

Scottish National Age Group Championships 30 March 2018

Session 7



Session 7 Swimmers – Nathan Gemmill, Kian McNelis & Thomas Cannon

- Event 301 Mens 15 & Over 200m Backstroke - Thomas Cannon
- Event 305 Mens 15 & Over 100m Breaststroke - Thomas Cannon & Nathan Gemmill
- Event 307 Mens 15 & Over 1500 Freestyle – Kian McNelis
- Event 309 Girls 14-16 4x100m Freestyle Relay- Molly cannon, Ashleigh Blyth, Emily Lightfoot, Aimee Watson

First event of the day, was the Mens 15 & over 200m Backstroke with Thomas Cannon competing for Inverclyde. Using this event as a warm up for his favoured 100m Breaststroke later this morning, Thomas put in a good technical swim finishing just outside his Personal Best. Time now to recover for his next race.

Event 305 Mens 15 & over 100m Breaststroke had 2 Inverclyde swimmers competing; Nathan Gemmill and Thomas Cannon. This was Nathan's first individual swim of the Championships and he set off at a really fast pace, completing the first 50m in 35.56 seconds. Up against some strong opposition, it was always going to be difficult to maintain this pace and fading slightly towards the end Nathan finished just outside his Personal Best in 23rd position.

It was then over to Thomas completing in his favoured stroke over 100m. Seeded 16th Thomas had targeted this event knowing that improvement on his Personal Best was realistic. Similar to Nathan, Thomas started really fast completing the first 50m in 31.94 seconds. As the race continued Thomas started to fade slightly, paying the price for his early effort, however he managed to hold on enough to finish in 7th place qualifying for the final, with an improvement of 0.99seconds on his Personal Best.

Next up was Kian McNelis in the Mens 15 & Over 1500m. Long distance events are always hard, even more so when they are Long Course in a 50m pool. Seeded 7th for the event, Kian got off to a good start instantly settling into a steady race pace. Averaging 36seconds for each 50m, Kian maintained this right to the last 50m where a sprint for the finish saw him increase to 32seconds. Finishing in a time of 18:05:01, Kian earned himself a 6th place overall and with a new Long Course Personal Best. Excellent pacing in this race was key to Kian's success.



Session 7 Relay Swimmers – Ashleigh Blyth, Aimee Watson Molly Cannon & Emily Lightfoot

The final swim of the morning was the Girls 11-14 4x100 Freestyle Relay. Competing for Inverclyde was; Molly Cannon, Ashleigh Blyth, Emily Lightfoot and Aimee Watson. Seeded 35th for this event the girls knew that they were up against some really strong opposition.

First off was Molly who gave the girls a great start completing her 100m in 1:04:99, it was then over to Ashleigh who continued the strong performance finishing her swim leg in 1:07:35. Emily then took over and powered through her 100m finishing in 1:04:21. The final leg was then with Aimee, who was able to hold the pace that she set in her first 50m and finish in a time of 1:02:60. This gave the girls an overall time of 4:19:15 which is an improvement on their previous Personal Best of 8.15seconds. A great result for the girls which moved them up to 21st position out of 35.

Coach Andrew Hemphill was delighted with the fantastic team performance of the girls' relay team, yet another highlight of the Championships.

Head coach Shirley Reford noted the importance of race practice and good recovery between events which is becoming evident as the championships progress, with some of the swimmers suffering from a lack of long course practice in recent months.

Session 8



Session 8 Swimmers – Aimee Watson, Molly Cannon, Ben Skinner & Matthew Garrity

- Event 324 Girls 11-14 50m Freestyle – Molly Cannon & Aimee Watson
- Event 325 Boys 11-14 100m Breaststroke – Matthew Garrity & Ben Skinner
- Event 326 Girls 11-14 200m Butterfly – Molly Cannon
- Event 327 Boys 11-14 1500m Freestyle – Matthew Garrity

Inverclyde's first race of the afternoon was the Girls 11-14 50M Freestyle featuring Molly Cannon & Aimee Watson. A full event with 39 swimmers in the 14 year old category. Up against strong opposition, Molly finished in a time of 29.63 seconds matching her Personal Best giving an overall 26th position. Aimee managed an improvement of 0.86 seconds on her Personal Best with a time of 28:47 seconds which was good enough to earn her a place in the final.

The Boys 11-14 100m Breaststroke featured Ben Skinner and Matthew Garrity. Ben got off to a flying start completing his first 50m in 40:07. A slightly slower 2nd 50m gave Ben an overall time of 1:25:69, just outside his Personal Best. Next up was Matthew, seeded 2nd for this event he had high expectations for a good result. A fast 34:47 seconds for his first 50m gave Matthew a great footing in the race and he was able to hold on win the heat in a new Personal Best of 1:12:90 and qualifying for the final in 1st position.

Molly's second race of the afternoon was the Girls 11-14 200m Butterfly. A technically challenging event, this was always going to be a difficult race for Molly. A great start put her in the thick of the race and although it was always going to be hard to maintain her early pace, Molly put in a big effort especially in the final 50m heading to the finish. Originally Seeded 18th for this event, Molly finished in a time of 2:46:58, a new Long Course Personal Best and achieving an improvement in her overall standing moving her up to 15th position.

The final race of the afternoon was the Boys 11-14 1500m Freestyle featuring Matthew Garrity. After a frantic first 50m Matthew quickly settled in to a steady pace averaging 36 seconds for each 50m. Matthew started to increase the pace with 100m to go and finishing strongly in 4th place with a new Personal Best of 17:55:26.

Session 9 - Day 3 Finals



Session 9 Swimmers – Aimee Watson, Thomas Cannon & Mathew Garrity

Inverclyde's first final of the day was Aimee Watson swimming in the Girls 11-14 50m Freestyle. Similar to her heat, Aimee got off to a great start putting in a huge effort against a really strong group of swimmers. Finishing in a time of 28:62 seconds, Aimee achieved a fantastic 8th position with an overall improvement of 0.86 seconds on her Personal Best over the course of the day.

The club's second final of the day had Matthew Garrity in the Boys 11-14 100m Breaststroke. This is a favoured event for Matthew, and he was ready to go. Off to a flying start, Matthew completed his first 50m in 34seconds and pushed hard in the second half of the race to finish in 2nd place with a new Personal Best of 1:11:65 and setting a new West District Record.

Swimming in our last final of the day was club captain Thomas Cannon. Like Matthew, this is one of Thomas' favourite events and he was completely focused on his race. Thomas powered through the first 50m turning in a time of 33:01 seconds. Maintaining his fast pace into the second half of the race, allowed Thomas to finish in 1:09:38 earing him a very respectable 8th position overall.

Coach Sarah Reford stated, "What a fantastic day we've had and it's great to see three more swimmers making it to the finals. One thing that particularly stood out was that our starts today were fantastic! It gave the swimmers a great opportunity to try to beat their Personal Bests, looking for to more of the same tomorrow."