

Midland Open Masters Championships
Royal Leamington Spa
28th - 30th March 2014

Name	Event	Age Group	Time	Placed	Notes
Kirsty Scott	200m Backstroke	35/39	3 22.28 PB	4 th	New County Masters Record
Emma Lund	200m Backstroke	45/49	2 56.48 PB	1 st	New County Masters Record
Kirsty Scott	100m Freestyle	35/39	1 15.57 PB	8 th	
Emma Lund	100m Freestyle	45/49	1 13.53 PB	4 th	New County Masters Record
Gary Cooper	100m Freestyle	45/49	1 14.75 PB	7 th	
Paul Smith-Shelton	100m Freestyle	45/49	1 18.31	9 th	
Heath Bulpit	100m Freestyle	45/49	1 36.94 PB	11 th	
Kirsty Scott	50m Breaststroke	35/39	46.11	4 th	
Jacqueline Crockett	50m Breaststroke	50/54	48.60	5 th	
Paul Smith-Shelton	50m Breaststroke	45/49	41.79	7 th	
Gary Cooper	50m Breaststroke	45/49	44.23 PB	8 th	
Kathryn Roe	100m IM	25/29	1 24.89 PB	8 th	
Kirsty Scott	100m IM	35/39	1 32.43	6 th	
Emma Lund	100m IM	45/49	1 24.89 PB	6 th	
Jacqueline Crockett	100m IM	50/54	1 44.16 PB	6 th	
Gary Cooper	100m IM	45/49	1 28.62	7 th	

Paul Smith-Shelton	100m IM	45/49	1 33.59 PB	8 th	
Heath Bulpit	100m IM	45/49	1 48.33 PB	9 th	
Gary Cooper 34.68 Kirsty Scott Emma Lund Heath Bulpit	Mixed Masters 4 * 50m Freestyle Relay	Age Group - 160+	2 20.58	9 th	
Kirsty Scott	200m Freestyle	35/39	2 53.34 PB	4 th	
Gary Cooper	200m Freestyle	45/49	2 51.76 PB	5 th	
Kirsty Scott	100m Breaststroke	35/39	1 39.48	4 th	
Paul Smith-Shelton	100m Breaststroke	45/49	1 34.97	6 th	
Gary Cooper	100m Breaststroke	45/49	1 35.23 PB	7 th	
Kirsty Scott	50m Fly	35/39	48.12 PB	8 th	
Emma Lund	50m Fly	45/49	36.68 PB	5 th	New County Masters Record
Heath Bulpit	50m Fly	45/49	48.89 PB	14 th	
Kathryn Roe	200m IM	25/29	3 03.45 PB	4 th	37.28 PB
Kirsty Scott	200m IM	35/39	3 27.97 PB	1 st	
Emma Lund	200m IM	45/49	3 02.92 PB	1 st	New County Masters Record
Gary Cooper	200m IM	45/49	3 17.19 PB	4 th	
Jacqueline Crockett 49.83 Paul Smith-Shelton Kathryn Roe Gary Cooper	Mixed Masters 4 * 50m Medley Relay	Age Group - 160+	2 43.51	8 th	

County Records Fall To Emma Lund and Kirsty Scott! And Both Girls Bring Home Gold! An Impressive Haul of PB's For Deepings Master Swimmers!

Congratulations to the Deepings Masters squad of seven swimmers who made the journey up to Royal Leamington Spa to compete at the Midlands Masters Swimming Championships, held between 28th – 30th March. It was great to see you all really thrive in the competitive environment, with some fantastic performances, great racing and importantly great team spirit.

Clearly the team were making waves this weekend and were inspired by the tough opposition as they produced 3 Gold medals, 5 new county masters records & an impressive haul of PB's, 23 in total were gained!

Emma Lund, performed incredibly well in all of her five individual events. She knew she was in good shape after winning her first event the 200m Backstroke where she not only collected a Gold medal but also set her 1st County Record. She went on to set 4 in total!

More success came for Emma in the:-

- 100m Freestyle where she set a Personal Best time and a New County Record
- 100m IM she matched her own County Record
- 50m Fly set another PB and a New County Record
- 200m IM Won Her Age Group and received a Gold medal and set her 4th County Record!

Kirsty Scott swam exceptionally well; she too set a New County Record in the 200m Backstroke in the 35/39 age group category. She won the 200m IM and set 4 personal best times. She was placed 4th on three other occasions.

Overall a very successful weekend for Deepings Master swimmers with an impressive haul of Personal Best times we would like to congratulate

- **Gary Cooper** he entered 6 events set 5 personal best times & finished in the top 8, was a member of the relay team.
- **Heath Bulpit** he entered 3 events set personal best times in all 3 was a member of the relay team.
- **Paul Smith Shelton** he entered 4 events swam to his PBs but set a personal best time in the 100m IM and was a member of the medley relay team.
- **Jackii Crockett** she entered 2 events and was lead swimmer for the medley relay team, set a PB in the 100m IM
- **Kathryn Roe** she entered 2 events, she set personal best times in both the 100m & 200m IM and was part of the medley relay team.

And finally on behalf of the club and the swimmers a big thank you to all the coaches for their hard works in preparing the swimmers for this year Masters Championships. Well done!