

SCOTTISH SWIMMING TITLES GALORE FOR CARNEGIE

Carnegie's swimmers turned in a tremendous performance at the Scottish National Age Group Swimming Championships at Tollcross from 8th –11th April. At one stage the club was only a point behind much larger rivals Warrender and although the Edinburgh team eventually pushed Carnegie into second place, this was an outstanding achievement for the Dunfermline club.

Inspiring individual swims saw an incredible 19 Scottish Championship titles going to Carnegie with 4 Scottish records being broken and one equalled on the way.

Once again it was Mark Szaranek and Rachael O'Donnell who stood out with Mark achieving 9 Scottish titles, 6 Gold and 6 silver medals from his 12 swims while Rachael took 7 Scottish titles with 7 Gold and 2 Silver medals. 14 year old Mark set new Scottish records in the 100m Butterfly, 200m Individual Medley, and 200m Free as well as equalling the record for 200m Fly. His other Golds came in the 100m Free and 400m Individual Medley. A truly amazing weekend's swimming.

Rachael dominated the 13 year age group taking a new Scottish Record in 100m Butterfly and Golds in 200m and 400m Individual Medley, 200m and 400m Freestyle, 200m Breast and 200m Fly in which she finished almost 3 seconds clear of her nearest rival. She was squeezed into silver medal position by the narrowest of margins in both the 100m Breaststroke and 100m Free.

Chelsea Lawson, who has just moved into the 14 year age group, also excelled claiming 3 Scottish titles and Gold medals in 100m and 200m Backstroke and 1500m Free as well as Bronze in the 800m Free.

Eloise Barber whose sights are firmly set on achieving qualifying times for the Commonwealth Games, was named Scottish Champion in the 16 – 18 years 200m Individual Medley and took silver in the 200m Free and Bronze in the 100m Free.

Callum Shaw made a welcome return to swimming for Carnegie and gained silver in the 16 – 18 yrs 100m Back and Bronze in the 200m Back while 14 year old Blair Hershaw had a tremendous meet achieving numerous personal best times and taking Bronze in the 200m Free and 400m Individual Medley. Also swimming well throughout the weekend and taking Bronze in the 1500m free as well as participating in several finals was 13 year old Zoe Mitchell.

Roisin Donnelly took Bronze in both the 16 – 18 yrs 100m and 200m Breaststroke while 13 year old Craig Bowman claimed Bronze in the 100m and 200m Backstroke.

Carnegie's only medal in the 10 –12 age group went to Samantha Caulfield who took Bronze in the 100m Breaststroke. Samantha MacMillan also claimed Bronze in the 14 year old 100m Backstroke.

Carnegie's individual success continued into the relays where the boys 11 – 14 year team won 3 Gold Medals finishing a remarkable 14 seconds ahead of their nearest rivals in the 4 x 200m Free. The Girls 14 – 17 team took two Gold and one Bronze medal with fine performances by all concerned.

A good foundation laid for taking the overall title from Warrender next year.

