

## West District Sprints and Relays 29/30 Aug 2015

Last weekend saw the first of the West District Meets for this season swimming calendar and North Ayrshire Amateur Swimming Club had 17 of their top swimmers taking part, a great achievement in itself for a small club. This popular event was held at the Citadel Swimming Pool in Ayr and attracted clubs from all over the West District area from Oban to Dumfries. These exciting two days were for 50m swims and 100 Individual Medley, with a few thrilling age group relays to mix things up. The 50m events are very popular as the swimmers don't get to compete at this distance very often and the relays are incredibly fast and noisy!

Medals from the two days were: Glen Duffy (16) Largs, secured a bronze medal in his favourite butterfly stroke and John Wright (18) Burnhouse also bronze for fly in his age group which is 17yrs and over.

All 17 swimmers were in great form considering they are just getting back into training after the holidays. Rachael Grant (12) from Beith secured new PB's in every one of her events as did Jack Commins (14) Kilmarnock, Abby Kane (12) Largs and John Wright (18) Burnhouse.

In the boys 13-14yrs medley relay the North Ayrshire team of Rory Dickson, Evan Clark, Connor Tarran and James Marshall secured a silver medal for their efforts and were narrowly pipped for the bronze in the freestyle relay.

Head Coach Sharon Welsh was pleased with her teams overall performance so early in the season and hopes this will continue to improve over the coming months.

## North Ayrshire ASC Distance Meet 5/6 Sept 2015

Last weekend Auchendarvie Swimming Pool was busy with swimmers from over 15 clubs as they competed in the longer distance events from 200m to 1500m. North Ayrshire ASC had 16 swimmers competing at this event and 51 out of a total of 66 swims were PB's. Highlights from this popular meet were: A double celebration for the Dickson brothers Andrew (17) and Rory (13) Glengarnock both taking gold in the 200 breaststroke in their age groups, Rory also won gold in the 200 freestyle in the 13yrs age group. Evan Clark (13) Stevenson won silver in the 200 IM. Glen Duffy (16) Largs secured gold in the 200 butterfly, silver for 200 back and bronze for his 200 IM. Rachael Grant (12) Beith was flying leaving the other swimmers trailing in her wake with huge PB's in every event and a gold medal for 200 fly, silver for 200 IM and bronze for 200 back and 200 free. Ross Hughes (17) Ardrossan secured gold medals in his age group for 200 IM and 200 back and silver in 200 freestyle. Fraser Kelly

(12) Largs was swimming well and earned himself a gold medal in the 200 butterfly with a huge 14 second PB. He also secured gold in the 200 freestyle. Adan Kirkwood (16) Kilwinning secured a medal and PB in all his five events, silver for 400 IM and bronze for 800 free, 400 free, 200 fly and 200 free. James Marshall (14) Largs was in great form with a full house of PB's and a silver medal for his 200 breast and bronze for 200 IM and 200 back. Sophie McCaw (16) gained a bronze medal for her 200 back stroke swim. Callum Reid (13) Dalry was also on great form securing new PB's in all events including the gruelling 1500m freestyle. Connor Tarran (13) Fairlie is back on form with five new PB's and gold medals for 200 IM, 200 back and 200 fly. He also won silver for 200 breast. John Wright (18) Burnhouse made a clean sweep in his events securing gold in every one! These were 800 free, 400 free, 200 fly and 200 free so a big well done to him.

Head coach Sharon Welsh was delighted with the results and the high number of improved swims from all the swimmers who took part.