

## ASA East Midlands Region - Disability Championships 2015

### Nottingham University (25m Pool) Saturday 11<sup>th</sup> July

<http://www.midlandchampionships.org.uk/results/emdis152/index.php>

#### Girls 100m Breaststroke - Heats (Declared Winners) GIRLS - Multi-Disability by British Disability Points

Place	Name	DoB	Club	Cat	Time	BDPoints	50
2	Miki Lin-Gao	06/05/05	Deepings	6	2.36.95 PB	244	1.15.91

#### Girls 50m Backstroke - Heats (Declared Winners) GIRLS - Multi-Disability by British Disability Points

Place	Name	DoB	Club	Cat	Time	BDPoints
1.	Miki Lin-Gao	06/05/05	Deepings	8	57.10 PB	245

#### Girls 100m Freestyle - Heats (Declared Winners) GIRLS - Multi-Disability by British Disability Points

Place	Name	DoB	Club	Cat	Time	BDPoints	50
2.	Miki Lin-Gao	06/05/05	Deepings	8	1.37.63 PB	131	47.50 PB

#### Girls 50m Freestyle - Heats (Declared Winners) GIRLS - Multi-Disability by British Disability Points

Place	Name	DoB	Club	Cat	Time	BDPoints
3	Miki Lin-Gao	06/05/05	Deepings	8	45.10 PB	307

Deepings disability swimmers, Miki Lin-Gao had a very successful weekend at the Midland Disability Championships at Northampton University. The Midland Disability Championships is a short course (25m) competition open to any swimmer with a physical, sensory or learning disability.

9 Year old Miki (Category 6) produced some brilliant swims on the day. She swam four events and set five personal best times. In the 100m Freestyle she got off to a brilliant start and everyone knew she was on top form when when she clocked a PB at the 50m mark! She stayed focused and touches in with a time of 1.37.63 producing a 9 second PB! After setting a personal best time at the 50m mark in the 100m freestyle the coaches new she was likely to set another excellent time in 50m freestyle individual and she didn't disappoint she took a further 2 seconds off her PB, posting a time of 45.10. She went on to reduced her PBs in both the 100m Breaststroke and the 50m Backstroke. - Congratulations on your achievements!