

Carnegie Graded Meet, Glenrothes, 1st Feb 2009

On Sunday our swimmers were in action again at the **Carnegie Graded Meet** at Glenrothes. The entry standard for this years' event was incredibly high and a number of our young swimmers did not get to swim. Next year, we can introduce a separate 8-10 year category which will allow more young swimmers to take part.

Despite the small size of the Carnegie team, the team spirit was high and all those present swam extremely well. In the open 400m freestyle events, Kieran Harper won bronze in the boys' and Shannon Clarke got silver in the girls' events. And in the open 200m individual medley, Caitlin Burns won gold and Shannon won bronze.

Kieran added to his medal collection with a bronze in the 100m breaststroke. Jack Szaranek swam too fast in the boys 100m freestyle and had to be content with a special award for his 69 second time – bettering his personal best by 7 seconds. Eleanor England and Emily Christie both won silver medals (in backstroke and freestyle) and Fraser Reid and Caitlin Burns both won bronze (backstroke).

There were great personal best swims from :

- Kieran Harper in the 200 IM
- Robbie Carmichael, Ben Potrykus and Fraser Reid in the 400 free and for Ben and Fraser in the 100 back,
- Jordan McKilligan and Greig Reid in the 100 breaststroke,
- Shannon, Natalie Sheriff and Kal Roderick in 100 back and the 400 free
- Caithlyn Anderson and Alicia Wotherspoon in the 100 back, and for Caithlyn and Savannah Sweeney in the 100 free,
- Sally Christie, Megan Hill and Eleanor in the 100 breaststroke and for Sally and Megan in the 100 freestyle and
- Jack Szaranek also PB'd in the 100 butterfly, backstroke and breaststroke

Thanks to all the adults who came along to help out poolside and to sell raffle tickets and programmes. A special mention to Gavin Roderick and Jade for acting as runners. Although Jade has no formal association with the club, I think we managed to improve her fitness levels and keep her busy. Gavin showed his leadership potential by enlisting a platoon of assistants. I've no idea where they came from, but they were all following his orders beautifully.