There were some superb performances from Step Rock swimmers at the Glenrothes Spring Meet. Competition amongst the boys has never been higher, raising their levels to new heights which will surely see records fall at the club’s upcoming 90th Anniversary Club Championships.

Pushing each other all the way are Fraser (10) and Corey (9). Both boys scored 5/5 personal bests and raced to a total of 9 out of a possible 10 podium places, Fraser with golds in butterfly and breaststroke, and Corey taking top honours in backstroke and freestyle. Fraser’s efforts saw him scoop the closely-contested “Best boy” at the meet in the 8-10 year old category, whilst Corey’s times see him ranked No 1 in Scotland in 50m backstroke, 50m freestyle and 100m Individual Medley. Also ranked in the top 10 in at least one event in this age group following the meet are Sam, Finch and Beinn - all of whom took home medals and several more PBs. Finch’s elder brother, Rowan was rewarded with a medal in the backstroke.

Russell’s aggressive 100m freestyle gave him a well-deserved bronze medal in a new PB, to add to his medal in the 100m fly. David’s recent training efforts saw another chunk sliced off his 100m butterfly, swimming confidently to a medal in 1:13.

Within the club, the 11/12 girls are currently a strong group, but this is also a highly competitive age group nationally. Isla took home their only medal of the day – a 4th in 100m butterfly – nonetheless there were good performances from Maddy, Kayla, Anna and Tilly. Tilly has been training exceptionally well recently; her mindset and pre-race routines helped her to four PBs and an excellent first-ever 100m butterfly swim.

In the 8-10 girls, Step Rock had 7 competitors. Freya (10) performed consistently well throughout the day, gaining 5/5 PBs and 4 medals. Ellie (8) and Emmy also raced particularly well, gaining 4/5 PBs or first-time swims.

In the 13-14 girls, Orla was swimming well with 2 PBs before injury curtailed her day, and Esmée had excellent 100m butterfly and backstroke swims, both significant personal improvements.