

Scottish National Age Group Championships

28 March 2018

Session 1



Session 1 Swimmers - Adam Brooks, Nathan Gemmill, Sean Fisher-Keogh, Matthew Garrity, Kian McNelis, Lauren Mcleay, Sam Sharkey Ben Skinner & Aaron Gray (Missing from photograph is Thomas Cannon)

- Event 101 Girls 15 & Over 200m Backstroke - Lauren Mcleay
- Event 102 Boys 15 & Over 100m Backstroke – Thomas Cannon
- Event 104 Boys 15 & Over 200m Breaststroke - Thomas Cannon
- Event 109 Boys 14-16 4x200m Relay - IASC Team A & Team B

IASC first competitor of the championships was Lauren Mcleay swimming in the 200m Backstroke, Lauren put in a good technical swim which saw her was well placed in the prelim heat achieving Long Course Personal Best in a time of 2.35.00

Next up was Thomas Cannon swimming in the 100m Backstroke which he also set a new Long Course Personal Best of 1:05:32.

After a quick recovery, Thomas was then up for his next event 200m Breaststroke. Up against some strong completion, Thomas achieved his second Personal Best of the day finishing in 2:31.71 and qualifying for the Final in 7th position.

Event 109 featured 2 teams from Inverclyde competing in the 4x200m relay.
Team A - Sam Sharkey, Nathan Gemmill, Matthew Garrity & Kian McNelis.
Team B – Aaron Gray, Sean Fisher-Keogh, Ben Skinner, Adam Brooks

Both teams put in fantastic efforts with Team B finishing in a time of 9:26:93 and 25th position overall and Team A finishing in 15th position and setting a Personal Best time of 8:51:12

Session 2



Session 2 Swimmers - Ben Skinner Alistair Currie Molly Cannon Jay Keith, Lewis Gray, Matthew Garrity, Darren Mcleay & Aimee Watson (Missing from photograph is Adam Brooks)

- Event 122 Boys 11-14 100m Backstroke – Ben Skinner & Adam Brooks
- Event 123 Girls 11-14 100m Freestyle – Aimee Watson & Molly Cannon
- Event 124 Boys 11-14 200m Breaststroke – Matthew Garrity
- Event 125 Girls 11- 14 50m Breaststroke – Aimee Watson & Molly Cannon
- Event 128 Boys 11-13 4x100m Freestyle Relay - IASC

Competing in the 100m Backstroke Ben Skinner and Adam Brooks put in great performance, with both swimmers achieving Long Course Personal Bests of 1:15:89 for Ben and 1:14:29 for Adam.

It was then over to the girls with Aimee Watson and Molly Cannon racing in the girls 100m Freestyle. Again, great performance from the Inverclyde swimmers with both girls achieving new Long Course Personal Bests, with Aimee finishing in 1:03:48 and Molly in 1:05:01.

Next up was Matthew Garrity swimming in the 200m Breaststroke. Matthew got his Championships off to a great start qualifying for the final in 1st position, setting a new West District Long Course Record of 2:37:86.

Event 125 saw Aimee Watson and Molly Cannon completing against each other over 50m Breaststroke. Both girls achieved new Personal Bests with Aimee qualifying for the Final in 3rd position with a time of 36:07. Following a swim off Molly placed in 11th position in a time of 37:02 taking her to 1st Reserve for the finals.

Event 128 featured Lewis Gray, Darren Mcleay, Jay Keith & Alistair Currie competing in the 4x100m relay. A great performance from the boys with them finishing in 12th position overall setting a new Personal Best time of 4:47:45.

Day 1 - Finals



Day 1 Medallists - Aimee Watson & Matthew Garrity

Inverclyde's first finalist of the night was Thomas Cannon in the Mens 15 & Over 200m Breaststroke. Seeded 12th for the event, Thomas put in a great swim in his heat to qualify for the final in 7th position. Having already achieved a Personal Best, it was time to see if there was any room for further improvement. A good start in the first 100m, allowed Thomas to push on in the second half of the race finishing in 6th place with a new Personal Best of 2:27:89, an overall improvement of 4:29 seconds. A great achievement.

Next up was Matthew Garrity swimming in the Boys 11-14 200m Breaststroke. Matthew had already shown that his 1st place Seeding was justified, by qualifying 1st in the heats setting a new West District record. However, the pressure was to see if he could produce a similar performance in the final. Matthew went off fast in the first 100m setting a pace that he was able to maintain finishing in a time of 2:35:85 claiming 1st place and breaking his own West District Record.

Our last finalist of the day was Aimee Watson Swimming in the Girls 50m Breaststroke. Having been seeded 17th for the event, Aimee had qualified for the final in 3rd place. Sprint finals are always fast, furious and exciting and this one didn't disappoint. Improving her time further Aimee finished in 1st place in a time of 34:60 seconds, an improvement of 1:47 seconds on her qualifying swim.



Day 1 Finalists - Molly Cannon, Matthew Garrity, Thomas Cannon & Aimee Watson

Coach Comment

Head Coach Shirley Reford was delighted with everyone's performance "a cracking start on Day 1 of the competition with 2 Scottish Champions in 50 and 200 breaststroke. Great boost for team morale and looking forward to more exciting events".