

Swim England East Midland Region Time Trial
5th May 2018
Loughborough University Pool

Mens/Womens Open 1500m Freestyle - Heats (Declared Winners)

WOMENS

Place	Name	AaD	Club		Time			FINA Pt
10.	Holly Leggott	16	Deepings		18:48.07 PB	Converted 18.29.6 PB		552
	50m 32.91	100m 1:08.78	150m 1:45.52	200m 2:22.71	250m 2:59.55	300m 3:36.82	350m 4:13.95	400m 4:51.36
	450m 5:28.83	500m 6:06.22	550m 6:43.62	600m 7:21.55	650m 7:59.35	700m 8:37.24	750m 9:15.42	800m 9:53.36
	850m 10:31.41	900m 11:09.84	950m 11:48.09	1000m 12:26.84	1050m 13:04.87	1100m 13:43.31	1150m 14:21.62	1200m 14:59.88
	1250m 15:38.06	1300m 16:16.47	1350m 16:54.54	1400m 17:33.01	1450m 18:10.66	1500m 18:48.07		
11.	Bethany Eagle-Brown	15	Deepings		18:54.31 PB	Converted 18.36.0 PB		543
	50m 33.62	100m 1:10.64	150m 1:48.06	200m 2:25.76	250m 3:03.25	300m 3:41.73	350m 4:19.66	400m 4:57.52
	450m 5:35.50	500m 6:13.53	550m 6:51.53	600m 7:29.61	650m 8:07.82	700m 8:46.12	750m 9:23.90	800m 10:02.18
	850m 10:40.00	900m 11:18.32	950m 11:56.32	1000m 12:34.47	1050m 13:12.77	1100m 13:50.81	1150m 14:28.83	1200m 15:07.25
	1250m 15:45.41	1300m 16:23.85	1350m 17:01.87	1400m 17:40.21	1450m 18:17.32	1500m 18:54.31		
16.	Alexandra Cooper	16	Deepings		19:03.31 PB	Converted 18.45.1 PB		530
	50m 18.33	100m 1:08.79	150m 1:44.82	200m 2:22.19	250m 2:58.75	300m 3:36.96	350m 4:14.48	400m 4:52.27
	450m 5:29.52	500m 6:07.06	550m 6:44.83	600m 7:23.08	650m 8:01.63	700m 8:40.05	750m 9:18.24	800m 9:56.68
	850m 10:35.39	900m 11:14.36	950m 11:53.10	1000m 12:32.31	1050m 13:11.34	1100m 13:51.23	1150m 14:30.23	1200m 15:09.48
	1250m 15:49.10	1300m 16:29.42	1350m 17:09.27	1400m 17:48.13	1450m 18:26.52	1500m 19:03.31		

On a very busy Bank Holiday weekend for our swimmers with the Tulip Meet and the Midland 800m & 1500m, relays and 50m sprints going on, three Deepings swimmers Holly Leggott, Bethany Eagle-Brown and Alexandra Cooper decided to try their luck at Swim England East Midland Region Time Trial which were held Loughborough. This is a level 1 licensed time trial for swimmers wishing to achieve a time in the women's 1500m freestyle and men's 800m freestyle with the potential to qualifying for the Swim England Summer Nationals and the British Summer Championships. They accept entries from 11 year olds in the women's 1500m and 12 year olds in the men's 800m subject to swimmers obtaining the qualifying time (swimmers short course 800m & 400m F/C times are used for qualifying times). This event its limited to 5 Heats for each event and if undersubscribed entries may be accepted for male swimmers to take part in the 1500m and the women in the 800m and will be swam as a mixed event.

I'm told all three girls enjoyed it and are likely to do this event again, they were up against some good swimmers from Nova Centurion, Chesterfield, Derwentio eXcel, City of Leicester & City of Derby just to name a few. They all swam very well setting new long course and converted personal best times. Holly and Bethany are in action again on Monday at the Midlands Regional Championships in Sheffield. We wish them well!