

**West Midlands
Regional Disability Championships 2014
Licensed 3WM4669 - Results**



Event	Name	Time	Place Full Results	Splits & Notes category 6 & 8
Girls 09 /Over 100m Breast	Miki LIN-GAO	3:00.49 PB	7 th	Category 6 1:26.58 PB 50m
Girls 09 /Over 50m Backstroke	Miki LIN-GAO	1:07.23 PB	4 th	Category 8
Girls 09 Yrs/Over 100m Free.	Miki LIN-GAO	1:58.33 PB	12 th	Category 8
Girls 09 /Over 50m Breast	Miki LIN-GAO	1:29.38	8 th	Category 8
Girls 09 Yrs/Over 50m Free.	Miki LIN-GAO	53.16 PB	9 th	Category 8

What A Super Star Our Nine Year Old Miki Lin-Gao Is!

Deepings Swimmer Miki Lin-Gao recently went to the 2014 short course West Midlands Regional Disability Championships, which this year was held on the 27th September at Rugby. This was a big swimming event and is made up of swimmers with similar entry times, irrespective of their age, sex or disability. This is done in order to make the events more competitive and increases the opportunity for swimmers to gain faster times.

Nine year old Miki has been working hard in training and her efforts in the pool and now beginning to pay off; she had a fantastic day. Over the weekend she competed in five events and set five personal best times. I understand Miki was delighted to go under 2 minutes for the first time in the 100m Freestyle and didn't she do it in style, knocking over 11 seconds off her current PB - an incredible swim! Her achievements didn't end there she went on to take 5 seconds off her 50m Freestyle, 4 seconds off her 50m Backstroke and 2 seconds off both the 100m and 50m Breaststroke, which was amazing!

Everyone is very proud of what she has achieved and we are sure there is so much more to come from this 9 year old swimmer!

AN EXCELLENT PERFORMANCE.....

