British Swimming Championships Ponds Forge Sheffield 18 - 23 April 2017

http://www.swimmingresults.org.uk/swimming/results/2017/bstrials17/

Day 2 19 April 2017 Heat Results EVENT 206 Women's Open 50m Butterfly

Place	Name	Club	Time	FINA Pt
35 th	Isabel Spinley	Converts to 27	7.8 PB	629 New Club Record
44 th	Bailie Harrison	Deepings Converts to 28	28.82 PB MQT 3.2 PB	609

Day 3 20 April 2017 Heat Results

EVENT 301 Women's Open 200m Butterfly

 Place
 Name
 Club
 Time
 FINA Pt
 50
 100
 150

 23rd Isabel Spinley
 Deepings
 2:18.14
 685
 31.03
 1:06.21
 1:42.39

 Converts to 2.15.8
 Convert

EVENT 352 FINAL OF EVENT 301 Women's Junior 200m Butterfly

 Place Name
 Club
 Time
 FINA Pt
 50
 100
 150

 3rd Isabel Spinley
 Deepings
 2:15.42 PB MQT
 727
 29.32
 1:03.48

 1:38.59

Bronze Medal Converts to 2.13.1 PB

County Long Course Record and New Club Record

Day 6 23 April 2017 Heat Results EVENT 604 Women's Open 100m Butterfly

Open Age Group

Place	Na	ame	Club	Time		FINA Pt	50
9 th	Isabel Sp	•	Converts to !	1:00.93 PB MQT 59.7 PB Course Record and		28.62 Club Record	
52 nd	Bailie Ha	arrison	Deepings Converts to	1:03.96 PB MQT 1.02.8 PB	658	30.19	

Women's Open 100m Butterfly - Final

Place	. Name	Club	Time	FINA Pt	50
8 th	Isabel Spinley	Deepings	1:00.94	761	28.54
		Converts t	to 59.7		

Notes

Isabel and Bailie - DSC are very proud of your achievements! To get to this level of competition is amazing.

Isabel swam brilliantly in all her heats but particularly in the 200m Butterfly where she made the Junior Final. She upped her game in the final and swam marvellously well to touch in 3rd.

She also had an outstanding swim in the 100m Butterfly, taking well over a second off her PB to make the senior Open Final, where she finished 8th, matching her heat time. All her butterfly times in the 50m, 100m and 200m were not only new club records but also new county long course times!

Isabel has proved she is one of the top swimmers in the UK - which is a fantastic achievement.

Bailie also swam superbly in both her events; she set personal best times in both the 50m & 100m events – another outstanding achievement by a fine young Deepings swimmer.

DSC is proud to have two real butterfly talents. We hope to see what both swimmers can do at the Midlands Championships in May!