



PRESS RELEASE

Deepings' Isabel Spinley wins bronze for Britain at European Junior Swimming Championships

Deepings Swimming Club butterfly record holder Isabel Spinley has won a bronze medal at the European Junior Swimming Championships in Israel.

Isabel was called up to represent Great Britain for the first time after some outstanding swims at the British Championships in April this year, where she qualified for the senior open 100m butterfly final and finished third in the 200m butterfly junior final.

At the European Junior Championships, she was selected to swim the 50m, 100m and 200m butterfly.

In her first event, the 200m butterfly, Isabel suffered from a goggles malfunction in the heats but overcame her disappointment to make the final in the 100m butterfly after swimming a new club record in the semi-final. She finished eighth in the final and then swam another personal best and club record in the heats of the 50m butterfly, but just missed out on the semi-final.

Isabel's strong performances during the competition saw her selected to swim the butterfly leg in the 4x100 mixed medley relay semi-final. She helped the team make the final where they just edged out Ireland to win the bronze medal, behind Italy and Russia.

"Representing GB in such an amazing place was the best thing I have ever done!" Isabel said. "It taught me so much about swimming that I didn't know and gave me valuable experiences that I hope to use in the future."

Lynn Chapman, Deepings Swimming Club head coach, said: "Once again Isabel has exceeded all our expectations by making two finals at her first European Junior Championships and coming home with a bronze medal. She is one of the hardest working swimmers at the club and all that hard work is really paying off as she continues to made great progress. Congratulations Isabel."

Isabel becomes the third Deepings swimmer to represent GB at junior level, following Alex Wray (19), who went to Hungary last year, and Jenny Smith (14), who swam in Luxembourg in 2002.

NOTES FOR EDITORS

Picture caption:

Isabel Spinley shows her European Junior Swimming Championships bronze medal for the 4x100 mixed medley relay with Deepings SC head coach Lynn Chapman

For more information, please contact head coach Lynn Chapman or club chairman Martyn Reynolds through Deepings Swimming Club website at www.deepingssc.co.uk