

CITY OF NORWICH SC EASTER MEET Venue: Sport spark

Date: March 30 - April 1

UEA Level 1

https://www.cityofnorwichsc.co.uk/live_results/2018Easter/

Event	Name	Time	Place	Converted Time	Notes:
Bailie Harrison 18yrs	203 Girls 10&O 100m Fly	1:06.64	2 nd	1.05.5	
	Girls 17/O 100m Fly Final	1:06.18	1 st	1.05.0	Age Group Winner
	503 Girls 10&O 100m Back	1.16.62	6 th	1.15.6	
	Girls 17/O 100m Back Final	1.17.55	2 nd	1.16.5	Silver Medal
	505 Girls 10&O 50m Fly	29.80	3 rd	29.2	
	Girls 17/O 50m Fly Final	30.55	3 rd	29.9	Bronze Medal
Holly Leggott 16yrs	102 Girls 10&O 200m Back	2:33.93	4 th	2.31.7	
	104 Girls 10&O 100m Free	1:03.57 PB	8 th	1.02.2	
	Girls 15 &16 100m Free Final	1:04.31	8 th	1.03.0	
	403 Girls 10&O 50m Free	28.33	3 rd	27.6	
	Girls 15 & 16 50m Free Final	28.96	8 th	28.2	
	503 Girls 10&O 100m Back	1.12.13 PB	8 th	1.11.0	
	Girls 15 & 16 100m Back Final	1.13.32	6 th	1.12.2	
Jessie Spooner 16yrs	102 Girls 10&O 200m Back	2:40.09	12 th	2.38.0	
	104 Girls 10&O 100m Free	1:06.11	19 th	1.04.8	
	205 Girls 15&16 800m Free	10:17.87	3 rd	10.08.4	Bronze Medal
	501 Girls 10&O 200m Fly	DQ			
	505 Girls 10&O 50m Fly	32.73	20 th	32.1	
Bethany Eagle-Brown 15yrs	104 Girls 10&O 100m Free	1:03.05	6 th	1.01.7	
	Girls 15 &16 100m Free	1:02.10	5 th	1.00.7	
	203 Girls 10&O 100m Fly	1:11.19	11 th	1.10.1	
	403 Girls 10&O 50m Free	28.86	6 th	28.1	
	Girls 15 & 16 50m Free Final	28.70 PB	4 th	28.0	
	505 Girls 10&O 50m Fly	32.19	13 th	31.6	
Lorna McGill 15yrs	106 Girls 10&O 50m Breast	39.18 PB	15 th	38.4	
	201 Girls 10&O 200m Breast	3:03.47 PB	7 th	3.00.6	
Louis Metselaar 16yrs	204 Boys 10&O 50m Breast	33.11	4 th	32.1	
	Boys 50m 15 &16 50m Breast Final	33.18	3 rd	32.2	Bronze Medal
	404 Boys 10&O 100m Free	57.95 PB	7 th	56.5 PB MQT	
	Boys 15 & 16 100m Free Final	58.37	8 th	56.9	
	504 Boys 10&O 50m Fly	28.31 PB	4 th	27.6 PB MQT	
	Boys 15 & 16 50m Fly Final	28.16 PB	3 rd	27.5 PB MQT	Bronze Medal
	703 Boys 10&O 50m Free	26.33 PB	6 th	25.5 PB MQT	
	803 Boys 10&O 100m Breast	1.13.44	3 rd	1.11.7	
	Boys 15 & 16 100m Breast Final	1.12.96	4 th	1.11.2	
Kallum Penman	103 Boys 10&O 100m Fly	1:09.42 PB	9 th	1.07.9 PB	
	Boys 100m 15&16 100m Fly Final	1:08.38 PB	7 th	1.07.3 PB	
	105 Boys 10&O 50m Back	34.66 PB	28 th	34.1	
	202 Boys 10&O 200m Back	2:38.95	19 th	2.36.8	
	404 Boys 10&O 100m Free	1.02.45 PB	26 th	1.01.1	
	502 Boys 10&O 200m IM	2.40.81	23 rd	2.38.3	
	504 Boys 10&O 50m Fly	30.77 PB	18 th	30.1 PB	
	701 Boys 10&O 100m Back	1.14.30 PB	17 th	1.13.2	
	703 Boys 10&O 50m Free	28.90	24 th	28.2	
	801 Boys 10&O 200m Free	2.20.06	13 th	2.17.6	
Jake Jungmann	105 Boys 10&O 50m Back	31.27 PB	11 th	30.6 PB MQT	
	204 Boys 10&O 50m Breast	35.60 PB	16 th	34.7	

8 Swimmers travelled to Norwich over the Easter weekend (30th March – 1st April) to compete in their short course meet. They swam against swimmers from City Of Norwich, Colchester, Plymouth, Lincoln Vulcan's, South Lincs, City of Derby, Maxwell & Great Yarmouth just to name a few clubs present, so tough opposition.

All 8 of our swimmers are midland qualifiers and are in training for that competition, so here at Norwich personal best times would be difficult to come by but our swimmers still came up trumps they made 13 finals and finished the weekend with 1 Gold, 1 Silver, 4 bronze medals, 15 long course PBs, 8 converted PBs & 3 MQTs so all in all a very good Easter weekend for Deepings swimmers

Boys Medal Winners

- Louis Metselaar came away with bronze medals in the 50m Breaststroke and 50m Fly.

Girls Medal Winners

- Bailie Harrison came away with full house, gold in the 100m Fly, silver in the 100m Backstroke and bronze in the 50m Fly.
- Jessie Spooner won bronze for her 800m swim

Finalists were:- Holly Leggott (50m & 100m F/C, 100m Bk), Bethany Eagle-Brown (50m & 100m F/C), Kallum Penman (100m Fly), Bailie Harrison (50m & 100m Fly, 100m Bk) & Louis Metselaar (50m & 100m Br, 100m F/C & 50m Fly)

Louis Metselaar gained the most PBs (2LCPBs & 4 converted PBs) and two new Midland Qualifying Time on this occasion. He had a very good weekend bring home two bronze medals for his swims in the 50m Breaststroke and 50m Fly making him our top boy swimmer of Easter.

Bailie Harrison had a good weekend; she made all 3 finals in the events she had chosen to compete in and came home with a full house of medals. She won the 100m Butterfly, took silver in the 100m Backstroke and bronze in 50m Butterfly she was our top girl swimmer.

Holly Leggott was unlucky not to bring home a medal as she was just fingertips away from a bronze in the 200m Backstroke, we went on to make 3 finals but was unable to pick up a medal on this occasion. She did achieve two long course PBs.

Jessie Spooner after swimming two events in the morning Jessie took on the 800m Freestyle in the afternoon session and I'm sure she was pleased she did as she picked up a bronze medal for her efforts, what a nice Easter gift!

Bethany Eagle-Brown was also unlucky not to bring home bronze for her swim in the final of the 50m Freestyle which was a new long course PB. She also made the 100m Freestyle final where she was ranked 6 in the heats but she improved to 5th in the final.

Kallum Penman despite finishing 9th in the 100m Fly he was elevated into the final when a swimmer dropped out. He took his opportunity to show what he could do and managed to improve on his heat time to finish 7th showing he deserved his place in that final.

Jake Jungmann who is off to the Midland this month had two good swims in his events. His 50m backstroke swim was still well under the MQT so we wish him well.

Lorna McGill qualified for the Midlands in the 200m breaststroke at Leicester Age Group Meet at the beginning of March; here at Norwich she was attempting the event long course for the very first time before those championships. She gained valuable experience but was unable to improve on her current time but did gain two new long course PBs.

Well done swimmers we wish you well at the Midlands!