

11th Deaf European Championships , Saransk Russia



Jasmine Seamarks represented Great Britain at the 11th European Deaf Championships in Saransk, Russia. Jasmine set two British Age Group records in the 200m Backstroke and 400IM. The 200m Backstroke was the highlight of Jasmine's championships, beating the previous British Age Group record set in 2010 in Dortmund Germany, first in the morning heats and then beating the new record in the evening finals. Jasmine also set PBs and club records in the 200IM, 100 Fly and 50 Fly.



Jasmine being announced for the finals

The week was more than just about the races, the GB Squad had two training sessions with the coaches before the championships and sessions daily in the morning and evening. The swimmers were kept away from parents for the full week apart from about 5 minutes a day so that they could bond and focus on the Championships. Even on the day off GB took the option for more practice time in the pool in the evening after a day of playing games with the other nations..including axe throwing. The ten days also gave Jasmine time to brush up on sign language.



GB Team with hosts and a few of the German and Dutch Team

The whole week was nicely rounded off when BA upgraded a number of swimmers for the flight home.





Jasmine lane 8, nearest lane