

◆ Swimming

Six of the best for Adam

THE first ever Fife Performance Junior Sprint Meet recently took place at Carnegie Sports Centre in Dunfermline, and Cupar & District Swimming Club were well represented with 18 young swimmers taking part.

A new and exciting addition to the swimming calendar, the FPSS Junior Sprint Meet is aimed at young swimmers under the age of 14 and attracted clubs from all over Scotland.

All strokes were swum over 50 metres with a 100m individual medley and 200m freestyle relay so the competition was fast and furious over the whole day.

The finale was a thrilling skins event, which the gallery and poolside thoroughly enjoyed and provided a great atmosphere to bring the meet to a close.

Personal best records were achieved by almost every Cupar swimmer, continuing the fantastic performances at recent meets.

Charlotte Williamson took 9.09 seconds off her entry time for the 100m IM, Lucy Robertson took 10.43 seconds off her 50m Freestyle, Oliver Carter took 8.66 seconds from his 100m IM and Murdo Denholm took 6.68 seconds off his 50m butterfly.

Charlotte also won a bronze medal in the 50m breast stroke.

Corrie Hay had a very successful day with a personal best swim in every one of her five swims and Catriona Cleary continued her run of personal bests with another three records, making it 10 in a row for her.

Top performance on the day again went to nine-year-old Adam Young, who won an amazing six gold medals and was awarded Most Outstanding Boy Trophy in the 8-9 years category.

Adam was also invited to take part in the last event of the day, the skins event, which was a

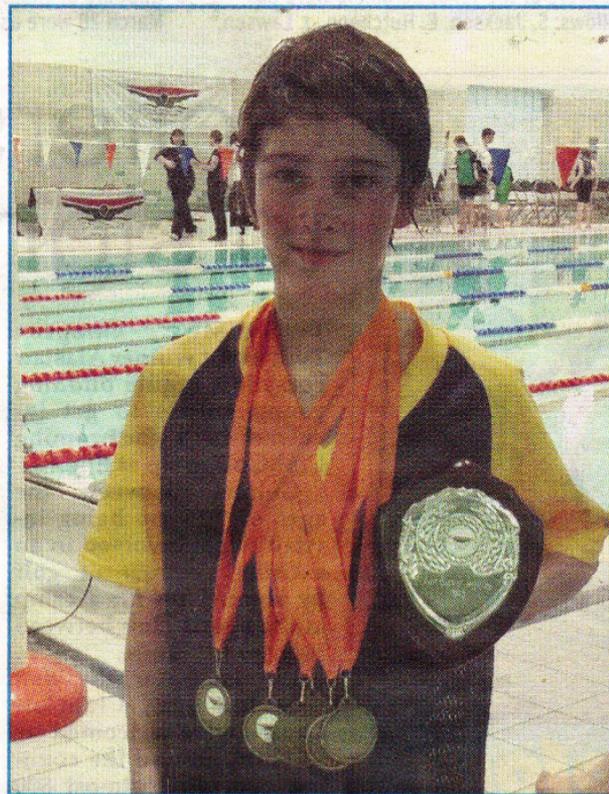
thrilling finish to the meet.

The top six swimmers in each age group compete in an elimination race, with the nominated stroke being randomly chosen out of a bag and the last to finish each round being eliminated until there is just one swimmer left. Adam finished a creditable fourth against 11-year-old boys.

The noisiest race of the day was left to the 10-11 year old boys' relay race where Cupar won gold, beating the second place team by over six seconds.

Cupar thoroughly enjoyed taking part in this inaugural event and look forward to this becoming a regular part of the competition calendar.

•New members are always welcome at Cupar & District Swimming Club. Contact swimmingcdsc@gmail.com or come along to Cupar Sports Centre at 8am on Saturday for a swimming assessment.



OUTSTANDING: Adam with his medal haul.