

Deepings swimmers at the British Champs

Good luck to our three Deepings Swimming Club swimmers who are competing this week at the British Championships at Ponds Forge in Sheffield.

Isabel Spinley and Bailie Harrison are making their British Champs debut and will be competing in the 50m Butterfly on April 19 and the 100m Butterfly on April 23. Isabel will also be swimming in the 200m Butterfly on April 20.

Club coach Lynn Chapman will be taking charge in Sheffield to calm any nerves and help Isabel and Bailie to make the most of their opportunities.

Alex Wray is making his third British Championships appearance - his first under the Loughborough University cap - and will be flexing his muscles against the likes of Adam Peaty in the 50m Breaststroke on April 19, as well as competing in the 100m Freestyle on April 20 and 50m Freestyle on April 22.

We wish you all the best - swim strong, swim fast!