Once again, Step Rock swimmers rose to the occasion at the recent Novice and Fife League gala. In the morning, no fewer than 32 of the 34 individual swims were personal bests or first-time swims.

At her first league gala, Emily May (aged 6) swam confidently to record a 4 second PB and take 4th place in the 9-and-under girls 25m freestyle. Young teammates Freya Edie (25m breaststroke) and Emily Apted (25m freestyle) each sliced over 10 seconds off their PBs.

In the nominated swims, Emma Wilson and Jack Anderson (both 50m breaststroke), and Abigail May (100m breaststroke) all raced to podium places, with excellent swims in their debuts in these events. Ollie Taylor-Robertson touched home first in the 9-and-under boys 25m breaststroke, keeping his stroke long at the finish.

Swimming “too fast” and winning coveted speed flash awards were Rebecca Black (50m backstroke), Jamie McDonald (25m freestyle), and Abigail May, Ellie Wilson and Tommy Nolan (all 50m freestyle).

In one of the last swims of the day, training partners Angus McCallum and David de Wolff found themselves drawn in the same heat of the 100m freestyle. With just 0.06secs separating the pair at the halfway mark, it was Angus who eventually gained the upper hand – a 9 second PB securing a 6th place in the 15+ boys age group. David had to be content with a further PB and 2nd place in the 13-14 boys category.

In the same event, Corey Findlay sliced 5 secs off his PB for 3rd place, whilst Anna Suttie swept to 1st in the 11/12 girls with a 3 sec PB. Anna’s team had an excellent afternoon – Maddy Wallard (3rd in 100m backstroke in a 9 sec PB), Kayla Bain (2nd in 100m breaststroke) and Isla Thoms (1st in 100m butterfly in a 5sec short course PB).

The 8-10 boys team took 2nd to 5th places in the 50m breaststroke, Sam Coull leading the team’s placings in that event. Backing that up, Beinn Anderson (4 sec PB in 100m backstroke) and Corey Philip (debut swim in 100m butterfly) both took 1st places in the age group. Finch Geary finished 2nd to Corey, also a 1st time swim.