

# Carnegie SC Continue To Battle For The Solripe Cup

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Carnegie Swimming Club's Performance & Performance Development swimmers continued to keep the pressure on Warrender Swimming Club in the battle for the Solripe Cup (top club trophy) at the 3<sup>rd</sup> East District Meet at the weekend 4<sup>th</sup>-5<sup>th</sup> March at FIPRE. The gap is down to 3 points as the teams meet again in the final weekend in 2 weeks time for what should be a dramatic finale to the East District campaign.

There were some superb, medal winning individual performances, but right across the board, in all age groups, there were some fantastic personal best swims and the commitment and determination from all the Carnegie swimmers on show was inspiring.

Among the many standout performances was a new East District Age Group record and Gold medal for 11 yr old Fraser Beeby in the boys 200m Fly. Fraser totally dominated the race and ended up winning by over half a length of the pool, a wonderful swim in a gruelling event. Fraser also claimed Gold medals in the boys 200m Back & 400m Free events to round off a superb weekend.

14 yr old Craig Bowman also had a brilliant weekend taking Gold medals in the boys 14/15 yrs 200m & 400m Free. Craig was strong in both the heats and finals and powered home in the last 50m of each event to hold off the challenge from his Warrender rival Daniel Lim, beating him into 2<sup>nd</sup> place in both. Craig also took a Silver medal in the boys 200m Breaststroke with great swims in the both the heat & final. Craig made a massive improvement on his personal best time in this event taking nearly 15 seconds off his previous best time.

12 yr old Craig McLean again continued to show his improvement with an outstanding Gold medal in the boys 12/13 yrs 200m Free. Craig showed real fighting spirit in both the heat and final by taking the race out fast ahead of his older opponents and holding them off in a great battle up the last length to take the Gold. Craig's heat swim saw him taking nearly 15 seconds off his entry time. He followed that up with a fine performance in the 400m Free taking a 5<sup>th</sup> place finish and also a big improvement and pb in his 200m Breaststroke heat.

14 yr old Rachael O'Donnell returned from a very successful trip to the British trials in Manchester where she set a great personal best in the 200m IM showing she is now amongst the top age group swimmers in Britain. Rachael showed no signs of tiredness after her trip home to take Gold medals in both the 200m & 400m Free events with strong performances.

13 yr old Fraser Reid again showed his skill at the distance events with a powerful display in the boys 12/13 yrs 400m Free. Fraser was disappointed with his earlier 200m Free display where he missed out on a finals place but he bounced back showing great character in the 400m and took the Gold medal in with an excellent pb time and strong display from start to finish.

11 yr old James Collyer claimed Silver medals in both the 200m Back & 400m Free with impressive performances alongside his team mate Fraser Beeby.

14 yr old Chelsea Lawson took the Silver medal in the girls 400m Free with a fine swim and finished her weekend off with a 6<sup>th</sup> place finish in the 200m Free final. Chelsea helped Carnegie to a clean sweep in the girls 400m Free with her Silver alongside Rachael O' Donnell's Gold and Ellie Brisbane who took the Bronze medal with a fine swim. Chelsea travels down to the British trials this week to compete in the 200m Back event and everyone at Carnegie wishes her well in her attempt to gain a British Junior Squad selection.

14 yr old Lewis Kirby showed a welcome return to form with fine swims in both the boys 200m & 400m Free events. Lewis finished strongly in the second half of both events, working hard and showing real spirit to claim the Bronze in both and podium alongside team mate Craig Bowman, earning valuable points for Carnegie. Lewis also put in a good display in the 200m Breast heat to claim a place in the final and a highly creditable 5<sup>th</sup> place finish.

11 yr old Sarah Donnelly also had a fine weekend with a Silver medal in a very exiting 200m Fly race, missing out on Gold by less than 0.10 of a second, a great effort. Sarah also took a bronze medal in the girls 11 yrs 400m Free with a good personal best swim.

13 yr old Samantha Caulfield also had a good weekend with personal best swims and medals in the girls 12/13 yrs 200m Breast & 200m Free. Sam took Silver in the 200m Breast and Bronze in the 200m Free, both with very pleasing personal best times. Sam rounded off a good weekend with another fine swim in the girls 400m Free finishing in 6<sup>th</sup> place overall.

14 yr old Zoe Mitchell continued her impressive recent run of form by breaking her personal best time in the girls 14/15 yrs 200m Breast event. Zoe smashed her previous best time in the heat and then again in the final taking an impressive Bronze medal. Zoe followed this up with a fine performance in the girls 200m Free, just missing out on a finals place in 7<sup>th</sup> position overall but with another good personal best time.

13 yr old Aimee Adam had a fantastic personal best swim in the heat of the girls 12/13 yrs 200m Breast and Aimee broke that time again in the final itself with a highly creditable 4<sup>th</sup> place finish. Aimee also had a solid personal best swim in the girls 400m Free.

17 yr old Catriona Laird had a good performance in the girls 16 & over age group 200m Free heat and followed that up with an improvement in the final taking 5<sup>th</sup> place overall. Catriona matched that 5<sup>th</sup> position finish in the longer 400m Free event with another solid display.

12 yr old Brooke Gillies had a fine weekend. Brooke swam a pb time in the girls 12/13 yrs 100m Breast heat then broke that again in the final itself to finish in 2<sup>nd</sup> place and gain entry to the finals weekend. Brooke also swam well in the 200m Breast and 200m & 400m Free events.

14 yr old Euan McElwee also progresses through to the finals weekend after a fine 100m Fly swim in the boys 14/15 yrs age group. Euan finished in 4<sup>th</sup> place in the final just outside his impressive earlier heats time which was a personal best.

Other Carnegie swimmers who took part last weekend and swam very well, breaking personal best times included Megan McGhee, Eilidh Collyer, Sophie Ross, Claire Lee, Lucy Hallam, Hamish Neil, Ruth Laird, Katie Johnstone, Caitlin McKilligan, Caitlin Burns, Eleanor England & Andrew England, Harriet Gray, Carrie McLennan, Jack Szaranek, Greig Reid, Robbie Carmichael, Kirsten McCallum, Myles & Blair Hershaw.

So after a thrilling weekend of swimming, the gap between two of Scotland's best clubs has been narrowed and it all comes down to the wire in two weeks time. Who eventually wins out remains to be seen but the character shown by Carnegie's swimmers at the weekend will make them a force to be reckoned with. Bring It On!!