



Andrew Sutherland (9)

Gina Allan (14)

Julie McClymont (15)

Amy MacPherson (15)

John Wright (16)

DATES FOR DIARY

June Newsletter

Hi Welcome to our last newsletter before the summer break! It has been a busy few weeks – hardly time to draw breath! Since our last newsletter we have had the Junior Meet, two West Districts: West District 3 In Dumfries and West District 4 in East Kilbride, Round 3 of the Mini League at Dumbarton, the Second Round of the Grand Prix in Edinburgh and as we go to press the Final of the Clyde Coast Mini League at Ayr and our Sprint Championships! It is good to see - Catriona Fowle back in the pool again now that her casts have been removed.

NORTH AYRSHIRE JUNIOR MEET 4/5 MAY

Twenty nine swimmers from the Club took part and many medals and personal bests were achieved over the weekend. Thanks to all those parents and volunteers who rallied together to make it a successful profitable meet. Pictured below are some of the swimmers who took part.



**16/17 JUNE AT
AUCHENHARVIE**

**24 HR SPONSORED
SWIM IN MEMORY OF
MARK HUGHES TO
RAISE FUNDS FOR
EWING SARCOMA
CHARITY
PLEASE SEE CATRIONA
CAMPBELL OR ANY
COMMITTEE MEMBER
FOR FURTHER
INFORMATION**

Mini League Round 3 at Dumbarton

Nineteen of our junior swimmers travelled to Dumbarton to compete in Round 3 of the Mini League on 19 May. West Dunbartonshire were the host club drawn against North Ayrshire, Rutherglen and Clydebank. This was a crucial round and the swimmers pulled out all the stops and kept the pressure on Rutherglen who won the round by 1 point - Rutherglen 188, North Ayrshire 167, West Dunbartonshire 95 and Clydebank 36. An agonising wait but North Ayrshire scored enough match points to make the final on 9 June! Well done!



A WORD FROM A SENIOR SWIMMER

I asked Jennifer King if she could keep a diary of her time at the Sainsbury's UK School Games. The Games were held at London Aquatics Centre on Wednesday 9 May -- with training days beforehand. The format was just like a Mini Olympics with Opening and Closing Ceremony with all the disciplines being there. There were six teams four from England, two from Scotland and one from Ireland and Wales. Jennifer, who just turned 14, was picked by Scottish Swimming to be part of 18 swimmers (8 boys and 10 girls - 15 & Under) representing Team Scotland North West. The team met up at Glasgow Airport and travelled down together

Jennifers UK School Games Diary

Sunday 6 May

We got off the plane at London City. I was really excited at this point seeing all the Irish swimmers etc. We got on a bus back to our hotel and met up with the rest of Team Scotland. We got to chat downstairs for a while and then we were allocated our rooms. I was sharing with my friend Rhianna Gilkes REN 96 so I was so happy! We had some rest time before we left for the Opening Dinner which was amazing! Olympians like Lord Coe gave really inspiring speeches! The dinner was a good laugh. We could tweet about the Games and it would come up on the big screen. They also took team photos of all the teams from all sports and showed them. Good start to the four days though!

Monday 7th Woke up for breakfast at 8, was good food actually! Alison (Lowe) gave us a Team talk after Who's the Coach. She told us our swims and gave us a motivational talk. I was surprised to get the 100 Free relay swim. We went for a training session at a 25 m

leisure centre pool. The session was so hard, fast pace freestyle set. I enjoyed it though. After the 2 hr training two motivational speakers gave us a talk and let us ask questions. We're just back from the Excel Centre, was watching all the other sports. The boys volleyball was good! We had a talk from Olympic athletes like Lynn Campbell and others it was really helpful!

Tuesday 8th

Breakfast was an hour earlier this morning. Was still half asleep when we got there haha! Training was so hard, was a huge threshold set, although we managed. We spoke to the Irish when we got out of training. Roste always asked them to say curlywurlly haha!

We met up with the South East team after which was fun. Right now me and Rhianna are just sitting in the room. We're going to the Excel Centre later!

Just about to go to bed, been given our swim kit! Really excited for tomorrow, 10,000 watching! We spoke to the Irish 1st tonight and got beat at table football haha! Our last team talk was tonight and we're off to bed.



Jennifer swimming 200 Backstroke

Wednesday 9th

Up at five! Ready to head off to the Olympic pool for a second time. We got there at sevenish and completely skipped security but I'm not sure why? When we got on

poolside, our Team Manager climbed all the way to the top of the spectating seats (214 steps) to take a photo! We all painted each other in Scottish colours, tattooed Scottish flags on and everything! The warm up was good, felt amazing to be back in the pool again. I was all ready for racing. My first swim was 400 IM. I swam alright, was just off my PB! Had to run back round to the call room for the 100 free relay! The girls were still in the first call room so I had a bit of time.



Jennifer outside the Olympic Stadium

When we walked out to our Team name, it was amazing. Thousands of people cheering in the crowd! I hadn't done a relay in ages so I was excited. We came 6th! The lunch didn't look edible so we shared rolls and stuff. The first swim of the afternoon was the 200 free relay. I was the second leg. I did a 2:12 which I was really pleased with. Jess did a brilliant first leg which gave me confidence. My final swim was my 200 Back, which I was feeling good about. I put a couple of seconds on, but I still never came last haha! I got to swap swim caps with the Irish at the end which was good! We had to miss the Closing Ceremony because we were flying home. I was gutted, but the

Irish were on our bus to the airport and I made tons of new friends haha! At the airport, the 7 of us got a plate of wedges each and bought tons of food for the plane.

It was one of the best swimming experiences I've had by far! I'd love to get picked again next year!

Thank you Jennifer – for sharing your experience with us – it was really interesting to read and hopefully will inspire some of our younger swimmers to stick in at training and this could be their dream one day too!

DRUMLANRIG CHALLENGE

Andrew Dickson accompanied by his dad raised a splendid £300 towards funds for Lanzarote by cycling 64 miles from Dumfries to Drumlanrig and back to Dumfries! Andrew was one of the youngest competitors with over 350 people taking part. The Drumlanrig Challenge is held every year and this was Andrew's first time taking part. He completed the course in approximately 4 hours (with one puncture on route!) Well done to Andrew and Alan! Andrew hopes to take part in more cycling events in the future. Is this an annual event for Andrew and Alan? Here is a picture taken of the two with 15 miles to go!



Alan and Andrew Dickson at Drumlanrig Challenge

Well done for cycling 64 miles and raising such a grand total for Lanzarote funds!

WEST DISTRICT 3 SWIMMING CHAMPIONSHIPS

Nine swimmers travelled down to DG1 Complex in Dumfries and swam at the Group 3 Age Group Championships held over 2 days on 12/13 May. The Championships were attended by 28 clubs from all over the West District including Glasgow, Falkirk, Othens, REN98, Mlmgavle and Bearsden and Rutherglen.

Jennifer King was in excellent form getting 3 Gold Medals in 100 Freestyle and Backstroke and 200 IM and a Silver Medal in 800 Freestyle.

Emma Scully swam well to secure two Silver Medals in 200 IM (-3.87 sec PB) and 400IM (-4.28 sec PB), 4th in 200 Freestyle and 200 Butterfly (-1.58 sec PB).

Georgia Henry was on good form to obtain a Silver Medal in 400 Freestyle (-6.69 sec PB), two Bronze Medals in 800 Freestyle (with a -17.13 sec PB) and 400IM.

Liam Cairns came 4th in 200IM, and made the final of 100 Butterfly coming 4th. Craig Nisbet made the finals of 100 Backstroke coming 5th. Adam Kirkwood gained all Pbs and made the final in 100 Backstroke coming 4th, and made another final in 100 Butterfly coming in 6th place and 6th place in 200 Freestyle. Angus Dickson (13) of Glengarnock swam in five events and gained 3 Pbs.

For two Junior swimmers, Lewis Henry and Rory Dickson, both on trial with the Senior Squad, this was their first West District Championship. They both had a very successful weekend: Lewis came 6th in 200 Breaststroke (-3.96 sec PB), he made the final of the 100 Backstroke coming in 8th place (-2.51 sec PB), he came 8th in 200 Backstroke (with a fantastic -11.76 sec PB). Rory came 7th in 200 Breaststroke (with a massive -11.77 sec PB), 9th in 200 Backstroke. Louise Downie swam well in her two events gaining Personal Bests.

WEST DISTRICT 4 CHAMPIONSHIPS

Nine swimmers competed at the West District Group 4 Championships held at Dollan Aqua Centre, 50 metre long course pool, in East Kilbride on 26 and 27 May.

Graham Brown had a good weekend and swam well to pick up two Silver Medals in 100 and 200 Backstroke and two Bronze Medals in 200 Freestyle and 50 Backstroke (the exciting skin swim-off!) Jennifer King also swam well and scooped two Silver Medals in 200IM and 200 Butterfly. Ross Hughes made the finals in both his two swims coming 5th in 200IM and 6th in 200 Backstroke. Georgia Henry came 5th in

400IM, 9th in 200 Breaststroke and 10th in 200IM. Hannah Watson swam in two events and came 7th in 200 Breaststroke and 8th in 400IM. Liam Cairns came 7th in 100 Freestyle, and 9th in 100 Backstroke and 11th in 50 Backstroke. Julie McClymont came 10th in 800 Freestyle. John Wright came 10th in 100 Butterfly. Emma Scully, a relative newcomer to 50m long course events: had two swims coming 13th in 200 Butterfly gaining 2 PBs.



West District 4 swimmers

FORTHCOMING EVENTS

8 June - East Kilbride LC Training S1, S2 and S3

9 June - Mini League Final Citadel Ayr 4.35 pm Warm Up for 5 pm Start.

10 June - Androssan Highland Games 10 - 2 Senior Squad to help out.

10 June - Sprint Championships 4.15 pm - 6.15 pm at Auchanharvie

15 June - East Kilbride LC Training S1, S2, S3

16/17 June - Sponsored Swim at Auchanharvie in memory of Mark Hughes (6pm 16/6 to 8.15pm 17/6)

17 June Early morning cancelled Largs - now at Auchanharvie 8-9.30 am during sponsored swim

22 June - East Kilbride LC training S1, S2 and S3

26 June - 1 July - Scottish Nationals at Royal Commonwealth Pool, Edinburgh

1 July - Auchanharvie cancelled 4.15-6.15pm

17 July - 22 July - British Gas Nationals

22 July & 28/7 - Auchanharvie cancelled 4.15pm - 6.15pm

For July/August newsletter contributions by 17 August to Louise Scully. HAVE A GREAT SUMMER! KEEP SAFE - NO BROKEN BONES!