



## GRANTHAM SWIMMING CLUB GRAND PRIX - May 6<sup>th</sup> 2017

The final round of the Grantham Grand Prix took place on May 6 and, like the previous three rounds, the squad produced some outstanding results.

In total, the team produced **39 Personal Bests and seven County Qualifying Times (CQTs)**!

### High achievers

Trophies were awarded to three swimmers who finished in the top six of their age group over the four rounds.

Big congratulations to:

- Lilly Tappern – 4<sup>th</sup> place, Girls 9 years old
- Alex Sadler – 5<sup>th</sup> place, Boys 10 years old
- Alex Jungman – 5<sup>th</sup> place, Boys 12 years old

In addition, seven individuals finished in the top six in their age group in the fourth round:

- Lily Tappern: 200m Free(4<sup>th</sup>); 50m Fly (6<sup>th</sup>); and 50m Back (5<sup>th</sup>)
- Joseph Lund: 50m Free (3<sup>rd</sup>); 50m Breast (2<sup>nd</sup>); and 200m IM(1<sup>st</sup>)
- Alex Sadler: 50m Free (5<sup>th</sup>)
- Harry Cardell: 50m Free (5<sup>th</sup>); 50m Breast (4<sup>th</sup>); and 200m IM (2<sup>nd</sup>)
- Oliver Harrison: 50m Breast (4<sup>th</sup>)
- Alice Dovey: 50m Back (4<sup>th</sup>)

### County Qualifying Times

Six swimmers achieved county qualifying times:

- Alex Sadler: 50m Freestyle
- Jessica O’Herlihy: 50m Butterfly
- Molly Briers: 50m Butterfly
- Oliver Harrison: 50m Breaststroke
- Joseph Lund: 50m Breaststroke and 200m IM
- Harry Cardell: 200m IM

### Personal Bests

Sixteen swimmers produced personal best times:

Lucie Lund, Freya Spriggs, Holly Griffin, Oliver Harrison, Hannah Taylor, Jessica O’Herlihy, Molly Briers, Harry Newman, Alex Sadler, Owen Sadler, Alice Dovey, Lilly Tappern, Millie Herrick, Joseph Lund, Harry Cardell and Zack Treharne

And there were some huge PBs, including:

- 200m IM - Oliver Harrison (24sec), Harry Newman (16 sec), Alex Sadler (6 sec)

- 200m Free - Lucie Lund (14 sec), Alice Dovey (9+ sec), Holly Griffin (7sec), Molly Briers (6+ sec), Hannah Taylor (9 sec)
- 50m Back - Freya Spriggs (17sec)

#### Additional special mentions to:

- Joseph Lund who gained a Grantham Grand Prix meet record in the 12-year age group in the 200m IM with his time of 2.43.33.
- Alex Sadler, who has the CQT in his sights after doing a seven-second PB in the 200m IM.
- Molly Briers and Alice Dovey, who were very close to achieving their CQT in the 50m Backstroke.
- Nine-year old Freya Spriggs, who swam the 200m Free, 50m Backstroke and 50m Fly in competition for the first time.

Our thanks to everyone who attended and those Deepings Swimming Club members that worked on poolside: Zoe Fisher, Steve Tappern, Andy Cardell and Sophie Leggott

## Deepings SC Full Results

Event	Name	Age	Time	Place	Notes	
Girls 09/10 Yrs 200m Freestyle	Lilly TAPPERN	9	3:13.33 <b>PB</b>	4 <sup>th</sup>		
	Lucie LUND	9	3:44.64 <b>PB</b>	11 <sup>th</sup>	1.45.39 <b>PB</b>	
	Millie HERRICK	9	3:50.07 <b>PB</b>	13 <sup>th</sup>		
	Freya SPRIGGS	9	3:50.07 <b>PB</b>	14 <sup>th</sup>	48.09 <b>PB</b> 1.47.27 <b>PB</b>	
	Alice DOVEY	10	2:56.84 <b>PB</b>	10 <sup>th</sup>		
	Holly GRIFFIN	10	3:14.65 <b>PB</b>	17 <sup>th</sup>	1:35.55 <b>PB</b>	
	Lara TREHARNE	10	3:22.87	20 <sup>th</sup>		
Boys 12 Yrs/Under 50m Freestyle	Alex SADLER	10	36.18 <b>CQT</b>	5 <sup>th</sup>		
	Oliver HARRISON	10	43.97	19 <sup>th</sup>		
	Harry NEWMAN	11	38.27 <b>PB</b>	13 <sup>th</sup>		
	Richard HALL	11	55.03	18 <sup>th</sup>		
	Joseph LUND	12	31.85	3 <sup>rd</sup>		
	Harry CARDELL	12	32.50	5 <sup>th</sup>		
	Zack TREHARNE	12	34.49 <b>PB</b>	11 <sup>th</sup>		
	Owen SADLER	12	35.57	14 <sup>th</sup>		
	Girls 12 Yrs/Under 50m Butterfly	Lilly TAPPERN	9	49.24	6 <sup>th</sup>	
		Millie HERRICK	9	55.58 <b>PB</b>	11 <sup>th</sup>	
Freya SPRIGGS		9	57.33 <b>PB</b>	12 <sup>th</sup>		
Lucie LUND		9	DQ SA 1L			
Alice DOVEY		10	44.39	11 <sup>th</sup>		
Lara TREHARNE		10	48.48	16 <sup>th</sup>		
Holly GRIFFIN		10	50.01 <b>PB</b>	18 <sup>th</sup>		
Jessica O'HERLIHY		11	38.87 <b>PB CQT</b>	7 <sup>th</sup>		
Molly BRIERS		11	40.76 <b>PB CQT</b>	13 <sup>th</sup>		
Hannah TAYLOR		11	42.92 <b>PB</b>	17 <sup>th</sup>		
Ffion TRUNDELL		12	47.14	22 <sup>nd</sup>		
Lottie BUSSEY		12	51.33	23 <sup>rd</sup>		
Boys 12 Yrs/Under 50m Breaststroke	Oliver HARRISON	10	50.54 <b>PB CQT</b>	4 <sup>th</sup>		
	Alex SADLER	10	1:01.41 <b>PB</b>	17 <sup>th</sup>		
	Harry NEWMAN	11	56.04	15 <sup>th</sup>		
	Richard HALL	11	DQ SL 1L			
	Joseph LUND	12	39.26 <b>CQT</b>	2 <sup>nd</sup>		
	Harry CARDELL	12	42.52	4 <sup>th</sup>		
	Zack TREHARNE	12	48.59 <b>PB</b>	9 <sup>th</sup>		
	Owen SADLER	12	53.55	14 <sup>th</sup>		
Girls 12 Yrs/Under 50m Backstroke	Lilly TAPPERN	9	46.49	5 <sup>th</sup>		
	Lucie LUND	9	52.63	11 <sup>th</sup>		
	Millie HERRICK	9	55.42	13 <sup>th</sup>		

	Freya SPRIGGS	9	55.76 <b>PB</b>	14 <sup>th</sup>	
	Alice DOVEY	10	41.45 <b>PB</b>	4 <sup>th</sup>	
	Holly GRIFFIN	10	46.68 <b>PB</b>	16 <sup>th</sup>	
	Lara TREHARNE	10	52.57	26 <sup>th</sup>	
	Molly BRIERS	11	41.39 <b>PB</b>	11 <sup>th</sup>	
	Hannah TAYLOR	11	42.30 <b>PB</b>	16 <sup>th</sup>	
	Jessica O'HERLIHY	11	44.05 <b>PB</b>	21 <sup>st</sup>	
	Ffion TRUNDELL	12	41.85	17 <sup>th</sup>	
	Lottie BUSSEY	12	47.38	22 <sup>nd</sup>	
Boys 10/12 Yrs 200m IM	Alex SADLER	10	3:26.64 <b>PB</b>	10 <sup>th</sup>	
	Oliver HARRISON	10	3:40.78 <b>PB</b>	13 <sup>th</sup>	53.91 <b>PB</b>
	Harry NEWMAN	11	3:39.44 <b>PB</b>	11 <sup>th</sup>	
	Richard HALL	11	DQ SA 2L		
	Joseph LUND	12	2:43.33 <b>PB</b> <b>CQT</b>	1 <sup>st</sup>	
	Harry CARDELL	12	2:45.58 <b>PB</b> <b>CQT</b>	2 <sup>nd</sup>	
	Owen SADLER	12	3:14.64 <b>PB</b>	9 <sup>th</sup>	
	Zack TREHARNE	12	3:14.68 <b>PB</b>	10 <sup>th</sup>	
Girls 11/12 Yrs 200m Freestyle	Jessica O'HERLIHY	11	2:52.16	14 <sup>th</sup>	
	Molly BRIERS	11	2:53.25 <b>PB</b>	15 <sup>th</sup>	1:25.59 <b>PB</b>
	Hannah TAYLOR	11	2:58.27 <b>PB</b>	17 <sup>th</sup>	1:25.93 <b>PB</b>
	Ffion TRUNDELL	12	3:08.19	22 <sup>nd</sup>	
	Lottie BUSSEY	12	3:15.51	23 <sup>rd</sup>	

Final results after four rounds (swimmers who scored points):

### Top Female in Age Group 11 (32 swimmers)

14<sup>th</sup> Jessica O'HERLIHY 7 points  
16<sup>th</sup> Molly BRIERS 3 points

### Top Female in Age Group 10 (33 swimmers)

12<sup>th</sup> Alice DOVEY 19 points

### Top Female in Age Group 09 (20 swimmers)

4<sup>th</sup> Lilly TAPPERN 59 points **Award Winner**  
14<sup>th</sup> Millie HERRICK 13 points  
15<sup>th</sup> Lucie LUND 6 points

### Top Male in Age Group 12 (16 swimmers)

5<sup>th</sup> Alex JUNGSMANN 60 points **Award Winner**  
7<sup>th</sup> Joseph LUND 54 points  
8<sup>th</sup> Harry CARDELL 52 points  
11<sup>th</sup> Owen SADLER 26 points  
13<sup>th</sup> Zack TREHARNE 13.5 points

### Top Male in Age Group 11 (22 swimmers)

10<sup>th</sup> Charles HARRISON 20 points

### Top Male in Age Group 10 (21 swimmers)

5<sup>th</sup> Alex SADLER 53 points **Award Winner**  
17<sup>th</sup> Oliver HARRISON 7 points

