

Midland Short Course Championships 2014 Deepings Results

At Rugby 6th & 7th December 2014

<http://www.midlandchampionships.org.uk/results/sc14/index.php>

| Event | Name | Age | Time | Placed | Notes |
|---------------------------------------|------------------|-------------|-----------------------|-----------------------|------------------------|
| Women's Open 400m Freestyle | Kelda McKnight | Open | 4:46.65 | 58 th | |
| Men's Open 200m Freestyle | Alex Wray | Open | 1:56.91 | 23 rd | |
| Men's Open 100m Breaststroke | Jordan Bull | 15/U | 1:12.14 PB CQT | 7 th | |
| Women's Open 200m IM | Isabel Spinley | 15/U | 2:35.17 | 50 th | |
| | Kelda McKnight | Open | 2:38.90 | 90 th | |
| Men's Open 100m Butterfly | Alex Wray | 15/U | 1:01.03 | 29 th | |
| | Jordan Bull | 15/U | 1:04.30 | 20 th | |
| Women's Open 100m Backstroke | Zoe Fisher | Open | 1:08.51 PB CQT | 32 nd | |
| Men's Open 100m Freestyle | Alex Wray | Open | 53.78 | 20 th | |
| Women's Open 100m IM | Zoe Fisher | 15/U | 1:10.43 PB CQT | 10 th | |
| Men's Open 50m Butterfly | Alex Wray | Open | 27.50 | 26 th | |
| | Jordan Bull | 15/U | 28.72 | 10 th | |
| Men's Open 50m Breaststroke | Jordan Bull | 15/U | 32.82 PB CQT | 4 th | |
| Men's Open 200m IM | Jordan Bull | 15/U | 2:22.49 CQT | 26 th | |
| Womens Open 100m Butterfly | Bailie Harrison | 15/U | 1:11.44 | 24 th | |
| Men's Open 50m Freestyle | Alex Wray | Open | 24.47 | 5 th | |
| Men's Open 50m Freestyle Final | Alex Wray | Open | 24.26 | 4th | |
| Men's Open 100m IM | Alex Wray | Open | 1:02.88 PB CQT | 14 th | New Club Record |
| | Jordan Bull | 15/U | 1:04.92 PB CQT | 11 th | |

Women's Open 200m IM - Heats & Final (Declared Winners)

| Place | Name | AaD | Club | Time | FINA Pt | 50 | 100 | 150 |
|-----------------|-------------|-----|--------------|-------------------------|---------|-------|---------|---------|
| 2. | Lauren Wray | 19 | Loughboro Un | 2:19.20 | 717 | 30.89 | 1:04.70 | 1:46.77 |
| 5 th | Lauren Wray | 19 | Loughboro Un | Final 2:20.05 | 704 | 31.59 | 1:05.69 | 1:48.24 |

Women's Open 400m IM - Heats (Declared Winners)

Open Age Group - Full Results

| Place | Name | AaD | Club | Cat | Time | | | FINA Pt |
|-------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|---------|
| 7. | Lauren Wray | 19 | Loughboro Un | | 4:51.99 | | | 714 |
| | 50m 31.41 | 100m 1:06.97 | 150m 1:43.39 | 200m 2:19.26 | 250m 3:02.01 | 300m 3:45.16 | 350m 4:19.21 | |

New Club Records for Alex Wray 100m IM & Made the Final of The 50m Freestyle

Deeping Swimmers Achieved 6 PBs, 7 CQTs & A New Club Record!

The Midlands short course Regional Championships took place in Rugby this year and I am pleased to report that we had a total of 7 swimmers competing, though Lauren Wray was swimming for Loughborough University this year. The team this year was Kelda McKnight, Zoe Fisher, Bailie Harrison, Isabel Spinley, Alex Wray & Jordan Bull.

All our swimmers swam as best they could over the weekend, despite the fact many of them were suffering from illnesses as well as injuries.

- Alex Wray has had a superb year as a senior swimmer and he has come on so much. This year at the midland short course championships he was swimming as an open swimmer for the first time. This year left his best until last as he made the final of 50m Freestyle but sadly he just missed a medal though he did achieve a new personal best time and a new club record in his 100m IM race.
- Jordan Bull swam superbly setting three PBs in the 50m & 100m Breaststroke as well as the 100m IM
- Unfortunately both Kelda and Isabel were injured and ill on the Sunday so had to withdraw from the 400IM but both girls posted very respectable times in their other swims over the weekend.
- Zoe Fisher had a good meet she set two personal best times and two County times.
- Bailie Harrison swam the 100m Butterfly for the first time at these championships and she too posted a respectable time too.

Well Done Swimmers!

Christmas cheer - two silly jokes!



Q: What did Mrs. Claus say to Santa when she looked in the sky?

A: "Looks like rain, dear."



Q: What do you get when you cross a snowman with a vampire?

A: Frostbite