

**Midlands Long Course Championships 2017**  
**4th & 5th November 2017**  
**Harvey Hadden Sports Village, Nottingham**  
<http://www.midlandchampionships.org.uk/results/ewlc17/>

**Mens Open 100m Breaststroke - Heats (Declared Winners)**

**15 Yrs/Under Age Group**

Place	Name	AaD	Club	Cat	Time	FINA Pt
4.	Louis METSELAAR	15	Deepings		1:12.70 Conv 1.10.9	485
18.	Tom ADAMS	15	Deepings		1:17.37 Conv 1.15.7	402

**Womens Open 200m IM - Heats (Declared Winners)**

**Open Age Group**

Place	Name	AaD	Club	Cat	Time	FINA Pt	100
12.	Isabel SPINLEY	17	Deepings		2:27.90 Conv 2.25.2	620	29.86

**Mens Open 100m Butterfly - Heats (Declared Winners)**

**15 Yrs/Under Age Group**

Place	Name	AaD	Club	Cat	Time	FINA Pt
11.	Tom ADAMS	15	Deepings		1:03.55 Conv 1.02.3	481

**Womens Open 100m Backstroke - Heats (Declared Winners)**

**15 Yrs/Under Age Group**

Place	Name	AaD	Club	Cat	Time	FINA Pt
25.	Chloe JONES	15	Deepings		1:11.67 Conv 1.10.5	533

**Mens Open 50m Backstroke - Heats (Declared Winners)**

**Open Age Group**

Place	Name	AaD	Club	Time	FINA Pt
7.	Thomas NEAL	17	Deepings	29.17 Conv 28.5	559

## Womens Open 200m Butterfly - Heats (Declared Winners)

### Open Age Group

Place	Name	AaD	Club	Time	FINA Pt	100
3.	Isabel SPINLEY	17	Deepings	2:20.72 Conv 2.18.5	648	32.54

## Womens Open 200m Backstroke - Heats (Declared Winners)

### 15 Yrs/Under Age Group

Place	Name	AaD	Club	Time	FINA Pt	100
41.	Holly LEGGOTT	15	Deepings	2:33.91 Conv 2.31.7	523	35.70
43.	Chloe JONES	15	Deepings	2:34.30 Conv 2.32.1	519	36.44
50.	Jessie SPOONER	15	Deepings	2:35.39 Conv 2.33.2	508	36.35

## Mens Open 50m Freestyle - Heats (Declared Winners)

### Open Age Group

Place	Name	AaD	Club	Cat	Time	FINA Pt
43.	Thomas NEAL	17	Deepings		25.94 Conv 25.1	523

## Womens Open 100m Freestyle - Heats (Declared Winners)

### 15 Yrs/Under Age Group

Place	Name	AaD	Club	Cat	Time	FINA Pt
14.	Bethany EAGLE-BROWN	14	Deepings		1:01.38 <b>PB</b>	610

Conv 1.00.0 **PB CQT****New Club Record**

## Open Age Group

Place	Name	AaD	Club	Cat	Time	FINA Pt
33.	Isabel SPINLEY	17	Deepings		1:02.00 Conv 1.00.6	592

## Womens Open 50m Butterfly - Heats (Declared Winners)

### Yrs/Under Age Group

Place	Name	AaD	Club	Cat	Time	FINA Pt
26.	Bethany EAGLE-BROWN	14	Deepings		31.54 Conv 30.9	464
29.	Jessie SPOONER	15	Deepings		32.03 Conv 31.4	443

## Open Age Group

Place	Name	AaD	Club	Cat	Time	FINA Pt
4.	Isabel SPINLEY	17	Deepings		29.10 Conv 28.4	591
10.	Bailie HARRISON	17	Deepings		29.85 Conv 29.2	548

## Mens Open 50m Backstroke - Final

Place	Name	AaD	Club	Cat	Time	FINA Pt
7.	Thomas NEAL	17	Deepings		28.96 <b>PB</b> Conv 28.3	572

## Women's Open 200m Butterfly - Final

Place	Name	AaD	Club	Cat	Time	FINA Pt
2.	Isabel SPINLEY	17	Deepings		2:19.55	665

Conv 2.17.3

Silver Medal Winner

**Women's Open 50m Butterfly - Final**

Place	Name	AaD	Club	Time	FINA Pt
				28.74	
3.	Isabel SPINLEY	17	Deepings	Conv 28.1	614
<b>Bronze Medal Winner</b>					

**Mens Open 50m Breaststroke - Heats (Declared Winners)****15 Yrs/Under Age Group**

Place	Name	AaD	Club	Time	FINA Pt
				32.44	
3.	Louis METSELAAR	15	Deepings	Conv 31.5	540
<b>New Club Record 15yrs</b>					
<b>Junior Award winner</b>					

**Women's Open 100m Butterfly - Heats (Declared Winners)****15 Yrs/Under Age Group**

Place	Name	AaD	Club	Cat	Time	FINA Pt	50
20.	Bethany EAGLE-BROWN	14	Deepings		1:09.84	501	32.06
Conv 1.08.7							

**Open Age Group**

Place	Name	AaD	Club	Cat	Time	FINA Pt	50
3.	Isabel SPINLEY	17	Deepings		1:02.75	691	30.73
Conv 1.01.5							
29.	Bailie HARRISON	17	Deepings		1:08.98	520	32.96
Conv 1.07.9							

**Mens Open 100m Backstroke - Heats (Declared Winners)****Open Age Group**

Place	Name	AaD	Club	Cat	Time	FINA Pt	50
9.	Thomas NEAL	17	Deepings		1:02.38 <b>PB</b> Conv 1.01.1	574	31.05

## Women's Open 50m Backstroke - Heats (Declared Winners)

### Open Age Group

Place	Name	AaD	Club	Time	FINA Pt
18.	Bailie HARRISON	17	Deepings	33.64 Conv 33.0	520

## Women's Open 400m IM - Heats (Declared Winners)

### Open Age Group

Place	Name	AaD	Club	Time	FINA Pt
7.	Isabel SPINLEY	17	Deepings	5:09.32 Conv 5.03.6	638
				50m 31.74   100m 1:08.37   150m 1:47.74   200m 2:28.25   250m 3:13.31   300m 4:00.12   350m 4:35.25   400m 5:09.32	

## Women's Open 50m Freestyle - Heats (Declared Winners)

### 15 Yrs/Under Age Group

Place	Name	AaD	Club	Cat	Time	FINA Pt
13.	Holly LEGGOTT	15	Deepings		28.49 Conv 27.7	577

## Men's Open 50m Butterfly - Heats (Declared Winners)

### Open Age Group

Place	Name	AaD	Club	Time	FINA Pt
22.	Thomas NEAL	17	Deepings	27.35 <b>PB</b> Conv 26.7 <b>PB CQT</b>	551

## Women's Open 100m Butterfly - Final

Place	Name	AaD	Club	Time	FINA Pt	50
				1:02.67		
2.	Isabel SPINLEY	17	Deepings	Conv 1:01.4	693	30.61
				Silver Medal Winner		

## Women's Open 400m IM - Final

Place	Name	AaD	Club	Time	FINA Pt
				5:16.34	
8.	Isabel SPINLEY	17	Deepings	Conv 5:10.7	596
				50m 32.56    100m 1:08.46    150m 1:48.15    200m 2:28.39    250m 3:15.77    300m 4:04.24    350m 4:40.28    400m 5:16.34	

**Club Records go to Bethany EAGLE-BROWN & Louis METSELAAR**

**& Medals go to Isabel SPINLEY**

Nine swimmers qualified for this year's Midlands Long Course Championships which moved to the new Harvey Hadden Sports Village in Nottingham.

The squad were entered for thirty one events between them; they reached five finals, brought home 2 silver, a bronze medal in the open event and a bronze in 15yrs/under junior age category.

The meet saw some great performances from our swimmers:-

Louis METSELAAR who had an outstanding swim in the 50m Breaststroke with a time of 32.44 which when converted gave him a time of 31.5 taking a record off Karl Reynolds which had stood for 17 years in the 15yrs category. He also holds the record at 14yrs too which is a slightly quicker time, so there is more to come from this young man. He brought home a bronze in 15yrs/under junior age category.

Bethany EAGLE-BROWN swimming in the 15/under category gained herself a new club record in the 100m Freestyle after she swam superbly in her heats, she finished 14<sup>th</sup> with a time of 1:01.38 setting a long course personal best time and when converted was a time of 1:00.0 NCR in the 14yrs category - Congratulations!

Junior GB swimmer Isabel SPINLEY also enjoyed an impressive outing, making 4 finals 50m, 100m & 200m Fly and brought home 2 silver & a bronze. An outstanding performance!

Our other finalist was Tom Neal in the 50m Backstroke where he finished in 7th place.

Holly Leggott put in a gutsy swim in the 50m Freestyle where she finished 13<sup>th</sup> missing another club record by a whisper.

Tom Adams put in two respectable performances in the 100m Breaststroke and 100m Butterfly where he finished 18<sup>th</sup> & 11<sup>th</sup>.

Bailie Harrison also swam the 50m Fly (10<sup>th</sup>) & 50m Backstroke (18<sup>th</sup>) & 100m Fly finishing 29<sup>th</sup>.

And Chloe Jones swam the 100m (25<sup>th</sup>) & 200m (43<sup>rd</sup>) Backstroke.

Deepings swimmers put in some gutsy performances over the weekend which was enjoyed by all. It's an achievement just to reach this level of competition and some of them reaped the rewards. Their dedication, preparation & hard work in the pool have stood them in good stead.