

Scottish National Age Groups Championships 8th-12th April 2009



Session 3 Finals - Wednesday 8th

Girls 200m Butterfly

First up for Carnegie in the finals was 15yr old Blaine Small. Blaine swam well in the morning heats and continued her good form with a great swim in the final. Blaine finished this tough event really strongly and finished in 3rd position overall winning the Bronze medal in a time of 2.20.54. A good start to the night's finals.

Boys 200m Freestyle

Boys 10-12 yrs

Craig Bowman went into the boys final 2nd fastest and went out hard taking on Jordan Hughes. Jordan pulled slightly ahead in the middle section of the race and Craig held out against a challenge from the Leeds swimmer outside him to claim 2nd place and the Silver medal in a time of 2:14.82

Boys 13 yrs

Mark Szaranek blasted out in front from the start of the race and never let up. He looked strong at the end and finished in 1st position winning the Gold medal in a time just outside the Scottish Age Group record of 2:01.56, a superb swim

Blair Hershaw swam well in the morning heats and secured a place in the evening finals. Blair finished in 8th position overall in a time of 2:13.53

Girls 100m Freestyle

Girls 14 yrs

Tiffany Barber had a good morning swim to gain a finals place and finished just outside her pb time in 1:03.77 in 8th position overall.

Girls 16-18 yrs

Eloise Barber had a fantastic start taking the lead against Lucy Ellis and held on until just about the last 10 metres and in an exciting final was just pipped to finish in 2nd position winning the Silver medal in a new pb time of 58.21, a great effort.

Boys 100m Backstroke

Boys 10-12 yrs

Jordan Lamb had a great swim in the morning to take pole position for the final and in the final there was nothing in it until the last 5 metres where Jordan was just touched out for the Gold finishing in 2nd position with a new pb time of 1:10.62.

Craig Bowman also swam in the final and performed well despite having just completed a 200m Free not long before. Craig finished in 5th position overall just outside his entry time of 1:11.59

Girls 200m Free Relay (11-13)

The girls relay team of Zoe Mitchell, Eleanor England, Caitlin McKilligan & Ruth Laird put in a decent performance and despite the girls lack of experience at this level, the girls finished inside the top 10 however earning valuable points towards the team points total.

Girls 200m Free Relay (14-17)

The girls team consisted of Ailsa Hershaw, Nichola Lamb, Blaine Small & Eloise Barber and this produced a fantastic finish to the day. The Carnegie girls were about 10 metres down to Warrender going into the final leg but Eloise Barber started reeling in the Warrender swimmer right from the start and kept the pressure up all the way just touching her out at the finish to win the team the Gold medal in a time of 8:50.00

Session 5 Heats

Boys 13 yrs 800m Free

Mark Szaranek led the way for the boys in this afternoon's distance event. In the 13 yr age group he got off to a good start but drifted slightly behind his age group rival Philip Oliver in lane 7 who had a substantial lead going into the final 100m but Mark powered thru the last 100m in 60 seconds to win the touch and take Gold & the Scottish title in a time of 9:01.60. Another good performance from Mark.

Also swimming for the boys in this event and performing well were Lewis Kirby & Jordan Lamb who both got Long Course pb's.

Swimming in the afternoon for the Carnegie girls in the 800m was Caitlin Burns, Shannon Clarke, Ellie Brisbane & Tiffany Barber. All the girls swam really well and all got Long Course pb times.

Session 6 Finals - Thursday 9th

Boys 200m Backstroke

Boys 10-12 yrs

In the first of the evening finals Jordan lamb & Craig Bowman went into the final as 1st & 2nd fastest

respectively. Craig went for it right from the start and increased his lead slightly throughout the race eventually winning the Gold medal in a time of 2:28.63 . Jordan swam a more controlled race right thru and was just pipped into 3rd position winning the Bronze medal in a time of 2:30.65.

Boys 13 yrs

Mark Szaranek went into the final in 3rd fastest position but was in a tough race right from the start of this race against some physically bigger boys. Mark stormed back in the final 50m to claim the Bronze medal in a new pb time of 2:22.58.

Girls 400m Free

Girls 15 yrs

Blaine Small was the only Carnegie girl in this final but didn't quite manage to emulate her form from the morning heats finishing in th position overall in a time of . Blaine had a brilliant swim in the morning heats to shatter her pb time so can be pleased with that.

Girls 16 yrs

Eloise Barber & Nichola Lamb competed in this one for Carnegie with Eloise finishing in 4th position overall in a time of 4:33.96. Nichola had a superb swim in the morning heats to claim a new new pb time and a well deserved place in the final and she broke her pb time again to 4:42.85 in the final with another solid swim. Well done both girls.

Boys 100m Fly

Boys 10-12 yrs

Craig Bowman continued his good form for the day taking on Jordan Hughes in the final and started to come back strongly with 50m to go. In a superb finish Jordan just managed to hold off Craig's attack so Craig claimed the silver medal in a great new pb time of 1:06.05.

Boys 13 yrs

This race was dominated from start to finish by Mark Szaranek. He flew out the blocks and never let up leaving the other swimmers trailing behind him to set a new Scottish Age Group Record time of 1:00.20 and win the Gold medal. A fantastic effort from Mark, well done.

Myles Hershaw also made the final and he too swam a new pb time of 1:07.25 and finished in 4th position overall. Lewis Kirby qualified for the final and he swam a new pb time of 1:07.29 finishing in 5th position overall. A great effort from all the Carnegie boys.

Girls 200m Breaststroke

Girls 14 yrs

Shannon Clarke swam well in the morning heats to claim a finals position with a new pb time of 2:57.86. In a tough final she finished in 8th position overall.

Boys 4x100m Free Relay (11-14)

The boys B relay team of Jordan Lamb, Kieran Harper, Kieran Watson & Craig Bowman put in a decent performance finishing their heat in 2nd position in a time of 4:21.39. A good effort deposite 2 of the boys being only 12 yrs old and the 2 Keirans both 13.

The boys A realy team of Myles Hershaw, Blair Hershaw, Lewis Kirby & Mark Szaranek had a great battle in their heat with City of Leeds, City of Glasgow & Ren 96. The boys were always in contention and Mark came home in 56.60 in the final leg to claim 2nd place and the Silver medal behind Ren 96. A superb effort from the boys and a possible British relay spot for them.

Session 9 Finals - Friday 10th

Girls 200m Backstroke

Girls 13 yrs

Ellie Brisbane had a strong swim in the morning heats to qualify for the finals in the girls 13 yrs age group. Ellie has just come back from an illness and is getting back to full fitness so to nearly emulate her morning time of 2:34.68 in the final was a good achievement.

Girls 15 yrs

Ailsa Hershaw was back to top form in the morning heats for the 200m Back and cruised into the final with the 2nd fastest time. Ailsa put in a solid display in the final holding off a strong challenge in the inside lane from a Warrender swimmer but managed to hold onto her 3rd place with a strong last 25m. Ailsa took the Bronze medal & the Scottish Age Group title as the 1st & 2nd position girls did not qualify for this as they were English. A good effort from Ailsa.

Eloise Barber also qualified in the girls 16 yrs age group but decided to withdraw from the final in the evening to concentrate on the 100m Fly final.

Girls 100m Fly

Girls 15 yrs

Blaine Small went into the morning heats as fastest qualifier and again looked strong to qualify fastest for the evening finals. In a tough race Blaine was in 5th position going into the final 50m and was still trailing with 25m to go but was pulling back fast. In a superb finish any one of 5 girls could have taken it but Blaine got the touch to win Gold and the Scottish Age Group title in a time of 1:04.59. A great effort from Blaine.

Girls 16 yrs

Eloise Barber had a controlled swim in the morning heats to qualify for the 16 yrs girls final and took control of the race up until the last 10m when Kirsty Hart of Ren 96 just came through to take the title. Eloise took 2nd position and the Silver medal in a time of 1:03.03

Boys 200m Breaststroke

All 3 of Carnegie's 13yr old boys qualified comfortably for this evening finals. Blair Hershaw, Keiran Watson & Mark Szaraneck all cruised into the finals in 2nd, 3rd & 5th place respectively. In the final however, Kieran Watson took up the lead right from the start and looked really strong throughout. Blair Hershaw was also looking good in lane 5 and he stayed in 3rd position for most of the race, Warrenders Oliver Botowt in between the boys. Kieran managed to stay in front right to then end taking the Scottish Age Group title and the Gold medal in a fantastic time of 2:41.57. Blair was just pipped to 3rd position by Jordan Coia from Forres but can be pleased with his 4th place position in the time of 2:45.62. Mark was just off the pace in tonight's final coming in 6th position overall in a time of 2:52.01

Girls 4x100m Free Relay (11-13)

Zoe Mitchell, Caitlin McKilligan, Ruth Laird & Aimee Adam made up the younger girls team and all put in good swims coming in 9th position overall in the age group in a time of 4:30.81.

Girls 4x100m Free Relay (14-17)

Carnegie girls B team of Sarah Chalmers, Nichola Lamb, Ellie Brisbane & Tiffany Barber also performed well and came in just outside the top 10 in 11th position but again a solid performance from the Carnegie

girls.

Carnegie girls A team Ailsa Hershaw, Kirsten McCallum, Blaine Small & Eloise Barber pulled back from around 4th position after 2 legs to take the lead and Eloise guided them home to take the team Scottish Title & Gold medal in a time of 4:04.52

Session 12 Finals - Sat 11th

Boys 200m Fly

Boys 10-12 yrs

Craig Bowman cruised into the final for the 200m fly with a comfortable swim. He goes into it in 3rd fastest position. The final in fact mirrored the heats with Craig holding onto the 3rd position finish after challenging strongly in the first 100m so he takes the Bronze medal in a new pb time of 2:29.59.

Boys 13 yrs

Three Carnegie boys have made this evening's finals. Mark Szaranek, Lewis Kirby & Myles Hershaw - all doing well in their respective heats. The final turned into a battle between Mark & Lee Emerson but Mark went out in front slightly from the start and maintained this lead comfortably all the way through. Mark eventually took the Scottish Age Group title, Gold medal and new Scottish Age Group record time of 2:15.84. Myles Hershaw had a fantastic swim over in Lane 8 and he was in contention for the Bronze until the last length but still swam a huge pb time of 2:32.31. Myles just out-touched Lewis Kirby who finished strongly in a good time of 2:32.71, a decent effort considering he had swam a 1500m Free in the afternoon.

Girls 200m Free

Girls 15 yrs

Blaine Small eased into the finals this evening with a controlled swim in the heats in a time of 2:12.08. Blaine improved on her morning time to finish in 2:11.05 and finish in 6th position overall.

Girls 16 yrs

Eloise Barber also eased into the finals of the 200m Free looking comfortable in her heat and qualifying for the finals in a time of 2:10.72. In the final Eloise went out in front early but was caught up by Warrender's Sally Wood and in an exciting finish with the two girls going head to head Eloise just managed to pull away in the last 15m to fend off the challenge from Sally and her fellow Warrender swimmer Helen McRoberts. Another gutsy display from Eloise who took the Scottish Age Group title and Gold medal and finished in the time of 2:05.34.

Eloise has just been selected for the British World Class Swimming Development Programme which is a tremendous achievement for her and everyone involved at Carnegie are incredibly proud of her.

Boys 100m Brst

Boys 13 yrs

Blair Hershaw continued his good form with a well deserved finals place and was fastest Carnegie qualifier with a heats time of 1:19.42. Kieran Watson fresh from his 200m triumph last night also qualified comfortably for the finals with a heats time of 1:19.88. In a great final the two Carnegie boys were well in contention going up the first 50m with Kieran Watson just pulling ahead going into the turn. Warrenders Oliver Bitowt came up in front from the turn and up the last 50m with Kieran right alongside him. Oliver just took the touch and Gold medal but Kieran won the Silver and the Scottish Age Group title due to Oliver not being eligible in a fantastic new pb time of 1:14.91. Blair was also in medal contention right until the end but was just touched out to finish in 5th position overall in another superb new pb time of 1:16.87. Another great performance from Blair who has shown great improvement lately.

Girls 100m Back

Girls 13 yrs

Ellie Brisbane swam a controlled heat and got into a swim-off for 8th position in the evenings finals. Ellie & Megan Wilson of Hearts both swam 1:13.70 and will go head to head to decide who gets the last finals place. In the swim off Ellie went out really hard on the first 50m and got into a slight lead, she kept up the pressure on the second length and won the swim-off quite comfortably in a time of 1:12.16 to gain a finals place. In the final Ellie, who is battling to get back to full fitness after an illness, looked a little tired and finished in 7th position overall just outside her heats entry time.

Girls 15 yrs

Both Carnegie girls, Ailsa Heshaw & Blaine Small, qualified comfortably for the evening finals in 5th & 7th positions and in the final Ailsa went out strongly looking back to her best form and was still right in contention after the turn. The two English girls on Ailsa's inside started to pull in front and Ailsa started to tire slightly and was just pipped at the finish for 3rd position by Emma Hunter from East Lothian but it was a step in the right direction for Ailsa who is also getting back to full fitness and she finished 4th in a season best time of 1:08.63. Blaine improved her entry time slightly and finished in 7th position overall in a time of 1:11.57.

Girls 16 yrs

Another finals place this evening for Eloise Barber who cruised into the finals with a well controlled swim and time of 1:11.18 and Eloise improved her entry time in the final finishing just outside the medal places in 4th in a time of 1:08.97.

Boys 4x200m Free Relay (11-14)

The boys team of Blair Hershaw, Lewis Kirby, Myles Hershaw & Mark Szaranek were absolutely superb in the boys 14 yr age group and romped home to victory winning the Scottish Age group title and the team Gold medal in fantastic time of 8:42.28. All the boys worked really hard and after a long day for most of them it was a well deserved victory for them all. BRILLIANT !!!

Session 15 Finals - Sunday 12th

Girls 200m IM

Girls 10-12 yrs

Zoe Mitchell finished just outside the final places with good swim in her morning heat and a new pb time of 2:40.85. Zoe is 1st reserve for the final.

Girls 13 yrs

Ellie Brisbane is 1st reserve after good heat swim. Ellie's time was 2:39.99

Girls 15 yrs

Blaine Small has qualified for the evening heats with a steady swim and time of 2:30.90 but couldn't manage to better her qualifying time in the final and finished in 8th position still picking up valuable points for the team.

Girls 16 yrs

Eloise Barber also qualified for the finals this evening with a well controlled performance and time of 2:26.84, and in her favourite event looked comfortable from start to finish and went on to take the Scottish Age Group title and Gold medal in a superb time of 2:20.03

Boys 200 IM

Boys 10-12 yr

Jordan Lamb and Craig Bowman both swam well in their respective heats and have made this evenings finals. In the final itself, Craig & Jordan Hughes from North Ayrshire had a great battle with the lead switching from swimmer to swimmer but Jordan held out and Craig took the Silver medal with a fantastic performance & time of 2:30.45. Jordan came in 8th position in the final again picking up much needed points.

Boys 13 yrs

Blair Hershaw continues his good form going into tonight's final in 2nd fastest position. Mark Szaranek also qualifies comfortably for the final.

In the final Mark was up with eventual winner Oliver Bitowt until the 150m mark but Oliver stretched away leaving Mark to take the Silver medal and Scottish National title (due to Bitowt not being eligible) in a good time of 2:21.22. Blair was well down the field at the 100m mark but came right back into contention on the breast leg and nearly managed to get in the medals finishing in 5th position in another good time of 2:26.00

Girls 100m Breaststroke

Girls 10-12 yrs

Zoe Mitchell had a superb heat swim this morning in a new pb time of 1:25.64 and qualifies comfortably for the finals in 4th fastest position. In the final Zoe was right in contention for 3rd position all the way but was just out-touched by the girl in the lane next to her who was subsequently disqualified, so Zoe gained a superb Bronze medal in a new pb time of 1:25.11.

Girls 14 yrs

Shannon Clarke swam a new pb time of 1:21.91 to make the evening finals but couldn't improve on this entry time finishing in a time of 1:22.47. Again, valuable team points gained by Shannon.

Boys 100m Free

Boys 10-12 yrs

Jordan Lamb managed to qualify for the evening finals despite being just off his entry time. Craig Bowman is 1st reserve for the final. In the final Jordan was much improved from the morning heats and finished in 6th position overall in a time of 1:04.00

Boys 13 yrs

A great effort from the Carnegie boys in this event with Mark Szaranek, Blair Hershaw & his brother Myles Hershaw all qualifying for the final tonight, a great achievement.

In the final it was a head to head between Mark Szaranek & Oliver Bitowt in the middle lanes. Mark got away faster and was still leading with 25m to go although Bitowt was attacking all the way. Mark was stronger however and just held him off to win the Gold medal and Scottish Nation Age Group title in a superb time of 56.15. Myles and Blair also put in superb efforts and both finished with new pb times of 1:01.09 and 1:01.64 respectively. Another great effort from the Carnegie boys.

Girls 4x100m Medley Relay (11-13)

The girls team of Katie Johnstone, Zoe Mitchell, Aimee Adam & Caitlin McKilligan swam well despite being one of the younger teams in the age group.

Girls 4x100 Medley Relay (14-17)

The girls team of Ailsa Hershaw, Eloise Barber, Blaine Small & Tiffany Barber were right in the race with Warrender going into the final 25m but it was the Warrender girls who just nicked it at the finish with Carnegie's girls gaining a well deserved Silver medal.

Boys 4x100m Medley Relay (11-13)

The boys B relay team of Jordan Lamb, Blair Hershaw, Lewis Kirby & Kieran Harper had a great battle with Warrender B in their heat and all the boys swam strong legs.

The boys A relay team of Craig Bowman, Kieran Watson, Mark Szaranek & Myles Hershaw were superb in their heat blowing away the Challenge from City of Leeds and Ren 96. The boys took the Scottish National Age Group title and Gold medal in a superb time of 4:27.56.

Summary

It was a superb week of swimming at the RCP and the swimmers were a credit to the club and to themselves with all putting in fantastic performances and great times. New Head Coach John Szaranek and retiring Head Coach Dougie Hopkins were extremely pleased with the contribution, effort and commitment from everyone.

Carnegie finished the championships in 2nd place behind Warrender, this was testament to the effort from everyone over the last few days. Well done to all.