauren Wray	19	Loughboro Un	5:02.78 PB Conv 4.56.9 PB CQT MQT					696
	50m 31.54	100m 1:07.95	150m 1:46.71	200m 2:24.76	250m 3:08.89	300m 3:54.05	350m 4:29.38	400m 5:02.78	
	31.54	36.41	38.76	38.05	44.13	45.16	35.33	33.40	

Men's 15/16 Yrs 50m Freestyle - Heats

Place	Name	AaD	Club	Time		FINA Pt
7.	Alex Wray	16	Deepings	24.34 PB Conv 23.50PB CQT MQT New Club and County Record		634

Men's 15/16 Yrs 50m Freestyle - Semi Final

Place	Name	AaD	Club	Time		FINA Pt
11.	Alex Wray	16	Deepings	24.57 Conv 23.70		616

Men's 15/16 Yrs 100m Freestyle - Heats

Place	Name	AaD	Club	Time		FINA Pt	50
29.	Alex Wray	16	Deepings	54.12 PB Conv 52.60 PB CQT MQT New Club Record		651	25.64

Brother and Sister Impress at This Year's Nationals!

Family members Alex Wray (16yrs) and Lauren Wray (19yrs) both qualified for this year's National Championships which were held at Sheffield. Both swimmers had an amazing run of form leading up to these championships. Our coach Lynn Chapman knew they were in great shape and were ready to compete against top class opposition.

Lauren Wray swimming for Loughborough University produced a memorable performance in her 400m Individual Medley setting a time of 5.03.70 to make the final. She got off to an excellent start in the final but despite improving by over a second she found herself touched into 7th place. Nevertheless an outstanding performance Lauren - Well Done!

Alex Wray having already broken the 50m & 100m Freestyle club records earlier this year, set two new personal best times in both the 50m & 100m Freestyle at Sheffield. In the 50m sprint heats he set a new long course county record with a time of 24.34 and he also improved on his own club record. The time was good enough to make the semi final, where he came very close to breaking the record again, but had to settle for 11th place just missing the final. His 100m Freestyle time of 54.12 was another personal best time and gave him another club record! Congratulation on a very strong performance Alex!