

Junior Success at North Ayrshire 200 Meet

Chasing Scottish National Squad Selection Times, 10 Junior Development and 3 Performance Development swimmers from Carnegie SC competed at the North Ayrshire 200 meet held at Auchendarvie Leisure Centre over the weekend of 13th / 14th February. Competing against Bellshill Sharks, Dumfries Dolphins, Helensburgh, Kirkintilloch & Kilsyth, North Ayrshire, REN96, Rutherglen, Buckie, City of Glasgow, East Lothian Swim Team, Inverclyde, Milngavie & Bearsden, Oban Otters and Renfrew Baths, Carnegie's youngsters excelled and what a weekend for smashing lifetime personal bests and achieving Scottish National Squad Selection Times.

In the Boys 10yrs age group, Fraser Beeby picked up 1st place medals in the 200m Freestyle and 200m Backstroke with personal best times of 02:29.71 and 02:44.30 respectively. Teammate James Collyer in the same events picked up 2nd place medals with personal best times of 02:54.10 and 03:12.70

Swimming in the Open category against boys much older (some double his age), Fraser Beeby went 10:28.42 in the 800m Freestyle finishing an impressive 15th, 05:15.29 in the 400m Freestyle, 20:22.41 in the 1500m Freestyle finishing 9th and 05:59.47 in the 400m IM finishing 17th. Also swimming in the 1500m and 400m IM Open category were the Reid brothers Fraser and Greig. Fraser went 19:52.68 in the 1500m, Greig 22:33.20 and in the 400m IM, Fraser went 05:52.70 and Greig 06:45.32

Birthday girl Megan McGhee who turned 10yrs on the last day of the competition (Valentines Day) had a remarkable weekend with a massive 23s PB in the 400m Freestyle with a time of 05:45.86, a 6s PB in the 200m Backstroke 03:07.54 and a 1s PB in her 200m Breaststroke 03:34.73. Megan was unlucky and missed out of a top three finish by finishing 4th on each occasion. Team mate Sophie Ross went very close in achieving her Bronze Squad time in the 200m Breaststroke 03:42.49, missing out by less than 1s but achieved her Bronze Squad Selection Times in the 200m Backstroke 03:13.90 and 400m Freestyle 05:58.20

Teammates Lucy Hallam and Heather Paul were equally impressive knocking huge chunks off their previous lifetime personal bests. Lucy Hallam took 26s off her 200m Backstroke with a time of 03:21.55 and 26s off her 200m Freestyle 03:06.17 and getting ever closer to Bronze Squad Selection Times. Having her own personal battle with best friend Lucy, Heather likewise took huge chunks off her personal bests in the 200m IM 03:45.64, 200m Breaststroke 04:02.89, 200m Backstroke 03:31.28 and 200m Freestyle 03:06.67

11yr old Junior Development swimmers Sarah Carstairs and Carrie McLennan were also very impressive over the weekend setting incredible lifetimes personal bests in all swims. Sarah knocked 6s off her 200m IM time coming in 03:08.96 finishing 9th, 2s off her 200m Breaststroke 03:31.21 and broke the 6 minutes by coming in 05:58.89 in her 400m Freestyle. Carrie McLennan knocked 3s off her 200m IM 03:22.30, 13s off her 200m Breaststroke 03:42.84 with superb pullouts off the dive and turns off walls and 4.5s off her 200m Backstroke.

Not to be outdone by the girls, Junior Development swimmers Chris Thompson and Gavin Roderick decided that whatever the girls could do, the boys could do better.

Chris took 9s off his 200m Breaststroke 03:40.73, a further 9s off his 200m IM 03:10.25, a 05:46.30 in the 400m Freestyle and 02:44.01 in the 200m Freestyle (dad Mike wishing now he hadn't offered £1 per second PB improvement – that will teach you!!!). Gavin knocked 17s off his 400m Freestyle 05:35.85, 6s off his 200m Freestyle 02:36.51 and 1s off his 200m Backstroke - Gavin & Chris chipping away and getting closer to Bronze Squad Selection Times.

Looking to improve on his entry times, Performance Development swimmer Andrew England went 02:51.82 in the 200m Backstroke (just outside his PB) and 02:40.79 in the 200m Freestyle.



Left to Right – Carrie McLennan, Chris Thompson, Megan McGhee, James Collyer, Fraser Beeby, Lucy Hallam, Andrew England, Heather Paul, Fraser Reid, Sophie Ross, Greig Reid. Missing from the photo are Gavin Roderick and Sarah Carstairs