

## Carnegie SC shine at Sunderland 1<sup>st</sup> Open Long Course Meet

20 swimmers from the Performance and Junior Performance squad of Carnegie SC competed at the Sunderland 1<sup>st</sup> Open Long Course Meet on Sat 30<sup>th</sup> & Sun 31<sup>st</sup> May and what a weekend of results.

12yr old Jordan Lamb had an unbelievable weekend with Gold medals in the 50m Freestyle (00:29.65), 200m IM (02:36.86), 100m Backstroke (01:08.45); Silver in the 200m Backstroke (02:30.76) and Bronze in the 100m Freestyle (01:04.01). Amassing 30pts, Jordan finished 3<sup>rd</sup> for the 12yrs Top Boy award.

Team mate 13yr old Lewis Kirby picked up a Gold in the 200m Backstroke (02:25.82) and four Silver in the 200m Butterfly (02:29.90), 100m Butterfly (01:07.74), 400m IM (05:22.89) and 100m Backstroke (01:10.40). Lewis amassed 35pts over the weekend and picked up the Top 13yrs Boy Award. Lewis' 200m Backstroke time qualifies him for the ASA National BAGCAT to be held at Ponds Forge International Sports Centre, Sheffield from 22<sup>nd</sup> – 26<sup>th</sup> July.

11yr old Euan McElwee picked up Silver in the 200m Butterfly (02:53.96) whilst team mate Jack Szaranek picked up Bronze in the 50m Freestyle (00:31.89).

14yr old Kieran Watson picked up 2 Silver medals in the 100m and 200m Breaststroke with times of (02:50.62) and (01:16.81) respectively.

Not to be outshone by the boys and swimming very well at the moment, 12yr old Zoe Mitchell picked up Gold medals in the 100m and 200m Breaststroke with times of (01:25.71) and (03:02.72) respectively and Bronze in the 200m IM (02:40.46). 14yr old Shannon Clark went all out and picked up Silver in the 200m Breaststroke (02:55.28).

Missing out on Gold by 1.13sec, 11yr old Aimee Adam picked up Silver in the 100m Butterfly (01:15.76) and Bronze awards in the 200m Freestyle (02:30.85) and 200m IM (02:49.66). 15yr old Tiffany Barber picked up Bronze in the 100m Butterfly (01:12.44).

No top three finishes but setting numerous lifetime personal bests were Fraser & Greig Reid, Caitlin & Jordan McKilligan, Nichola Lamb, Ruth Laird, Tiffany Barber, Caitlin Burns, Duncan Chalmers, Natalie Sherriff, Robbie Carmichael and Michael Watson.

With clubs from all over Scotland and the North of England competing, Carnegie SC did extremely well finishing 8<sup>th</sup> overall with 166pts.