Carnegie Graded Meet 5/11/17

20 Step Rock swimmers took to the pool again last weekend at the Carnegie Graded Meet, Glenrothes. In one of the final graded meets of 2017, it was a first gala swim for Tommy Nolan who swam well in all his heats, for Tommy and others in his age group it was an opportunity for them to register their first 100 metre swims. From the strong team of 20, there was a good number of PBs, racking up to 59 in total and an especially good proportion of PB swims from Tilly Whittet, Rebecca Black, Davie de Wolff and Russell Laker.

Fraser Stewart (10) took a good chunk off his 100m freestyle with a 6 second PB, Esmee Thoms showed excellent technique and aggression in her 50M Breaststroke with a 1.5 second PB, and Sam Coull (9) swam exceptionally well in the 50-metre butterfly with a 5 second PB and earning a silver medal in the 11 and under category.

A huge well done to our other medallists, Isaac Laker swam brilliantly in all his events earning 2 golds (100 free, 100 breaststroke) plus 2 silvers, Anna Hedley tackled 100M fly confidently securing gold going on to achieve a further 3 silvers - all PBs, team mate Isla Thoms also secured gold in the 100 fly taking another chunk off her time with a new PB, Kayla Bain powered through her 100M breast to secure another gold as well as completing her first competitive swim in 100 fly, Jasmine Latto did well and earned silver in the 50 fly, and finally Fraser Stewart should be proud of himself earning 2 bronzes (50m breast, 50m back). Head coach, Mark Keracher, commented how pleasing it was to see the swimmers continuing to progress and that they should all be very proud of themselves.