

## East District Medal Blitz For Carnegie

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Carnegie Swimming Club's Performance & Junior Performance swimmers took part in the East District Open Meet at the weekend at RCP in Edinburgh and came away with a good haul of medals and personal best swims and performances.

In the Open events there were well deserved medals for 15yr old **Ailsa Hershaw** who took Gold in the 50m Back, Silver in the 200m Back & Bronze in the 100m Back. Ailsa also qualified for the Final of the Women's 100m Free and 50m fly finishing in 8<sup>th</sup> & 6<sup>th</sup> positions overall. 15yr old **Blaine Small** swam well and took Golds in the 50m & 200m Fly, Bronze in the 200m IM & a 7<sup>th</sup> place finish in the 100m Fly. Blaine & Ailsa were also part of the Carnegie girls A 4x100m Free Relay team along with 14 yr old **Ellie Brisbane** & 16yr old **Nichola Lamb**, who took the Bronze medal in an exiting last race of the weekend. **Nichola** also took Bronze in the gruelling Women's 1500m Free with a new pb time of 18.50.89.

**Tommy Davidson** (25) continued his return to top form and he took Gold in the Men's 50m Free with a new Pb time of 24.31.

13yr old **Mark Szaranek** did extremely well to qualify for the finals of 6 of the Men's Open events, the 100m Fly, 100m Free, 50m Fly, 50m Free, 50m Back & 200m Free, where he finished in 5<sup>th</sup>, 7<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 8<sup>th</sup> & 8<sup>th</sup> places respectively – a great achievement from the youngster.

17 yr old **Roo Kerr** who was swimming after a long lay off, qualified for the Final of the Women's 200m Brst and finished in 8<sup>th</sup> position overall.

In the Age Group categories there were some superb swims and the medals went to **Jack Szaranek** who took Silver in the Boys 11 yrs 200m Brst. Also in this Age group **Robbie Carmichael** did well to win Bronze medals in both the Boys 200m Free & 200m Back.

**Jordan Lamb** who took Gold in the Boys 12 yrs 200m Back, Silver in the 200m IM & Silver in the 200m Free. Also in the 12 yrs age group for Girls, **Zoe Mitchell** took Silver in the 200m Brst

In the Boys 13 yrs Age Group, **Mark Szaranek** took Gold in the 200m IM & 200m Back. **Myles Hershaw** had a good weekend winning Gold in the Boys 200m Free & Bronze in the 200m IM. **Blair Hershaw** won Silver in the 200m Brst and 200m IM. **Lewis Kirby** won Bronze medals in the 200m Free & 200m Back. In the Girls 13 yr Age Group **Sarah Chalmers** won Silver in the 200m Back.

For the 14 yrs old Boys, **Keiran Watson** won Gold in the 200m Brst and Keiran Harper won Silver for the 200m Back. For the Girls **Shannon Clark** took Gold with a good swim in the 200m Brst and **Ellie Brisbane** took Bronze in the 200m Back.

Other Carnegie swimmers who took part and swam well, breaking personal best times included Craig Bowman, Ruth Laird, Katie Johnstone, Caitlin McKilligan, Eleanor England & Andrew England.