



# PRESS RELEASE

## Deepings swimmers excel on tour in Netherlands

Deepings Swimming Club enjoyed an outstanding weekend of racing at the beginning of July, winning 22 medals at the Netherlands Invitational open meet against international competition.

Seven swimmers from the 21-strong Deepings squad, aged 10 to 20, stood on the podium at the Pieter van den Hoogenband Swimstadion in Eindhoven, winning nine gold, eight silver and five bronze medals.

Younger swimmers competed in the eight-lane 25m pool and the older swimmers in the 10-lane 50m pool, racing against teams from as far afield as Indonesia, South Africa and America.

The squad wore specially designed T-shirts during the competition, which were kindly sponsored by Anglian Water.

Fourteen-year-old Louis Metselaar was in superb form, winning four golds including all three breaststroke titles and the 200m freestyle. Lexi Cooper (gold in 100m freestyle, 100m breaststroke and 200m IM, plus silver in 200m breaststroke) and Jessie Spooner (gold in 100m backstroke and 50m butterfly, silver in 100m butterfly and bronze in 50m backstroke) led the girls team with four medals apiece.

Medals were won in every stroke, including individual medley. Ten-year-old Oliver Harrison, the youngest member of the squad, took three silvers, in the 50 and 100m breaststroke and 100m IM, Holly Leggott won silver in the 50m and 100m freestyle and 50m backstroke, adding bronze in the 100m backstroke, and Amy Tappern won two bronzes (200m freestyle and 100m backstroke).

Kallum Penman completed the set, with bronze in the 100m butterfly.

Lynn Chapman, Deepings Swimming Club head coach, said: "It was a very successful weekend of swimming and team building, with great support from parents and all our swimmers performing well. Even the swimmers who did not win medals worked hard in their races and should be proud of their achievements."

### **Eindhoven 2017 - Deepings Medal Winners**

#### **Louis Metselaar**

200m Free	-	Gold
50m Breast	-	Gold

100m Breast- Gold  
200m Breast- Gold

### **Kallum Penman**

100m Fly - Bronze

### **Oliver Harrison**

50m Breast - Silver  
100m Breast- Silver  
100 IM - Silver

### **Holly Leggott**

50m Free - Silver  
100m Free - Silver  
50m Back - Silver  
100m Back - Bronze

### **Lexi Cooper**

100m Free - Gold  
100m Breast- Gold  
200 IM - Gold  
200m Breast- Silver

### **Jessie Spooner**

100m Back - Gold  
50m Fly - Gold  
100m Fly - Silver  
50m Back - Bronze

### **Amy Tappern**

200m Free - Bronze  
100m Back - Bronze

**Also in the Deepings squad were:** Ben Briggs, George Shaw, Bethany Eagle-Brown, Helena Waters, Lottie Bussey, Ethan Malcolm, Lara Treharne, Lilly Tappern, Jessica O'Herlihy, Harry Cardell, Emma Wilde, Anita Wong, Alice Dovey and Molly Briers

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### **Editor's notes:**

Picture caption: The medal-winning Deepings Swimming Club squad with Paul Gibbs, director Water Recycling at shirt sponsor Anglian Water, and his wife Alex

For more information, please contact head coach Lynn Chapman or club chairman Martyn Reynolds through Deepings Swimming Club website at [www.deepingssc.co.uk](http://www.deepingssc.co.uk)