

RESULTS NOVICE LEAGUE ROUND 4 – MICHAEL WOODS CENTRE, GLENROTHES – 11TH MAY, 2014

Swimmer	Age Group	Event	Entry	Result	PB
Kiera Lorimer	9 & Under	25m Back	35.00	29.97	- 5.03
Marcel Badia	9 & Under	25m Back	32.45	28.98	- 3.47
Mia Anderson	9 & Under	25m Breast	36.77	31.36	- 5.41
Theo Ellis-Morton	9 & Under	25m Breast	36.81	29.48	- 7.33
Kate Dalglish (Flash)	9 & Under	25m Butterfly	25.78	21.76	- 4.02
Hannah Staal (Flash)	9 & Under	25m Freestyle	23.30	20.67	- 2.63
Owen Anderson	9 & Under	25m Freestyle	28.82	26.40	- 2.42
Abigail Cousins	10-12 Years	50m Back	52.88	51.91	- 0.97
Demi Corbishley	10-12 Years	50m Back	56.01	53.18	- 2.83
Isla Lorimer	10-12 Years	50m Back	57.65	52.75	- 4.90
Jock Robertson	10-12 Years	50m Back	58.33	57.29	- 1.04
Rowan Wingfield-Hayes	10-12 Years	50m Breast	52.91	52.16	- 0.75
Scarlett Ferris	10-12 Years	50m Breast	54.93	52.19	- 2.74
Danielle Ashford	10-12 Years	50m Breast	1.22.13	1.09.27	- 12.86
Oliver Goad	10-12 Years	50m Breast	1.01.98	59.68	- 2.30
Sophie Juskowiak (Flash)	10-12 Years	50m Butterfly	50.44	47.90	- 2.54
Grace Finlay	10-12 Years	50m Butterfly	55.77	1.02.64	
Inver Petrie	10-12 Years	50m Butterfly	1.10.03	1.05.44	- 4.59
Amy Anderson (Flash)	10-12 Years	50m Freestyle	43.18	41.38	- 1.80
Ebony Sharp	10-12 Years	50m Freestyle	44.24	45.41	
Jessica MacLeod	10-12 Years	50m Freestyle	57.32	44.93	- 12.39
Torin Ellis-Morton (Flash)	10-12 Years	50m Freestyle	46.20	42.69	- 3.51
Mia Anderson	9 & Under	50m Freestyle	51.28	48.74	- 2.54
Theo Ellis-Morton	9 & Under	50m Freestyle	58.81	50.33	- 8.48
Abigail Cousins	10-12 Years	100m Freestyle	NT	1.40.24	
Ebony Sharp	10-12 Years	100m Freestyle	1.41.88	1.39.53	- 2.35
Danielle Ashford	10-12 Years	100m Freestyle	1.57.03	1.50.45	- 6.58
Oliver Goad	10-12 Years	100m Freestyle	1.33.74	1.25.36	- 8.38
100m Individual Medley Relay					
Team	Swimmer	Stroke	Entry	Result	PB
Girls 9 & Under A	Kiera Lorimer	Backstroke	1.33.83	1.48.76	1st
	Mia Anderson	Breaststroke			
	Kate Dalglish	Butterfly			
	Hannah Staal	Freestyle			
Girls 10-12 Years A	Abigail Cousins	Backstroke	1.27.05	1.35.31	3rd
	Scarlett Ferris	Breaststroke			
	Grace Finlay	Butterfly			
	Amy Anderson	Freestyle			
Girls 10-12 Years B	Isla Lorimer	Backstroke	1.32.65	1.34.01	2nd
	Rowan W-Hayes	Breaststroke			
	Sophie Juskowiak	Butterfly			
	Ebony Sharp	Freestyle			

Girls 10-12 Years C	Demi Corbishley	Backstroke	1.55.96	1.40.76	7th
	Danielle Ashford	Breaststroke			
	Jessica MacLeod	Butterfly			
	Kate Dalglish	Freestyle			
Boys 10-12 Years A	Jock Robertson	Backstroke	1.27.92	1.46.39	5th
	Oliver Goad	Breaststroke			
	Inver Petrie	Butterfly			
	Torin Ellis-Morton	Freestyle			



Fourteen team members from Sunday morning waiting for the competition to start

The fourth and final Novice League of the year was held last weekend at the Michael Woods Centre in Glenrothes. Twenty-two swimmers competed in what was the best weekend of results for the team this year. Five swimmers picked up speed flashes for outstanding times and our girls once again shone in the relays.

We started off with all of the 25m events with every single swimmer setting a lifetime best and Kate and Hannah picking up speed flashes too with Kate also the fastest in her age-group. Theo took over seven-seconds off his time and placed 2nd in his age-group. In the 50m events our swimmers also produced some great races. The ever improving Isla Lorimer took nearly five-seconds off and won her heat, followed in second place by Demi Corbishley. Rowan and Scarlett placed first and second in their 50m Breaststroke winning valuable points for the club and both coming within a gnat's whisker of the flash time. Danielle set a great new PB in her race after a goggle and hat malfunction (they came off) still didn't stop her bravely swimming on.

In the 50m Butterfly, Sophie swam strongly to set a PB and pick up her second flash in two competitions. The 50m Freestyle races were an exciting affair with all of our kids swimming really well. Amy (Neep) Anderson produced a confident race to take off nearly two seconds and win a flash to boot. Ebony swam a strong heat and whilst not setting a new PB, placed well in her heat. Swimming up an age-group, nine-year-old Jessica MacLeod swam an outstanding twelve-second PB in a thrilling race where she showed real power and determination and is clearly one to watch

for the future. Torin took to the water for the boys and he too swam a fabulous race setting a PB and securing a Flash much to his delight.

Mia and Theo were selected to swim the 50m Freestyle and they both swam excellent races setting great new times proving they can race confidently at 25m and 50m as well. In the 100m Freestyle races all four of our swimmers set new lifetime bests with Oliver Goad in particular swimming a marvellous race to win his heat and age-group by a mile.

We finished the season with the relay events and as per usual they provided high levels of excitement for the spectators and swimmers alike. Our nine-and-under girls' team placed first by 0.04 of a second ahead of Carnegie. Kiera and Mia had set things off in the first 50m with Kate taking over some 7-8 metres down. She swam a ludicrously fast length of Fly to chase down and catch the other girls, giving Hannah a chance to win. Hannah powered away from the wall and she took a metre lead over the Carnegie girl but in the dying seconds the girl from Carnegie picked up her pace however Hannah managed to just touch her out with a strong finish to place the girls first.

The heats for the older girls were similarly exciting. The Cupar A and B teams raced in the final heat and what a heat it was. Our girls raced stroke for stroke against one another with Step Rock always just a few strokes ahead. The final length saw Ebony (surely exhausted from just recently finishing the 100m) and Amy set off on the last length. Step Rock still had the lead but both girls set off in pursuit with Ebony gaining all the time but the touch at the wall went to the St Andrews squad with the B team picking up second and the A team third. The Geordie Wotherspoon in September will see the squad come back together for the final event of the years Fife calendar of galas.

My thanks to Jane, Susan and Forrest for their help poolside and to the myriad of club volunteers who kept the events on track as we were the morning host club. Particular thanks to Alan Cousins who found out he was chief marshal for the morning and ended up wearing a headset and microphone more akin to a member of the secret service than our coaching team. Finally, well done to our kids and our parents who invest so much time in supporting all of the things we do.

Mark Laing
Lead Coach, Cupar and District Swimming Club
Monday 12th May, 2014

