

A TRIO OF SILVER MEDALS FOR CARNEGIE SWIMMING CLUBS WOMENS RELAY TEAM AT THE SCOTTISH NATIONAL SHORT COURSE CHAMPIONSHIPS

This weekend saw a small group of Carnegie Swimming Clubs performance swimmers travel to Glasgow to compete in the Scottish National Short Course Championships. This prestigious, 3 day event was attended by Olympic and Commonwealth swimmers and all the major Composite clubs in Scotland as well as local and district clubs. Carnegie were delighted to finish in 6th place overall, being just narrowly squeeze out of their top 5 position by one point in the final events of the weekend. This is a major achievement for the local club, who are struggling to get access to water time due to the closure of Carnegie Leisure Centre, one of their main training venues.

The stars of the weekend were the women's relay team quartet of Kathryn Johnston, Eloise Barber, Ailsa Hershaw and Blaine Small who swam exceptionally well, holding off 20 other teams to finish in second place to Warrender of Edinburgh in the 4 X 50 Medley Relay, the 4 x 50 Freestyle Relay and in the penultimate event of the weekend despite being tired and sore rose to the challenge and produced another fantastic result in the 4 x 100 freestyle relay to claim their 3rd Silver medal of the weekend.



Blaine, Ailsa, Eloise and Kathryn

Thomas Davidson was delighted to return to the podium winning a Silver medal in the 50m Butterfly in a time of 25:12 but admitted to being a little disappointed at not dipping under the sub 25 second barrier. In his other events Thomas finished 5th in the 50m Freestyle, 7th in the 100m Butterfly and 8th in the 100m Freestyle.

Kathryn Johnston, Carnegie's breaststroke specialist claimed two Bronze medals in the 200m and 100m Breaststroke in a time of 1:11:32 setting a new Scottish Age Group Record. Kathryn was just edged into 4th place in the 50m Breaststroke, she also produced excellent results in the freestyle events finishing in 7th place in the 50m, 8th place in the 100m and 7th in the 200 in a new personal best time of 2:04:94

Eloise Barber had a great weekend managing to produce personal best times almost every time she hit the water. In the 200m Individual Medley she took a full 2 seconds off her entry time picking up the Bronze medal in a time of 2:15:84. In the 100m Individual Medley or the "Splash and Dash" as it is affectionately known Eloise again improved and broke her own Scottish Age Group Record in 1:04:09 whilst in the 400m Individual Medley she finished in 5th place in 4:52:36 shaving over 4 seconds off her entry time. In the Backstroke events Eloise claimed the Bronze in the 50m was 5th in the 100m and 6th in the 200m whilst in the freestyle events she was denied the podium despite improving on her previous personal bests to come 4th in both 50m and 100m and finished 5th in the 200m, however she was delighted to have improved and produce new pb's.

Blaine Small newest member of the relay team and an excellent 'flyer' finished 8th in the 100m and 9th in the 200m Butterfly events, whilst in the distant events Blaine finished in 6th place in the 800m freestyle in 9:17:54 a new personal best. Blaine also produced excellent swims in the 400m and 100 Individual Medley as well as the 100m backstroke.

Roo Kerr had a fantastic meet taking an amazing 8 seconds off her entry time in the 200m breaststroke finishing in 2:50:74 and 6 seconds off her 100m Individual medley swim finishing in 1.11.89. Roo also competed in the 50m back, fly and breast, 50 and 100m freestyle as well as the 100m breaststroke.

Busy Glasgow University student Kirsten McCallum juggling studying and swimming had a fantastic meet, she made the B final of the 50 backstroke and created a new personal best time of 32:75 she also swam in the heats of the 200m freestyle and knocked more than 3 seconds off her previous pb to finish in 2:15:10. Kirsten also swam in the 200m backstroke and 100m Individual medly.

15 year old Duncan Chalmers produced some excellent swims and competed in the Mens 50m 100m, 200m freestyle and 50m, 100m butterfly. Teammate Craig Rodgie competed in the 50m and 100m Butterfly as well as the mens relay events.

The boys 15 and under age group events saw 13 year old Mark Szaraneck compete in the gruelling 1500m Freestyle finishing in 16:56:58 breaking an East District Record which had stood for over 22 years. Mark also was the fastest 13 year old and set himself another personal best result in the 400m Freestyle finishing in 4:18:94. Mark then continued to improve his results setting himself new personal bests in the 100m and 200m freestyle, 100m butterfly, 400 and 100m Individual medley, also his start in the mens 4 x 50 in 25:85 was a Scottish Age Group record. Mark proved himself to be an excellent all round performer, one to watch for the future.

Also competing in the 15 and under age group distance events were Lewis Kirby and Blair Hershaw, in the 1500m Freestyle, Blair knocked a huge chunk of his previous personal best finishing in 18:02:55, whilst twin brother Myles competed in the 400m Individual Medley, and 400m Freestyle along with team mate Craig Bowman the boys produced excellent results. Keiran Watson competed in the open 200m breastroke event and produced a pb in the 50m finishing in 35:23. All the above mentioned boys also competed in many of the open competition events and gained great experience from competing alongside Olympic Athletes.

In the girls 14 and under age group 13 year old Ellie Brisbane had an excellent race in the 400m Freestyle and finished in 5th place whilst in the 800m freestyle she finished 9th overall. Team mates Shannon Clark and Caitlin Burns also competed in the 800m event as well as the 400m and 100m Individual medley. The girls also rose to the occasion and bravely competed in many of the open events.

Congratulations were extended to Head coach Dougie Hopkins and assistant John Szaraneck who worked tirelessly over the 3 days, helping the swimmers improve on previous results which was proved by the clubs overall finish in 6th place.