

# West District Open Water Championships

Grangemouth Amateur Swimming Club took a large team to the West District Open Water Championships on Saturday 20th August 2011 at Loch Eck in Dunoon. Although it was a lovely day with beautiful surroundings the water was and I quote 'Absolutely freezing, Baltic, so so Cold'. This was the first time the club had competed in such numbers but following the success of Alyshia McCracken others were keen to try and it was a HUGE SUCCESS - So well done all our swimmers!



Michael Hunter and Carla Haldane competed in the 1K Novice race and Michael won his first West District Gold (it was so impressive!) whilst Carla braved the cold and won her first Bronze West District Medal (equally impressive)!

Alyshia McCracken and Alastair Kirkwood competed in the 2k race and both won well deserved Silver medals. They must have been exhausted as the current kept drifting the swimmers off course so they had to work very hard to keep in the right line!



The club also entered 2 relay teams (4 x 500m) which were Open Age groups so we had some of the youngest teams. The mixed relay of Alyshia McCracken, Ruairi Kirkwood, Julie Nimmo and Alastair Kirkwood came away with the Silver medal whilst the Girls team of Hannah Busby, Emily Bryce, Hayley Bryce (only went to spectate!!) and Rachael Lynagh came away with the Bronze medal.

**Well done to all the swimmers!!**