

Extra pool time pays dividends for swimmers



Murdo Denholm, Lewis Baillie and Adam Young will compete at the national age group championships in Aberdeen this weekend.

The extra training hours undertaken by five young Cupar swimmers with North East Fife Performance has certainly paid dividends.

For the first time, Cupar and District Swimming Club will have five swimmers represented at the Scottish Nation Age Group Championships which takes place this week at the Aquatic Centre at Aberdeen Sports Village

Fourteen-year-old Lewis Baillie from Ceres is taking part in his third SNAGS competition and is looking forward to returning to the fantastic facility in Aberdeen.

For the other four swimmers, this will be their first time in a national competition.

Adam Young (11), a pupil at St Columbas Primary

School in Cupar, it will prove to be a busy debut in the competition – he has qualified for an amazing 10 events.

Murdo Denholm (13), also from Ceres, Corrie Hay (12) and Charlotte Williamson (11), are also taking part in their first national competition and are looking forward to the new challenge.

All five swimmers have been part of a new joint training venture with Step Rock, putting in extra hours in the pool with North East Fife Performance.

The squad was set up to give swimmers the best opportunity to progress to the next level, whilst retaining the local connection with their home club.

Both local swimming clubs have stated in the past about the benefits enjoyed by the link up.

Lifetime bests in Glasgow for Ollie

A young swimmer from Cupar and District Swimming Club was in Glasgow last week, competing in the 2015 British Para-Swimming International Meet.

Ollie Carter had another successful gala picking up three lifetime bests in 50m, 100m and 400m freestyle.

Cupar and District head coach, Mark Laing said: "Ollie will use the experience of this prestigious event to help him continue his progression toward higher placings."