

# Scottish National Age Group Championships

## 29 March 2018

### Session 4



*Session 4 Swimmers - Lauren Macleay & Thomas Cannon*

- Event 203 Womens Girls 15 & Over 100m Backstroke - Lauren Macleay
- Event 204 Mens 15 & Over 50m Breaststroke – Thomas Cannon
- Event 207 Girls 14-16 4x100m Medley Relay
- Event 209 Boys 14-16 4x100m Medley Relay
- Event 210 Mens 17 & Over 4x100m Medley Relay

Inverclyde's first swimmer of the day was Lauren Macleay completing in the 100m Backstroke. Finishing with a Long Course Personal Best in a time of 1:10:41, Lauren achieved an overall 16<sup>th</sup> position.

Next up was Thomas Cannon swimming in the 50m Breaststroke. Continuing to show good form, Thomas equalled his Personal Best time finishing in 31:96 in 13<sup>th</sup> place overall.



*Girls 4x100m Medley Relay Team  
Ashleigh Blyth, Aimee Watson, Molly Cannon & Emily Lightfoot*

Event 207 saw the 11- 14 Girls competing in the 4x100m Medley Relay, with an entry time of 4:54:73 the girls were seeded 37<sup>th</sup> for this event. However a massively impressive performance they managed to improve on their performance by 3.97 seconds finishing 24<sup>th</sup> position overall.

Event 209 featured 2 teams from Inverclyde competing in the 4x100m Medley Relay.



*Boys 4x100m Medley Relay Teams  
Team A -, Matthew Garrity Nathan Gemmill  
Kian McNelis & Sam Sharkey*



*Team B – Lyall Black, Adam Brooks,  
Sean Fisher-Keogh & Ben Skinner*

A very competitive race resulting in both teams achieving Personal Bests and overall seeding with Team B finishing in a time of 4:52:90 in 29<sup>th</sup> position overall and Team A finishing in 20<sup>th</sup> position and setting a Personal Best time of 4:29:80.

Inverclyde's last race of the morning saw Joe McCallion, Thomas Cannon, Lewis McCulloch & Fraser McCulloch swim in the Mens 17 & Over 4x100 Medley Relay. Although Seeded 10<sup>th</sup> overall for the event the guys knew they were up against some very stiff competition. Rising to the occasion, great performances throughout resulted an overall improvement of 4.48 seconds to give an overall 6<sup>th</sup> position finish in a time of 4:20:84.



*Mens 17 & Over 4x100m Medley Relay Team  
Joe McCallion, Fraser McCulloch, Lewis McCulloch & Thomas Cannon*

## Session 5



*Session 5 Swimmers – Molly Cannon & Ben Skinner*

- Event 221 Girls 11 -14 200m Breaststroke – Molly Cannon
- Event 223 Girls 11-14 100m Backstroke - Aimee Watson
- Event 224 Boys 11-14 50m Breaststroke – Matthew Garrity & Ben Skinner
- Event 225 Girls 11-14 400m Individual Medley – Molly Cannon
- Event 226 Boys 11-14 400m Freestyle – Matthew Garrity

First race of the afternoon featured Molly Cannon in the 200m Breaststroke. A good solid swim form Molly finishing 14<sup>th</sup> overall out of 40 competitors.

Next was Aimee Watson in the 100m Backstroke, taking over 3 seconds off her Personal Best, Aimee moved up from 31<sup>st</sup> position to 10<sup>th</sup> and qualifying for the final.

It was then over to the boys with Matthew Garrity and Ben Skinner both competing in the 50m Breaststroke. A great effort from Ben seeing him finish just outside his Personal Best, Matthew also fished just outside his Personal Best in a time of 33:16 which was good enough for him to qualify in 2<sup>nd</sup> position for the final.

It was then back to Molly Cannon for the 400m Individual Medley. Always a hard event for competitors, Molly put in a massive effort finishing in 15<sup>th</sup> position out of 24 swimmers.

Last individual swim of the session was Matthew Garrity in the 400m Freestyle. After an initial fast start Matthew settled in to a steady pace which he maintained until putting in a last 50m sprint to finish 8<sup>th</sup> overall setting a new Personal Best of 4:36:61.

## **Day 2 Session 6 - Finals**

First finalist of the night was Aimee Watson in the Girls 11-14 100m Backstroke. Having been seeded 31<sup>st</sup> for the event a great swim in her Heat saw Aimee move up to 10<sup>th</sup> position overall and she was keen to replicate this form in the Final. With a good start over the first 50m, Aimee was very much in the thick of the race and held on to finish close to the leaders, but unfortunately unable to improve on her 10<sup>th</sup> position. A great effort from Aimee throughout the day resulting on an overall improvement in her Personal Best of 3.09seconds in a time of 1:10:94.

Last finalist of the day was Matthew Garrity in the Boys 11- 14 50m Breaststroke. Having already secured an 8<sup>th</sup> place in the 400m Freestyle in the afternoon session, Matthew had to recover from the exertion's of this distance event and get ready for the 50m sprint. A very competitive race was anticipated and it did not disappoint with Matthew finishing in 4<sup>th</sup> position just outside his own Personal Best

### **Coach Comment**

Day 2 of Nationals and a mixed bag of results today. Highs and lows are part of the journey and it's what you learn from these ups and downs that's important. Growth mind set and resilience are key to improvement and development. With a couple of days of racing remaining it is important that lessons are learned and swimmers put disappointments behind then and focus on upcoming events.