Congratulations again to Thomas Balfour on being selected to attend this years ICG in Alkmaar(June 2015) 2 years running, well done Thomas, what another great achievement for you.

Congratulations to William and Thomas Balfour on being selected to attend this years ICG in Australia, well done boys, what a great achievement for you both.

Congratulations to Thomas Balfour on achieving a Gold Medal in his 200m Breaststroke which resulted in him winning the over all Scottish Champion, he also won a Silver Medal in his 100m Breaststroke at the recent SNAGS event in Aberdeen, June 2014.

Congratulations also to the North Lanarkshire Team at the SNAG's in Aberdeen (June 2014) the boys 10-14 400 Free Relay achieved a silver medal, this included Liam McDougall and William Balfour. The Boys 10-14 800 Free relay also received a Bronze medal, taking part was William Balfour and Liam McDougall. Finally, the boys 10-14 400 Medley Relay took another Bronze medal with William Balfour, Thomas Balfour and Liam McDougall.

Congratulations to Thomas Balfour at the recent West District JAG's Meet in East Kilbride (February 2014), Thomas received 3 Gold medals these being for 100 Breast, 200 Back and 200 IM in the boys 13 year old age group.

A massive congratulations goes out to Thomas Balfour for receiving an amazing 7 gold medals at the West District JAG's Meet in Cumbernauld (November 2013), Thomas received these for the following swims:- 400 IM, 200 Breast, 100 Back, 200 Fly, 100 Breast. 200 IM and finally the 100 Fly. Congratulations to Liam Buchanan who attended the ICG (International Childrens Games) in Toronto on 14th August, 2013. Liam reached 3 finals for the 50 Back, 50 Breast and 100 Breast, just missing the final for the 200 Breast.

A huge congratulations to all swimmers who swam at Bo'Ness meet and helped retain the title of top club for the 2nd year running.

Congratulations to William Balfour on achieving Gold Medals in his 100m Breaststroke and 200m Breaststroke at West District 3 held in Dumfries recently and achieving 2 West District Short Course Records.

Congratulations to William Balfour on achieving Silver Medal in his 100m Breaststroke which resulted in him winning the over all Scottish Champion, he also won a Bronze Medal in his 200m Breaststroke at the recent SNAGS event in sunderland, April 2012.

Congratulations to the 13-14 year old boys relay teams that took part in the recent West Districts Sprints event (September 2013). They achieved gold medals in both Freestyle and Medley relays and breaking the West District records in both events.

Teams consisted of:-

Medley Team Grant Henderson

Liam Buchanan

Ryan Buchanan

Brendan Sloan

Free Team Grant Henderson

Brendan Sloan

Liam Buchanan

Ryan Buchanan

Very well done to David McLuckie on achieving 2 gold medals at the recent West District Senior meet for his 200 Butterfly and 100 Butterfly. Also very well done to Danni Buchanan on achieving a gold medal in her 200 Butterfly at the West District.