

# Scottish National Age Group Championships 2018

Representatives of Inverclyde Amateur Swimming Club (IASC) recently competed in the Scottish National Age Group Championships at Tollcross International Swimming Centre, Glasgow.

Over the course of the 5 day event IASC had 21 swimmers competing in 45 individual swims in addition to the 13 relay swims. Over the recent years the club has continued to improve with this year more swimmers than ever achieving the standard required to compete at National level.

Throughout the gruelling Championships IASC swimmers performed to their very best with Personal Bests being achieved in both individual and relay competitions.

In addition to numerous performances in Prelim heats there were a number of IASC swimmers who earned places in the evening finals. Up against the very best in the country our swimmers achieved high placed finishes include 2 medallists.

In the Girls 11-14 years age group Aimee Watson won Gold in the 50m Breaststroke, Silver in 100m Breaststroke and Bronze in the 100 Butterfly.

In the Boys 11- 4 years age group, Matthew Garrity won Gold in the 200m Breaststroke and Silver in the 100m Breaststroke.

Over the 5 days of the Championships all of our swimmers showcased the results of the hard work that they have put in throughout the year. They have been a perfect example of how hard work and effort can get you to the top level of performance against the best in the country.



Front Row - Alistair Currie, Lyall Black, Lewis Gray, Matthew Garrity, Darren Macleay, Aaron Gray, Molly Cannon, Aimee Watson, Ashleigh Blyth, Sarah Reford (coach)

Back Row - *Kyara Findlay (Coach) Emily Lightfoot, Thomas Cannon, Ben Skinner, Lauren Macleay, Kian McNelis, Sam Sharkey, Adam Brooks, Sean Fisher-Keogh, Nathan Gemmill, Andrew Hemphill (Coach).* Missing from the photograph is Jay Keith, Fraser McCulloch, Lewis McCulloch, Joe McCallion and Shirley Reford (Head Coach)

# IASC EVENT SCHEDULE

**Adam Brooks** (Boys 11-14 Years) - 100m Backstroke

**Ashleigh Blyth** (Girls 11-14 Years) - 50m Butterfly

**Molly Cannon** (Girls 11-14 Years) - 100m Freestyle, 50m Breaststroke, 200m Breaststroke, 100m Backstroke, 400m Individual Medley, 50m Freestyle, 200m Butterfly, 200m Individual Medley, 100m Butterfly, 100m Breaststroke, 50m Butterfly

**Aimee Watson** (Girls 11-14 Years) - 100m Freestyle, 50m Breaststroke, 100m Backstroke, 50m Freestyle, 100m Butterfly, 50m Backstroke, 100m Breaststroke, 50m Butterfly

**Matthew Garrity** (Boys 11-14 Years) - 200m Breaststroke, 50m Breaststroke, 400m Freestyle, 100m Breaststroke, 1500m Freestyle, 400m Individual Medley, 200m Individual Medley, 800m Freestyle

**Ben Skinner** (Boys 11-14 Years) - 100m Backstroke, 50m Breaststroke, 100m Breaststroke, 50m Backstroke

**Nathan Gemmill** (Mens 15 & Over) - 100m Breaststroke

**Kian McNelis** (Mens 15 & Over) - 1500 Freestyle, 200m Freestyle, 400m Individual Medley, 800m Freestyle

**Lauren Macleay** (Womans 15 & Over) - 200m Backstroke, 100m Backstroke, 50m Backstroke

**Thomas Cannon** (Mens 15 & Over) 100m Backstroke, 200m Breaststroke, 50m Breaststroke, 200m Backstroke, 100m Breaststroke

## **Boys (14-16 Years) 4x200m Relay**

Team A - Sam Sharkey, Nathan Gemmill, Matthew Garrity & Kian McNelis

Team B - Aaron Gray, Sean Fisher-Keogh, Ben Skinner, Adam Brooks

## **Boys (11-13 Years) 4x100m Freestyle Relay**

Lewis Gray, Darren Macleay, Jay Keith & Alistair Currie

## **Girls (14-16 Years) 4x100m Medley Relay**

Ashleigh Blyth, Aimee Watson, Molly Cannon & Emily Lightfoot

## **Boys (14-16 Years) 4x100m Medley Relay**

Team A - Matthew Garrity Nathan Gemmill, Kian McNelis & Sam Sharkey

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

## **Mens (17 & Over) 4x100m Medley Relay**

Joe McCallion, Fraser McCulloch, Lewis McCulloch & Thomas Cannon

## **Girls (14-16 Years) 4x100m Freestyle Relay**

Molly Cannon, Ashleigh Blyth, Emily Lightfoot, Aimee Watson

## **Mens (17 & Over) 4x100 Freestyle Relay**

Thomas Cannon, Fraser McCulloch, Lewis McCulloch & Joe McCallion

## **Boys (14-16 Years) 4x100m Freestyle Relay**

Team A - Nathan Gemmill, Matthew Garrity, Kian McNelis & Sam Sharkey

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

## **Girls (11-14 Years) 4x200m Freestyle Relay**

Aimee Watson, Ashleigh Blyth, Emily Lightfoot & Molly Cannon

## **Boys (11-13 Years) 4x100m Medley Relay**

Jay Keith, Darren Macleay, Lewis Gray & Alistair Currie

# RACE REPORTS

## Day 1 - Wednesday 28<sup>th</sup> March 2018

IASC's first event was Lauren Macleay in the 200m Backstroke in which she achieved a Long Course PB (Personal Best) in a time of 2:35.00.

Thomas Cannon swimming in the 100m Backstroke also set a new Long Course PB (Personal Best) of 1:05.32

Next up was Thomas in the 200m Breaststroke, a great performance achieving his second PB of the day finishing in 2:31.71 and qualifying for the Final. In the evening final Thomas got off to a good start finishing in 6<sup>th</sup> place with a new PB of 2:27.89, an overall improvement of 4:29 seconds.

IASC were then able to demonstrate the current strength of the club with 2 teams featuring in the 4x200m Freestyle 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 25<sup>th</sup> position overall and Team A finishing in 15<sup>th</sup> position and setting a PB time of 8:51.12

Competing in the 100m Backstroke was Ben Skinner and Adam Brooks, with both swimmers achieving Long Course PB of 1:15.89 for Ben and 1:14.29 for Adam

Aimee Watson and Molly Cannon were then racing in the girls 100m Freestyle, with both girls achieving new Long Course PB, with Aimee finishing in 1:03.48 and Molly in 1:05.01.

Matthew Garrity swimming in the 200m Breaststroke got his Championships off to a great start qualifying for the final in 1<sup>st</sup> position and setting a new West District Long Course Record of 2:37:86. In the final Matthew finished in a time of 2:35:85, claiming a Gold Medal with 1<sup>st</sup> place and breaking his own West District Record.

Aimee Watson and Molly Cannon were then completing against each other over 50m Breaststroke. Both girls achieved PB's with Aimee qualifying for the Final in 3<sup>rd</sup> position and Molly placed in 11<sup>th</sup> position. In the evening, improving her time further Aimee won the Gold Medal finishing in 1<sup>st</sup> place in a time of 34:60 seconds.

The last heat of day 1 had Lewis Gray, Darren Macleay, Jay Keith & Alistair Currie competing in the 4x100m freestyle relay. A great performance from the boys saw them finishing in 12<sup>th</sup> position overall setting a new PB time of 4:47:45.



**Day 1 Medallists - Aimee Watson & Matthew Garrity**

## Day 2 – Thursday 29<sup>th</sup> March 2018

Lauren Macleay completing in the 100m Backstroke. Finishing with a Long Course PB in a time of 1:10:41.

Thomas Cannon swimming in the 50m Breaststroke, continued to show good form, equalling his PB of 31:96.

Girls 4x100m Medley Relay Team Ashleigh Blyth, Aimee Watson, Molly Cannon & Emily Lightfoot put in a massive performance beating their PB by 3.97 seconds.



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

IASC had 2 teams competing in the boys 4x100m Medley Relay. Both teams achieving PBs with Team B (Lyall Black, Adam Brooks, Sean Fisher-Keogh and Ben Skinner) finishing in 4:52:90 and Team A (Matthew Garrity, Nathan Gemmill, Kian McNelis and Sam Sharkey) finishing in 4:29:80.

Mens 17 & Over 4x100m Medley Relay Team consisted of Joe McCallion, Fraser McCulloch, Lewis McCulloch & Thomas Cannon. Great performances by the team resulted an overall improvement of 4.48 seconds to give an overall 6<sup>th</sup> position finish.



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

Molly Cannon in the 200m Breaststroke finished in 14<sup>th</sup> position overall out of 40 competitors. Aimee Watson in the 100m Backstroke, taking over 3 seconds off her PB and qualifying for the final. A massive effort in the final allowed Aimee to hold on to her 10<sup>th</sup> position overall.

Matthew Garrity and Ben Skinner in the 50m Breaststroke swam well with Matthew qualifying for final. Matthew performed well in the final finishing in 4<sup>th</sup> position.

Molly Cannon for the 400m Individual Medley finished in 15<sup>th</sup> position out of 24 swimmers.

Matthew Garrity in the 400m Freestyle swam a very controlled race finishing in 8<sup>th</sup> overall setting a new PB of 4:36:61.

### **Day 3 – Friday 30<sup>th</sup> March 2018**

Thomas Cannon's next event was the Mens 15 & over 200m Backstroke following which was the Mens 15 & over 100m Breaststroke with Nathan Gemmill and Thomas Cannon. Nathan's first individual swim of the Championships and he swam well finishing in 23<sup>rd</sup> position. Thomas' great performance saw him qualify for the final in which he finished in 8<sup>th</sup> position.

Kian McNelis swimming in the in the Mens 15 & Over 1500m earned himself a 6<sup>th</sup> place overall and with a new Long Course Personal Best.

Competing for Inverclyde in Girls 11-14 4x100 Freestyle Relay was Molly Cannon, Ashleigh Blyth, Emily Lightfoot and Aimee Watson. Seeded 35<sup>th</sup> for this event the girls knew that they were up against some really strong opposition. A massive effort from the girls resulted in them moving up from 35<sup>th</sup> to finish in 21<sup>st</sup> position

Molly Cannon & Aimee Watson were then swimming in the Girls 11-14 50m Freestyle with Molly matching her PB and Aimee setting a new PB to earn her a place in the final. In the final up against a really strong group of swimmers, Aimee finished in 28:62 seconds in 8<sup>th</sup> position.

The Boys 11-14 100m Breaststroke featured Ben Skinner and Matthew Garrity. Ben finished in an overall time of 1:25:69, Matthew in a time of 1:12:90 qualified for the final. In the evening Final Matthew finished in 2<sup>nd</sup> place with a new Personal Best of 1:11:65 and setting a new West District Record.

Molly Cannon in the Girls 11-14 200m Butterfly finished in a time of 2:46:58, a new Long Course PB.

Matthew Garrity in the Boys 11-14 1500m Freestyle finished strongly in 4<sup>th</sup> place with a new PB of 17:55:26.

### **Day 4 – Saturday 31<sup>st</sup> March 2018**

In the Men's 15 & over 200m Freestyle Kian McNelis finished in a time of 2:09:05 in 13<sup>th</sup> position overall. Kian also swam in the 400m Individual Medley, finishing in 19<sup>th</sup> overall with a very respectable time of 5:23:31.

Lauren Macleay in the Women's 15 & Over 50m Backstroke improved on her 17<sup>th</sup> position to finish 14<sup>th</sup> position overall.

Swimming in the Men's 17 & over 4x100m Freestyle Relay was Thomas Cannon, Fraser McCulloch, Lewis McCulloch & Joe McCallion who finishing in an overall time of 3:57:75 was a massive 5:35 second improvement on their PB.

Again IASC had 2 teams in the Boys 14 -16 age group swimming in the 4x100m Freestyle Relay. Inverclyde were able to field 2 teams for this event;

Team B had an overall time of 4:14:94 which was a very impressive 5:35 seconds improvement on their PB. Team A had an overall time of 3:57:55 an unbelievable 8.22 second improvement on their previous best which moved them up from 23<sup>rd</sup> to 13<sup>th</sup> position overall.



*Team A - Nathan Gemmill, Matthew Garrity  
Kian McNelis & Sam Sharkey*



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

Molly Cannon competing in the Girls 11-14 200m Individual Medley finished in an overall time of 2:39:00 and moved her up to 21<sup>st</sup> position.

Girl's 11 – 14 100m Butterfly featured Molly Cannon & Aimee Watson. Molly finished in 22<sup>nd</sup> position in a time of 1:13:55. Aimee finished in a time of 1:09:62, which moved her up to 6<sup>th</sup> position and qualifying for the final. Aimee put a massive effort into the final and managed to secure 3<sup>rd</sup> place and Bronze Medal with a new PB of 1:07:81.

Aimee also swam in the Girl's 11-14 50m Backstroke, a powerful performance over this short distance gave Aimee a time of 34:11 and moving her up to 20<sup>th</sup> position overall.

The Boy's 11-14 400m Individual Medley featured Matthew Garrity. Finishing with an improvement of 2:65 on his Personal Best, in a time of 5:07:85 earned Matthew 4<sup>th</sup> position overall.

### **Day 5 - Sunday 1<sup>st</sup> April 2018**

Kian McNelis swimming in the Men's 15 & Over 800m Freestyle, finishing in a time of 9:26.87 was a great performance from Kian showing brilliant endurance to perform well in such a tough event on the fifth day of competition.

Girl's 14-16 4x200 Freestyle relay with the Inverclyde girls; Molly Cannon, Emily Lightfoot, Ashleigh Blyth & Aimee Watson swimming together for the last time as a relay team at this year's championship. They finished with an overall time of 9:35.71, a fantastic 9.95 second improvement on their entry time.

Matthew Garrity was up first in the last session of heats in the 200m IM. A good swim and a new PB saw Matthew qualifying for the final in 4<sup>th</sup> place. With another solid swim and another PB in a time of 2:23.69 Matthew finished in 4<sup>th</sup> place.

Molly Cannon and Aimee Watson in the Girl's 11-14 100m Breaststroke. Molly achieved a new PB and qualified for the final. Aimee also achieved a PB and qualified for the final. Both girls swam well in the final with Aimee managing another PB in a time of 1:16.41 in 2<sup>nd</sup> position earning her a Silver Medal.

Ben Skinner represented IASC in the Boy's 11-14 50m Backstroke Swimming in his last individual swim of the Championships Ben finished in a time of 33:91 which was enough to secure 21<sup>st</sup> position overall out of a group of 30 competitors.

The Girls 11-14 50m Butterfly had Ashleigh Blyth, Molly Cannon & Aimee Watson all competing for IASC

Ashleigh, seeded 29<sup>th</sup> for this event, knew that there was real potential for improvement. A strong performance over the 50m sprint resulted in a new Personal Best of 32.17 seconds which moved her up the overall standings to 18<sup>th</sup> position.

A good start kept Molly in the race all the way to the wall, with a very impressive finish time of 33.03 seconds.

Aimee powered through her heat with a time of 30.73 seconds which qualified her for the final. A very impressive swim in the final resulted in Aimee finishing in a time of 30.73 seconds in 5<sup>th</sup> position overall.

IASC's last individual swim was the Boys 11-14 800m Freestyle featuring Matthew Garrity who put in an excellent endurance performance to finish with a new PB of 9:26.06 and 5<sup>th</sup> position overall.

The last relay race of the Championships was the Boys 11-13 Medley Relay Team; Jay Keith, Darren Macleay, Lewis Gray & Alistair Currie. A great performance throughout the team gave the boys an overall time of 5:30.29 and a 3.07 second improvement on their PB.