

Isabel Spinley takes third at British Swimming Championships

Three Deepings Swimming Club swimmers have been in competition this week at the British Championships in Sheffield – and we already have our first finalist!

Isabel Spinley has been outstanding in her first British Championships after finishing third in the junior 200m Butterfly final in a new pb of 2.15.42. She took more than two seconds off her long course Deepings Club record of 2.17.96, which she set earlier this month at the Derwentio Excel meet.

Isabel was the 7th fastest qualifier for the final after finishing second in her heat, narrowly missing her pb. In the final, she got off to a storming start, turning at 50m in third place. She moved up to second after 100m before holding off a fast-finishing field to take third place.

Co-commentator Keri-Anne Payne, the British Olympic silver medallist and two-time open water world champion, said during the race: “Isabel is looking good – she has decided to come in tonight and smash it up!”

Isabel and Bailie Harrison competed in the 50m Butterfly on Tuesday, but they sadly failed to make the final despite excellent swims. Isabel shaved 0.15s off her long course pb to set a new mark of 28.50 and finish 35th overall (17th in her 14/17-year age group), while Bailie also set a new pb at 28.82 and finished 44th overall (26th in her age group).

Both girls are back in the pool on Sunday in the 100m Butterfly.

Alex Wray has also been in action at the British Championships, now swimming under the Loughborough University cap.

On Wednesday, he competed in the 50m Breaststroke, finishing 23rd overall in a time of 29.58, just outside his pb, and on Thursday he contested the 100m Freestyle. Again, Alex swam well in a highly competitive field, just missing his pb in finishing an excellent 23rd in 51.17.

Alex now has his best event to come, the 50m Freestyle which takes place on Saturday.

Good luck to all our swimmers in the remaining races – swim strong, swim fast!

You can watch all the swimming streamed live on the British Champs website – click on the link: www.britishswimming.org/members-resources/british-champs-2017-live-stream/