

CARNEGIE WIN TOP CLUB

Carnegie Swimming Club was in top form at the third annual Incas Distance Swim Meet held at the Fife Institute, Glenrothes - 20th/21st June 2009.

The meet gave a number of the younger swimmers in the under 14 age category an opportunity to gain valuable experience of swimming longer events.

Carnegie had a great weekend one was awarded with their efforts when they were presented with the Top Club award at the end of the competition.

A large number of personal bests were achieved with the top performance going to 13 year old Mark Szaranek who won 6 Gold medals in his age group. Mark also established new meet records in all of these events with 5 of his swims creating new National Age Group Records. These were in the 200m Butterfly, 400m Individual Medley, 200m Freestyle, 400m Freestyle and the 1500m Freestyle. His performance in the 1500m Freestyle earned him a huge round of applause from the spectators and competitors as he beat the previous record by a huge 21 seconds.

His team mates also performed very well in the 13-14 age group with Myles Hershaw creating several new personal best swims and picking up a bronze medal in the 200m Butterfly, 200m and 400m Freestyle.

Lewis Kirby made significant progress in a number of his events and was rewarded with a silver medal in the 1500m Freestyle, Silver in the 200m Butterfly and Bronze in the 200m Backstroke.

Blair Hershaw improved a number of his swims winning Silver in the 200m Breaststroke, 4th in the 200m Freestyle.

Craig Bowman as one of the youngest in this age group showed a deserved return to form with some great swims. Kieran Harper also achieved a number of new best times particularly in the 400m Freestyle.

In the 11-12 age group below there were notable performances from the boys. Jordan Lamb again showed his impressive recent form in the 200m Backstroke setting a new Scottish Age Group, East District and meet record on his way to winning Gold. He also won bronze in the 200m Freestyle.

Euan McElwee, Fraser Reid and Robbie Carmichael established new personal best times in their events. They tackled the gruelling 1500m Freestyle (60 lengths!) for the first time and Euan finished fourth.

In the 10 and under age group Greig Reid and Fraser Beeby highlighted their potential with very good performances. Greig won Gold in the 400m Freestyle and would surely have set a new meet record had he not miscounted and stopped (briefly!) two lengths early thinking he was finished. Fraser finished second in this event and also picked up Gold in the 400m Individual Medley with Silver in the 200m Freestyle and bronze in the 200m Backstroke.

The Girls were not to be outdone and with great progress being made with huge improvements all round.

In the 13-14 years age group Ellie Brisbane made a welcome return to form winning Gold in the 200m Backstroke and establishing a new meet record. Ellie also won medals in the 200m Individual Medley – Silver, 200m Freestyle – Bronze.

Caitlin Burns managed to achieve 6 new personal best times which is incredible given that she only entered 3 events! Her ‘split times’ en route to some of her swims were faster than she had ever produced. Caitlin was awarded with a bronze medal in the 800 Free.

Shannon Clark picked up Gold in the 200m Breastsroke.

In the 11-12 years age group Zoe Mitchell produced some excellent swims winning a Gold in the 200m Backstroke, 200m Breastroke – Silver, 400m Freestyle – Silver, 200m Freestyle – Silver, 200m Individual Medley – Bronze.

Sally Christie in the 10 and under age group had great swims. On the Saturday Sally won Gold in the 200m Breaststroke and despite not feeling 100% on the Sunday won a bronze medal in the 200 Backstroke. She was also 4th in 200 Individual Medley.

Brooke Gillies silver in the 200m Breaststroke, 4th in 800 Free

There was also the opportunity to gain valuable experience for a number of younger swimmers with Megan Hill, Megan McGhee and Sophie Ross all swimming very well.