

City Of Glasgow Long Course Meet – 1st & 2nd May 2010

A small group of swimmers from Carnegie's Performance & Performance Development Squads travelled through to Tollcross last weekend to compete in the annual City of Glasgow long course meet. Despite many of the swimmers being sore & tired from training, there were many great performances.

Some of the swimmers were trying to achieve qualifying times for the British Age Group Championships in Sheffield this August, and although some came agonisingly close, 14 year old Lewis Kirby finally managed to gain a qualifying time in the 200m Backstroke where he posted a time of 2:19.92 which also won him the Gold medal in the Boys 13/14 years age group. Lewis also went on to take a Gold medal in the Boys 400m IM in a time of 5:19.38 and a Bronze medal in the 100m Fly in a time of 1:06.75. Well done Lewis on making the British time.

Also swimming in this age group for the boys was 13 year old Craig Bowman who had a great swim in the 100m Fly, winning the Silver medal in 2nd position in a time of 1:04.93. Craig also swam a good personal best in the 400m Free in a time of 4:36.25.

Completing the Boys 13/14 year age group we had Blair Hershaw who took a well earned Silver medal for a personal best swim in the gruelling 1500m Free in a time of 17:51.03. Blair also took a Bronze medal in the Boys 200m Breaststroke.

Also swimming well over the weekend for the Carnegie boys we had Keiran Watson who swam a good personal best in the 15/16 year age group 200m IM, 12 year old Jack Szaranek who smashed his personal best in the Boys 200m Backstroke and set a new long course pb in the 800m Free and Robbie Carmichael who was just outside his entry time in the Boys 200m Free.

The Carnegie girls also had a good weekend with 12 year old Samantha Caulfield leading the way with a Gold medal in the Girls 12 years 200m Breaststroke in a time of 3:02.42. Sam also went on to take a Silver in the 100m Breaststroke just off her best time of 1:26.02, a really good personal best time of 1:20.35 in the 100m Back and good swims in the 200m Free, 400m Free & 200m Backstroke in a busy weekend.

Also competing in this age group was Aimee Adam who took a well earned Gold in the 100m Fly in a time of 1:15.35. Aimee also swam well in the 200m IM, 200m Backstroke & 200m Free.

In the Girls 13/14 year age group Chelsea Lawson easily took Gold in the 200m Backstroke with a time of 2:26.87. Chelsea also took a Silver in the Girls 200m Free with another fine swim and time of 2:14.94 and had a good swim in the 100m Fly.

13 year old Zoe Mitchell was another swimmer going for British times this weekend and couldn't have done any more on the day in the Girls 800m Free with a superb swim and personal best time of 9:43.99 – 0.6 of a second outside the British time!! Hard luck Zoe but a well earned Silver on the day. Zoe also went on to take a Bronze in the 400m Free in a time of 4:45.08 and had good swims in the 200m Breaststroke & 100m Free.

Completing this age group for the Carnegie girls was Caitlin McKilligan who swam a good personal best time of 1:24.09 in the 100m Fly, Ruth Laird who competed in the 200m Free and 200m IM and Laura Kate O'Brien who bravely took on the 800m Free after a recent illness and produced a really good performance completing in a long course pb time of 10:43.47 along with a 200m Backstroke swim just outside her entry time.

In the 17 year and over age group Catriona Laird was another going for British times. Catriona was so unlucky in the 200m Fly finishing just under a second outside the time she needed but a very creditable 2:30.87 winning the Silver medal. Catriona did take a Gold medal in the 100m Free with a very good personal best time of 1:01.73 and another Silver medal in the 100m Backstroke in a time of 1:11.50. Catriona will have another crack at the 200m IM in Sunderland later this month.

Finishing off for the Carnegie girls was 15 year old Shannon Clark who swam in the 100m Breaststroke & 200m Free finishing just outside her entry times.

It was good finish to the weekend after a slow start due to tiredness from many of the swimmers. They are back in hard training again now getting ready for Sunderland later this month where hopefully many of them will gain the British times they are so close to achieving.