

Carnegie Swimmers Perform Well

Last weekend saw members of the Carnegie Performance and Performance Development Squads compete in the Scottish National Short Course Championships at Tollcross in Glasgow. There were many superb individual and team performances from the Carnegie swimmers and Head Coach John Szaranek was delighted with the overall display and the commitment shown from all of his swimmers.

Day 1 highlights included the well earned Scottish Junior titles for 14 yr old Mark Szaranek at 100m Fly and 50m Free. Mark also went on to take a Silver medal in the 15 yr and under Age Group category for the 100 IM and Bronze in the 400m Free. Eloise Barber competing for Carnegie / Stirling ITC, went head to head with GB swimmer Hannah Miley in the Women's 200m IM and came away with a deserved Silver medal. Ailsa Hershaw swam well to qualify for the B Final of the Women's 100m Free and finished in 3rd position. Blaine Small, competing with Kelly College, took Bronze in the Women's 100m Fly A Final. Rounding off the evening was a thrilling Women's 4 x 50m Medley Relay where Ailsa Hershaw, Roisin Donnelly, Eloise Barber and Tiffany Barber took the Scottish title and Gold medal after a tough challenge from Warrender and North Lanarkshire.

Day 2 saw 13 yr old Rachael O' Donnell continue her great form and take Bronze in the Girls 14 yrs and under Age Group category for the 100m IM. Roisin Donnelly finished 1st in the Women's 100m Fly B Final and Samantha MacMillan, who had a superb weekend, finished 3rd in this Final. Rosin Donnelly then went on to take Bronze in the Women's 50m Brst A Final. Roo Kerr also having a good weekend finished in 3rd position in the B Final for the same event. Mark Szaranek continued his great form of the weekend with another Scottish Junior Title for the 200m Fly when he finished 2nd in the Men's B Final, a great achievement. Eloise Barber then took Gold with a comfortable victory in the Women's 100m IM final. Finishing off the day yet again were the relays and thrilling the near capacity Tollcross arena again was the Carnegie Women's 4 x 50m Free Relay team of Eloise Barber, Ailsa Hershaw, Roisin Donnelly & Tiffany Barber, who took the Title and Gold medal with another close finish from Garioch in 2nd and South Aberdeen in 3rd.

The final day of action saw Mark Szaranek again on the podium with a Silver medal in the Boys 15 yrs and under 400m IM. In the Women's 400 IM, Ailsa Hershaw took 3rd position in the B Final with a superb swim. 14 yr old Samantha MacMillan then took 3rd position in the Women's 50m Fly B Final and then rounded off her weekend taking 1st position in the Women's 100m Back B Final after just missing out on a place in the A Final. 13 yr old Chelsea Lawson again continuing to improve, finished in 3rd position in the B Final with a superb pb time and they were joined in the Final with Ellie Brisbane who also swam really well over the weekend, Catriona Laird who had a good weekend and Ailsa Hershaw. Eloise Barber then took Bronze in the Women's 200m Free A Final. One of the weekends most exiting races was the Women's 200m Brst where Carnegie's Roisin Donnelly led the race from Scottish Star Hannah Miley from the beginning only to just get pipped at the end but taking huge credit, a fantastic personal best time and the Silver medal. Finishing off the weekend in another exiting finish was the Carnegie Women's 4 x 100m Free relay team of Nichola Lamb, Catriona Laird, Ailsa Hershaw and Eloise Barber who took the Bronze medal.

Other swimmers who competed for the Carnegie team over the weekend and deserve a mention for performing well were Myles & Blair Hershaw, Lewis Kirby, Duncan Chalmers, Jordan Lamb, Craig Bowman, Craig Holmes, Tommy Davidson, Calum Ferguson, Craig Rodgie, Forrest Hamilton, Keiran Watson, Shannon Clark, Zoe Mitchell, Ruth Laird, Hannah Gray, Aimee Adam, Caitlin McKilligan, Sam Caulfield, Caitlin Burns, Kirsten McCallum, Eleanor England, Kal Roderick and Katie Johnstone, many of whom swam personal best times and contributed to the great team atmosphere over the weekend.