ATHLETE SUPPORT PROGRAMME

LATEST ASP NEWS

18/02/10 Three ASP swimmers have been selected for the **Scottish Swimming National Stroke Camps** in April – Amy Fraser (Butterfly), Lucy Hope (Breaststroke) and Jessica Wilcox (Freestyle). The one-day-camps bring together a blend of swimmers who excelled in their application, attitude and attendance in the District camps with only one swimmer per stroke being selected from each District, along with a number of swimmers from the Scottish Youth Development Squad. Amy has also been selected for the **Scottish Schools team** for the WISE Home International match in March.

ASP man of the moment Guy Learmonth continued his fine indoor season by reaching the final of the 800m at the **UK Athletics World Trials** at Sheffield on 14 February. He lowered the Scottish U20 record for the second time this year in his heat, then further still in finishing a very close 5th in the final. Also in athletics the same day this time at Kelvin Hall, Faye Nicholson equalled her recent indoor PB in securing bronze in the **Scottish U20 Indoor Championships.**

10/02/10 Amy Fraser again led the **ASP swimmers** to some fine performances **at the third round of the East District Champs** on 6/7 February at Glenrothes. Amy picked up another Gold , her 4th at this season's East Champs, this time in the Girls 14/15 years 800m Freestyle and she followed up with Silver in the 200m Individual Medley, both in PB times. Although there were no more medals, there were PBs and Final appearances for Lucy Hope, Kirsty Patterson and Scott Wilcox. Amy also won Gold at the recent **Scottish Schools Swimming Champs** in the 400m Freestyle and Silver in the butterfly. Kirsty Patterson was also a double-Bronze winner in the 100m butterfly and 200m Individual Medley.

Back on the indoor track, Guy Learmonth continued his busy indoor season with a comfortable win in the 800m at the **Scottish Senior Athletics Championships** at Kelvin Hall on 6 February. The previous Thursday at the same venue Faye Nicholson (16) took Gold at the **Scottish Schools Athletics Championships** in the Girls long jump with a leap of 5.49m, a significant indoor PB.

1/02/10 **Two new athletes** were accepted onto the programme this week – brother and sister Scott and Jessica Wilcox who hail from Hawick and swim for Teviotdale ASC and the Swim Team Borders. Scott (16) is the reigning Scottish Schools Champion in the 100m Individual Medley and Jessica (14) has already picked up several Championship medals.

18/01/10 Guy Learmonth lived up to his growing reputation as an athlete to watch out for with an impressive 800m win in his first ever outing on the Kelvin Hall indoor track at the **Scottish Inter-Regional Athletics Champs** on 16/17 January. Still only 17 and up against older and more experienced athletes, Guy broke the tape in a new Scottish U-20 record (and PB) of 1.51.29 which took him to the top of this season's UK indoor rankings and earned him a fast-track invite to the UK Champs and World Trials at Sheffield in February.

12/01/10 Recent ASP inductee Guy Learmonth has been announced by Scottish Athletics as **the most improved athlete in Scotland for 2009 according to the "Black Shields Rankings".** This is a ranking system of the top 100 Scottish athletes compiled by statisticians using calibrated scoring tables across all events. Athletes score on their best 5 performances over a rolling 12-month period and Guy's consistently improved 800m times saw him leap up the rankings.

Rosanna Innes, having just moved up to senior level, was selected for the senior **Scotland indoor hockey training squad** but unfortunately just missed out on the final selection for the forthcoming European Indoor Champs.

9/12/09 Excellent performances again from **ASP swimmers at the second round of the East District Champs** in Glenrothes on 5/6 December. Amy Fraser led the way with 2 Golds in the Girls 14/15 years 200m and 400m Freestyle as well as Silver in the 200m Breaststroke with an 11 second PB. Kirsty Patterson took Bronze in the 16 years & over 200m Breaststroke with a significant improvement on her PB and Lucy Hope was the top 12 year old in finishing 4th in the 12/13 years 400m Freestyle missing a new age-group record by 21 hundredths of a second.

21/11/09 Three of the four nominees for the **Borders Junior Sports Personality** award at the James McLean Trust Awards evening were ASP athletes - Rory Smith (judo), Aaron Gannicott (downhill mountain biking) and Louise Bain (skiing). And the winner was..... Rory Smith.
Also recognised as Borders Coach of the Year was Henry Gray, coach to new ASP athlete Guy Learmonth (see below).

19/11/09 **Two new athletes** were accepted onto the programme this week – Judo player Abbi Blackie (13) from Newtown and 400m/800m runner Guy Learmonth (17) from Berwick.
Abbi is a member of the Sportif club and is coached by Pete Gardiner. She won Under 14 Gold at 48kg at the recent GB Champs.
Guy, although resident in Berwick, is a full-bloodied Scot and has already competed for Scotland on the track. He is the current Scottish Under20 Champ at 800m and trains at Eyemouth and Tweedbank with Borders coach Henry Gray.

31/10/09 There were some notable performances from **ASP swimmers at the East District Champs** in Glenrothes. Kirsty Patterson reached two finals and achieved an 8 second PB in the Girls 16 Years & over 200m Backstroke. Amy Fraser took Gold in the Girls 14/15 years 200m Butterfly by 9 seconds then Silver in the 400m IM with a 9 second PB. She also narrowly missed the 200m Backstroke final with a 4 second PB. Lucy Hope won Gold in the Girls 12/13 years 200m Backstroke with a 5 second PB and a new East District record by 2 seconds. She was also 4th in the 400m IM with a 19 second PB.

11/10/09 At the **GB Judo Champs** in Sheffield Tal Gardiner took Silver in a closely contested 52kg final in her new Cadet age band (Under 16). Recent ASP "graduate" (to the East Institute of Sport) Andrew McDonald won Bronze in his new age band the Junior Men's 66kg beating the GB no.1 in the process.