



A word from the President

In this issue



process and thanks to our Treasurer, Charlotte Tucker, for introducing this far more efficient and streamlined process. This is a huge annual challenge and thank you also to our new Membership Secretary, Jill Robertson, who oversees the liaison with Scottish Swimming as part the annual renewal. A large proportion of the Club membership fee goes to Scottish Swimming and we also pay money across to the East District.

Note from the Treasurer

2018 subscriptions are due. Find out more on page 2

Head Coach Report

Find out Laurel's dates you can't miss, on page 2!

Warrender retain the Solripe Cup

East District success. Find out the results on page 3



We are well now into 2018 and already the Club is seeing a successful start by winning the Solripe Cup and Telfer Cup over three weekends of great competitive swimming at East Districts. This is very much a team effort and lovely to see so many swimmers winning medals and achieving personal bests at this stage of the season. We are all looking forward to more success over the next few months across all areas of the club including Masters and Water Polo, which again has seen national representation in recent team events.

Masters

Results from the Silver City Blues meet and fFocus on super fit triathlete Ben Sharp on page 9.

I was lucky enough to recently attend along with Laurel the welcome meetings with those parents who have had swimmers recently join the Benson squads. It brought back many happy memories when I started out on this journey with Emma, way back in 2009. At that time many of the pools we now use had not been built. Over the years we have seen many financial challenges as a club but with good working relationships with Edinburgh Leisure and the schools we have been able to manage to minimise increases in pool hire, which is the biggest cost to the club.

Water Polo

Congratulations to Eve Meadows and Gerri Stanley who were part of the Scottish Saltires team who travelled to Watford to take part in the U18 Girls Inter Regional Championships recently. Read more on page 8.



I have just mentioned a couple of our active volunteers, but as I mentioned at the welcome meetings the Club is highly dependent on volunteers and there are many roles that people can help with in the Club. Many of these roles are behind the scenes but are vital for the smooth running of the Club. Obviously a large number of volunteers are poolside and our STO Convenor, Richard Saunders, has been very active in progressing a number of individuals through the different stages of qualification and I know at the recent East Districts we saw more successful assessments - I am sure you will hear more about this from Richard.

There is so much going on in the Club and I would encourage everyone to look at the club website – www.swimwarrender.com as there is a vast amount of information available there to help you on the journey. There is also information about the Management Committee who oversee the Governance of the Club and please do feel free to contact any of us.

I am looking forward to the next few weeks as we have many local events coming up including the British Championships at the Royal Commonwealth Pool and our all important Development meets. As always, if you are looking for me you will more than likely see me in white, possibly blowing a whistle...

Jeremy Chittleburgh, President

Note from the Treasurer

The renewals of the annual membership fees are now well underway. Many thanks to everyone for embracing the new online payment system. In the main, this has been relatively painless and helps enormously with helping us see who has paid and is ready to be registered with Scottish Swimming. The 2018 membership fees include the Scottish Swimming registrations for the period from 1 April 2018 to 31 March 2019. These must be paid in advance to ensure our swimmers are properly insured and eligible to compete.

I mentioned before that there are two accounts that you are asked to pay into on an ongoing basis: one for training dues and another for meet fees or shop payments. Thank you to everyone who has changed their standing orders since I clarified this pre-Christmas. If in doubt, please send me an email.

The next batch of invoices should be emailed by the end of February. The system only allows for one address per swimmer. It has defaulted to one parent and if you would like it reassigned please let me know. Shortly after you enter your child for a meet the Club pays the entry fees on your behalf. We are therefore very grateful for your prompt settlement of the invoices.

Please send me an email at warrindertreasurer@gmail.com if you have any queries. I will answer as soon as the swim runs permit.

Charlotte Tucker, Treasurer

Note from the Head Coach

We have some exciting events coming up over the next few months, please put these dates in your diary!

- We will be running our Sport Relief Relay Challenge on the 11th March at Ainslie Park. This will involve all squads from the Benson's through to JAG and Age. Squads will form teams and challenge themselves to achieve a set distance in their allocated time slot, raising funds for the fantastic Sport Relief charity and the Club. More information will be circulated to your squad shortly.
- On the 28-29th April the Warrender Annual Junior Age Group Meet will take place at Prestonpans. This meet is an open meet for all swimmers ages 12/under to enter. Please keep this weekend free for your swimmers, and we need lots of parents to help out with this event too!
- The 2018 Warrender Baths Club Championships dates have been set, please put these in your diary! The Novice Championships (all Benson and Smith Squad swimmers) will take place on Sunday 23rd September at Ainslie Park. The Senior Club Championships will take place on Sunday 16th September (Ainslie Park) and Saturday 6th and Sunday 7th October (Glenrothes).
- After the success of our first Warrender Graded Winter Meet in December 2017, we are pleased to confirm that the event will go ahead again in December 2018, across the weekend of 15-16th. This meet is targeted at swimmers in the Wilkie / Age and National Squads.

You can find out more dates and meets specific to your squad by viewing the Club Calendar in the members section of the Warrender website. This will be updated regularly for each squad. Please ensure you respond to meet invitations by the specified deadline through the doodle poll sent out by your squad administrator. If you do not respond by the deadline your swimmer will not be entered in the meet. We are very lucky to have the time and energy of parent volunteers to act as squad administrators and if you can endeavour to respond by the deadlines then this makes their lives much easier!

Laurel Bailey
Head Coach

Save the Date!

Warrender Masquerade Ball
Saturday 26th May 2018
7pm til late

3 course dinner and dancing
Tickets £45 per person
Dress code: Black tie

Tickets will be available to buy soon for our spring Masquerade Ball. Held in the stunning Castle Ballroom of the Waldorf Hotel, you'll enjoy a wonderful evening out and a fabulous dinner in beautiful surroundings. Tickets can be bought either as a table of 10 or individually, but this is a great opportunity to get our squad parents together for a chance to relax, get to know each other better and meet new parents.

Further details will be sent out via Administrators soon but in the meantime please get the date in your diary!

Maggie

Warrender retain the Solripe Cup

A total of 139 swimmers took part in Round 3 of the 2017-2018 East District Age Group Championships at the Royal Commonwealth Pool across the first weekend of February! The team was made up with swimmers from eight different squads in the pathway; highlighting the depth of the Club's programme. It was an impressive performance from the team, culminating in the retention of the Solripe Cup, awarded to the Top Club across the Championships. Warrender were 400 points clear of the next Club in the team standings; a dominant display!

It was a convincing win for the Club, with some very strong performances from our younger athletes. Special mention must go to Rachel Saunders (13yrs), David Kernohan (13yrs), Natalie Jones (14yrs) and Archie Goodburn (17/over) who all won the Top Swimmer award in their age group after fantastic performances across all three rounds of the Championships. 14 year old Jamie Littlefield set a Scottish and District Record in the 50 Breaststroke, held previously by Olympian Craig Benson.

32 relay teams swam over the weekend, with 27 of those teams finishing in the Top 3, emphasising the strength and depth of the Club across all age groups. Across the course of the weekend, Warrender achieved a tally of 28 Gold, 31 Silver and 39 Bronze medals in individual events. It was especially pleasing to see how many of the performances were personal bests for the athletes, this is a great indicator of further impressive performances to come over the coming months. It was a gruelling programme for many athletes, with swimmers racing up to 20 times over the 2.5 day format. I would like to congratulate all of the coaches on the outstanding performances and sportsmanship displayed by their athletes over the course of the Championships.

As always, there were too many great swims to mention them all, but you can read the full summary of medallists from Round 3 in this newsletter. The full summary of all three rounds of the Championship will be available on the Club website, as will a link to the East District website where pictures of all the medallists can be found.

Congratulations to all swimmers that took part in the 2017-2018 Championships!



The Telfer Cup is a historic relay challenge which dates back to 1900. The challenge is made up of four relays, each team made up of two girls and two boys of different age groups. This year, for the first time, the Telfer Cup was contested during Round 2 of the East District Age Group Championships. Warrender won all four races and were awarded with winning the Telfer Cup for 2018! Congratulations to all the swimmers who took part.



Performance Squad

The long course season is well underway with a few competitions already under the swimmers' belts. Fraser Allison and Archie Goodburn, being part of Scottish Swimming's crew, were the first who tested their racing skills in a long course meet as they competed in the Geneva International Challenge meet on 19-21 January. Both swimmers displayed strong early season performances and enjoyed the experience racing alongside Olympians. Special mention to Archie who improved the Scottish age group record (16 years old) in 50 breast by almost half a second! One week later, the vast majority of the swimmers of the squad competed at the Scottish Schools held in East Kilbride. The swimmers showed a very positive transition from short course to long course performances which resulted in winning 15 medals (6 gold, 6 silver and 3 bronze). Finally, the week after Scottish schools, all performance squad swimmers competed in the final round of East District Age Group championships contributing to the Club's overall performance. The swimmers across the board showed the qualities that they have been working on since the beginning of the season and it was evident that they have had a very strong platform which will help them to fine-tune their performances for the upcoming major meets.

The swimmers have now entered a very important race preparation phase in the lead up to the target meets which are the Edinburgh International Swim Meet incorporating British Championships (Edinburgh, 1-4 March) and Scottish National Age Groups (Glasgow, 28 March - 1 April).

Kostas

National Girls

National Girls are on an absolute tear at the moment! Since the last newsletter we've had EDAG rounds 2 and 3 where the girls showed great confidence, leadership and teamwork. We've been focused not just on swimming quickly but on using skill to make sure we are faster because we are better, setting ourselves up for continuous development in the future.

These ladies are making me very proud through their work ethic and commitment. We've given a 'Swim of the Day' at each meet to highlight some great swimming, at EDAG round 2 the winners were:

Rachel MacLeod for her 200 Fly
Natalie Jones for her 200 FC

More info on those 2 swims is available in Jellyman to Ironman on YouTube!! #JMTIM

For EDAG round 3 winners were:

Millie Milne for her 200 IM
Abbi Sinclair for her 100 Backstroke
Rebecca Ivens for her 50 FC

Great job to these girls! The best news is that there were many more who could have been chosen on each occasion and the bar keeps rising.

Coming up we're heading off on camp with National Boys where amongst the training and inevitable great weather we'll be working on further developing ourselves as a group, setting high standards and putting winning habits in place that we are able to bring back to the usual training environment. We'll be selecting a 'Trainer of the Day' and announcing that for the girls at their evening meeting along with an overall 'Trainer of the Week' so keep an eye out for stand out efforts in the next newsletter.

Andrew

National Boys

At the time of writing, it's less than 48 hours until we leave for our week long training camp in Paphos, Cyprus. Hopefully, we will get some warm weather. Swim training is so much better when done in the sunshine rather than on a cold, damp, dark morning at Ainslie Park... We will work hard but there will be plenty of time for some fun too!

The last couple of months have been dominated by EDAGs Rounds 2 and 3. The final weekend started at 4pm on the Friday and didn't finish until 8pm on the Sunday. A definite test of endurance as well as speed.

National Boys picked up 7 golds, 11 silver and 8 bronze medals over the two weekends. Golds for Alex Thomson, Sam Glass, Jamie Littlefield and Joshua Aspinall. 11 silvers won by Daniel Saunders almost single-handedly! The skills were good too. Congratulations on your efforts boys. What more could any coach wish for?

Remember SNAGs is now just over 6 weeks away...

Anne

Age Group Squad

AGE have dived straight into some very hard training since returning after the Christmas break. We have been competing very well at both East Districts Round 2 and 3 as well as racing at the Carnegie Graded Meet. The busy competition schedule does not end there, we have Bellshill, Hearts and another trip to Carnegie all in the near future and no doubt we will see a repeat of strong swims, good PBs and loads of medals.

Since the Christmas break AGE have also welcomed a few new squad members who have fitted in very well with the squad and are working great! Keep up the good work!

Danny

Right: Mac Sanderson took this photo of his AGE squad team-mate Susannah Kernohan at EDAG's in Glenrothes (staying warm in his jacket) and Mr Snowman wearing some of Mac's swim gear!



JAG Squad

Junior Age Group have had a fantastic start to the year with a vast amount of PB's and medals across the board over the last few meets. East Districts was a huge success, with a total of 7 Golds, 7 Silvers, 5 Bronzes and many other finalists in the 3rd round alone. Very well done to David Kernohan for winning Top Boy too!

We are now into our second cycle of the season which will lead us through the Bellshill, Carnegie Spring and Hearts meets and then into Snags, so JAG members please be ready for some tough sets.

Lastly I would like to welcome all our new members to the squad (Megan, Georgia, Sean and Sandy). I hope you are all enjoying the new squad.

Dale

Wilkie Red

Training & Attendance

In January we welcomed 4 new swimmers to the squad - Sophia Barron, Katherine Donn, Bridget Samson and Holly Thompson. We also hope to see Matthew Marshall in April as he was also promoted from Smith Red but has a broken arm and has just had an operation on it. Holly Greenwood achieved 100% attendance for the month and has a 100% attendance to February half-term!! This term we have increased the volume of all kick sets and main sets whilst maintaining more focus on turns. In brief, the training effort has been high and I must praise the 4 new swimmers who have come up for being attentive to their coach between sets. For more senior swimmers in the squad their example is the key to constant progress.

Competition

In mid-January we competed in the Carnegie Graded Meet at Glenrothes. With 13 to 14 swimmers competing over both days and most in all 10 events it was pleasing to see some strong gains on PBs and far better pacing in 100 events and 200 IM. Nevertheless, the great success of the Meet was that we had only 2 swimmers disqualified all weekend – excellent - and only one was for a wrong turn which shows the value of the sets completed on turns practice.

In late January we had 6 swimmers who competed in the Lothian Junior Graded Meet (for our 12 year old swimmers) at Prestonpans. I could not be there but the squad was looked after by Jenn Davis. I am delighted to say that I received a great report that night about how mature and well-behaved they were. Oh yes, there were some excellent performances too in all swims with significant PBs in the vast majority. There's no doubt that these 6 younger swimmers have made an impression at this Meet that they have the ability and desire to take their swimming further.

Half Term and Onwards

The main focus towards Easter will be the Falkirk Otters Graded Meet on the weekend of the 24th and 25th March with similar events to the Carnegie Graded Meet. So, as in January we will need to ensure that the right balance is struck in training between volume, technique and the skills of starts and turns. Lastly, to my fellow teachers and coaches as much as to parents, swimmers and other readers - In the Jan-Feb issue of Swimming Times there is a very interesting article by Melanie (Mel) Marshall who is Head Coach at Loughborough National

Swimming Centre and more famous for being Adam Peaty's coach since he was 15. I found it highly inspiring. For example, using her analogy in the article I have to decide between now and Easter how much I will polish the car (work on technique) and how much I have got to fine tune the engine (volume level) whilst knowing that by 13 a swimmer will already have had a defined technique ingrained in their strokes.

Andrew

Wilkie White

WW have been racing a lot since the end of Christmas Holidays with great well-deserved performances. Very well done for all of you!

Congratulations to Ben, Jared, Ewan, James E, Innes, Sidar, Darcy, Sarah Mc, Sarah G and Abbie for classifying for the second round of EDAGs and showing those great performances!

All swimmers have had at least one swim at EDAGs round 3 and have shown a strong maturity during the weekend since it was, for most of them, the first time racing long course. I wanted to especially congratulate Darcy Littlefield (1st in 50Breast), Sarah McNaughton (3rd in 100Breast) and Ewan Batey (3rd in 50Fly and 50Back). Very good swims as a team in the relays too!

Also, Ava and her family are going back home before Easter. The squad and I want to wish all the best to Ava in her new life in Australia. It has been a pleasure to have you in the squad and we will miss you!

I hope to keep seeing that enthusiasm and hard work in the next coming months!

Laura



Smith Red

Hello, I hope everyone had a very happy and healthy Christmas and New Year and everyone is ready and raring to go for the run up to summer!

Firstly, I'd like to say well done to the 6 swimmers who have been moved up to either Wilkie Red or White, so well done to Luuk Jansen, Bridget Samson, Katherine Donn, Holly Thomson, Sofia Barron and finally Matthew Marshall. You were all a pleasure to work with and I wish you all the best of luck in your new squads. I'd like to say a big thank you to Gemma Barron for administrating for Smith Red over the last block, I really appreciate all that you did to help. The role has now been passed over to Ruth Coy (Alex's mum), I look forward to working with you over the next term.

I'd also like to welcome the new members to Smith Red, Joel Bennett, Ewan Johnston, Jonathan Guthrie, Gemma Wales, Jenna Braban, Jess Taylor, Alba Mullan-Herranz and Mei Rogers. Even though we have only had a few weeks of training I have already been impressed by the effort and concentration everyone has shown so keep it up!

Thomas

Smith White

A very busy start to the year for Smith White, before term even started we had a small group compete at the FIRST Meet in Bathgate, well done to the boys who all swam pb's!

As term started we welcomed those who moved up Arthur, Ismail, Mae, Maia, Maya, Naomi & Rosie who quickly adjusted to the increase in training!

The squad then had their first Level 2 meet as a group at the Carnegie Graded in Glenrothes. I was pleased with everyone's swims and maturity at the event. Georgia successfully swam her first 100m Fly race! Eilidh S & Mhairi swam good pb's in the 200IM. And although there were some DQ's the swimmers took on the feedback and didn't let it affect their next swims.

Robbie had his first LC opportunity at the Scottish Schools event even getting a shot of the backstroke ledges.

Gregor, Murray, Sam Arianna, Eilidh S & Finlay had their first LC races joining Robbie at the District Age Groups. They all stepped up to the plate setting down fast times for the future.

The newbies were not to be out done as they competed at the Lothian Junior Graded. Everyone came away with at least one pb as well as a few top 6 places.

Keep bringing the positive and motivating attitudes to training! Well done!

Jenn

Benson Red

Benson Red have had a great start to 2018 with some great training. We welcomed 5 new swimmers into the squad after the Christmas break and they have all fitted in really well. At the end of February, the squad have the development meet which will give the swimmers a chance to show off all the hard work that they have been doing.

We had 6 swimmers compete at the Lothian Graded Meet at the end of January. There were some fantastic results with even some medals which is great as it was the first external meet for some of them.

Rebecca

Benson White

The squad has had a fantastic start to 2018. Around half of the squad attended the Lothian Graded Meet towards the end of January where everyone swam very well with several PB's and medals won. We also welcomed seven new swimmers who are fitting in well to the squad. The squad has trained very hard in the first few weeks of this year and at the end of February we have a development meet where we will continue to develop our racing throughout the squad. I am looking forward to coaching the squad through the rest of the season.

Benjo

Benson Blue

I am very pleased with the squad's attitude this term, they have been working hard & having fun! We would like to give a warm welcome the newbies to the squad, Alexander, Arabella, Beth, Josh, Katie, Lauren, Lewis, & Reuban, who have settled in well and I hope they are getting excited for the first competition at the next development meet.

The older members of the squad had their first race of the year at the Lothian Junior Graded in Prestonpans. There was a huge number of pb's over the day & fantastic swims from everyone. Nina swam a very quick 41.36 in the 50m Freestyle to finish 2nd, Ruthven held his technique over the 50m Backstroke to finish 3rd in 50.86 & Jenna finished 3rd in the 50m Breaststroke.

Keep up the good work and get ready for the next development meets!

Jenn

Development Squads

Development Meet dates are as follows:

Sunday 25th March. This is an unusual date for us but is to replace the Warrender Annual Junior Meet, which normally takes place on that weekend. This year that event is moved to 28/29th April so it is important to include the March date, giving competitive opportunity to our younger swimmers on a monthly basis.

There will be a May date (yet to be confirmed) and the season will end with a Development Meet on **Sunday 24th June.**

External Meets – other suitable events will be chosen by your coach to fit in with each squad's planned competitive programme and all swimmers still 12 or younger on Sunday 29th April will be invited to enter our own Junior Meet on **28/29th April.**

Lothian Leagues.

This is a fun and important Annual 3 Round TEAM Competition organised by Lothian Region at Prestonpans. It is in 4 age groups with all swimmers eligible for the 8/9 year group. The other 3 age groups are competed on a Graded Meet basis with no points allocated for "too fast" swims. Each team is made up of 4 swimmers, one on each stroke. Team points are accumulated over the 3 rounds and we are currently holders of the Girls 8/9, Girls and Boys 10/11 and Boys 12/13 titles.

The 2018 dates are **Saturday 10th March, Sunday 22nd April and Saturday 2nd June.** Selection is by invitation, and you will have heard by the time you read this if you have been selected for Round 1 on Saturday 10th March. Your age is based on the final day ie. 2nd June for all 3 rounds. It is very important to reply promptly especially if you are not available, so that a replacement can be invited to fill your place in good time.

Frances

Water Polo

Euro Training Camp for Thomas

Thomas Forster has been selected to attend the Scotland Development Camp in Eger, Hungary from the 22nd – 25th February. Best of luck Thomas!

Scottish Saltires

Congratulations to Eve Meadows and Gerri Stanley who were part of the Scottish Saltires team who travelled to Watford to take part in the U18 Girls Inter Regional Championships recently. Both players performed very well against tough opposition and came away with a well-earned bronze medal.

Adam Heywood will be taking part in the boys tournament on the 3-4th February. Adam will be travelling to Liverpool with the team and we would like to wish him the very best of luck.

More awards for Domma

Warrender and GB youth player Dom Zahra has recently been voted the 2017 East District Player of the Year. This is further recognition of the hard work he had been putting in at training and sets a great example to all our young players who want to reach the very top in water polo.

Warrender Water Polo travel the world

Julia Kerr and Emily Whittle have set the bar high sporting their Warrender Water Polo kit on their travels to New York just prior to Christmas – looking good ladies!



Masters

Silver City Blues Masters SC - Aberdeen, January 27, 2018

Three WBC masters swimmers travelled to the Aberdeen Aquatics Centre for a great event run by SCB combined with a multi-University swimming and water-polo competition. In Masters races - Phil Harrison (25-29Y) focused on two event delivering great early season swims in the 100M Free (55.03s) and a strong overall winner in the 400M Free (4:29.17s) also. Separately Ross MacCallum (55-59Y) won a gold in the 50M Free (28.21s) and Silver in the 100M Free (1:04.23) - and now knows his quarry for the Scottish Masters in April (and is aiming for two golds at that event). Also Jason Kenney (45-49Y) swam three post-40 PBs in 100M IM (1:08.52s), 50M Fly (29.41s) and 50M Free (26.27s) and with the 100M Free (58.47s) took home four golds from the SCB meet. Both Phil and Jason recorded start reaction times of 0.63s in different races setting an early pace for the annual "get set, go" competition. Ross MacCallum also swam at the Carlisle masters meet held January 13th, 2018.



Focus on Masters Swimmers – Ben Sharp



It's about half past three on a bright but cold November afternoon, and I'm perched precariously on a white piece of plastic, raised and bolted into the ground, clad in naught but some thin jammers and a shiny red hat. The pool stretches endless in front of me, and in between reciting my mental guide to nailing a mediocre dive start and repeating the name of the stroke I'm supposed to be doing for the next 100m, I take a split second to question: why am I doing this? The machine beeps, and ninety-four lung bursting seconds later I have my answer. The time on the screen is a good ten seconds quicker than I've ever managed before; there's an assorted group of very talented swimmers clapping and cheering up in the distance; the man in the lane next to me lunges into the finish and, between deep breaths and with a pained expression, wordlessly high-fives me.

Coming from triathlon into WBC Masters, essentially to try and improve the one discipline I was not bad at in multi-sport, was an eye opening experience; jumping into the lane with like-minded swimmers, I found myself being pushed to swim harder and longer than I ever would have managed on my own. Seeing the shark-like speeds of the fast folks in the lanes beyond inspires me to strive for the best I can do, giving a great sense of camaraderie absent from the standard solo triathlete training program. Not only has being part of a successful team like WBC Masters opened doors to swim meets and coaching previously unknown to me, I've found my overall triathlon abilities have improved, in part due to the relaxed calm that now descends upon me before the swim; the knowledge that I've put the hard training in, and the experience of swim specific competition gives that confidence required to get the race off to the best possible start.

Over the next year, I'm looking to beat every PB I have going, from dipping under forty for 50m breast to going sub three hours for a 10km open water swim. In the process, I'll try and continue to place higher than I have any right to in triathlons on the back of a strong swim. Finally, and most importantly, I'll try my absolute best to contribute to the WBC Masters tally at the Scottish Nationals and hopefully help to bring that coveted best overall team trophy back to Marchmont. All in all, it's been excellent fun with the club since I joined a couple of years ago, so long may it continue!

Masters: Fun, fitness and friendship

Whilst we have a number of competition-focused swimmers in our midst, it is not compulsory to race at WBC Masters which remains supportive for all ability of swimmers keen to swim or to keep in touch with swimming. This includes those who race on occasion through the year and many who are simply keen to stay fit and enjoy swimming with support. Our coach Kostas Kalitsis is on hand to help with stroke improvement and can guide on swimming efficiency, the benefits of swimming for other sports and supports our racing swimmers too.

To complement our existing 3 sessions we have recently added a new session on Thursday evenings from 19:00-20:30 at James Gillespie High School. The 25m deck level pool greatly adds to the appeal of Masters and gives more flexibility through the week for all our swimmers. Please go to the Masters section on the Warrender website for details of all the Masters sessions or contact Masters Convenor Stewart Imrie at s_imrie@sky.com for more information.

2017-2018 East District Age Group Championships (Round 3) – Summary of Medal Winners

Gold:

David Kernohan	Boys 13yrs	200 IM, 100 Bk, 100 Free, 50 Bk, 50 Free
Darcy Littlefield	Girls 11-12yrs	50 Brst
Rachel Saunders	Girls 13yrs	100 Back
Brodie Gordon-Gibson	Boys 13yrs	50 Fly, 100 Fly
Natalie Jones	Girls 14yrs	200 IM, 50 Fly, 100 Free, 100 Fly, 50 Free
Abbi Sinclair	Girls 14yrs	100 Back, 50 Back
Alex Thomson	Boys 14yrs	100 Free
Sam Glass	Boys 14yrs	100 Back, 50 Bk
Jamie Littlefield	Boys 14yrs	50 Brst, 50 Fly, 100 Brst, 50 Free
Joshua Aspinall	Boys 15yrs	50 Back
Katie Goodburn	Girls 15yrs	50 Free
Liam McLaughlin	Boys 16yrs	100 Back
Archie Goodburn	Boys 17/over	200 IM, 50 Fly
Boys 'A'	13-14yrs	Medley Relay
Girls 'A'	13-14yrs	Medley Relay
Boys 'A'	17/over	Medley Relay
Girls 'A'	17/over	Medley Relay
Boys 'A'	11-12yrs	Freestyle Relay
Boys 'A'	15-16yrs	Freestyle Relay
Girls 'A'	15-16yrs	Freestyle Relay
Girls 'A'	11-12yrs	Medley Relay
Boys 'A'	15-16yrs	Medley Relay
Girls 'A'	13-14yrs	Freestyle Relay
Boys 'A'	13-14yrs	Freestyle Relay
Girls 'A'	17/over	Freestyle Relay
Boys 'A'	17/over	Freestyle Relay

Silver:

Sarah McNaughton	Girls 11-12yrs	100 Brst
Brodie Gordon-Gibson	Boys 13yrs	200 IM, 100 Back, 100 Free, 50 Bk
David Kernohan	Boys 13yrs	50 Fly, 100 Fly
Nikita McLean	Boys 13yrs	50 Free
Rachel Saunders	Girls 13yrs	50 Brst, 50 Back
Abbi Sinclair	Girls 14yrs	200 IM
Natalie Jones	Girls 14yrs	50 Back
Sam Glass	Boys 14yrs	200 IM
Alex Thomson	Boys 14yrs	50 Free
Lucy Trotter	Girls 14yrs	100 Brst
Daniel Saunders	Boys 15yrs	200 IM, 50 Brst, 100 Brst
Joshua Aspinall	Boys 15yrs	100 Back
Katie Goodburn	Girls 15yrs	50 Brst, 100 Free, 100 Brst
Liam McLaughlin	Boys 15yrs	50 Back, 50 Free, 100 Free
Katy Smith	Girls 17/over	200 IM
Niamh Ritchie	Girls 17/over	50 Back
Roisin Ramsay	Girls 17/over	50 Free
Chris Kerr	Boys 17/over	50 Brst
Calum Chittleburgh	Boys 17/over	50 Back
Archie Goodburn	Boys 17/over	100 Fly
Boys 'B'	13-14yrs	Medley Relay
Girls 'B'	13-14yrs	Medley Relay
Boys 'B'	17/over	Medley Relay
Girls 'A'	11-12yrs	Freestyle Relay
Girls 'B'	11-12yrs	Medley Relay
Girls 'A'	15-16yrs	Medley Relay
Girls 'B'	13-14yrs	Freestyle Relay
Boys 'B'	13-14yrs	Freestyle Relay
Boys 'B'	17/over	Freestyle Relay

2017-2018 East District Age Group Championships (Round 3) – Summary of Medal Winners

Bronze:

Sean Si-Griffiths	Boys11-12yrs	50 Back
Rachel Saunders	Girls 13yrs	200 IM, 100 Fly
David Kernohan	Boys 13yrs	50 Brst, 100 Brst
Ewan Batey	Boys 13yrs	50 Fly, 50 Bk
Owen Ray	Boys 13yrs	100 Fly
Nikita McLean	Boys 13yrs	100 Free
Sophie Hoole	Girls 14yrs	200 IM, 50 Brst
Abbi Sinclair	Girls 14yrs	100 Brst, 50 Free
Finn Bremner	Boys 14yrs	50 Brst
Alex Thomson	Boys 14yrs	100 Back, 50 Fly, 50 Bk
Sam Glass	Boys 14yrs	100 Fly
Katie Goodburn	Girls 15yrs	200 IM, 50 Back
Grace Robertson	Girls 15yrs	100 Brst
Eve Corrigan	Girls 15yrs	50 Fly, 100 Free, 50 Free
Flora Nicholls	Girls 16yrs	200 IM, 50 Fly, 100 Fly
Lewis Mackenzie	Boys 15yrs	50 Brst
Mark Innes	Boys 16yrs	50 Brst, 100 Brst
Joe Ewing	Boys 16yrs	50 Fly
Iain Rose	Boys 16yrs	50 Back, 50 Free, 100 Fly
Archie Goodburn	Boys 17/over	50 Brst
Audai Hassouna	Boys 17/over	50 Free
Katy Smith	Girls 17/over	50 Brst, 100 Brst
Jess Damen	Girls 17/over	50 Back
Girls 'B'	17/over	Medley Relay
Boys 'B'	11-12yrs	Medley Relay
Girls 'B'	15-16yrs	Medley Relay
Boys 'B'	15-16yrs	Medley Relay
Girls 'B'	17/over	Freestyle Relay