Step Rock swimmers recently took part in the InCAS Distance meet, with events ranging upwards from 200m to 1500m.

There was a great start to Day 1, especially for Isla T, who raced superbly to pick up two further Scottish bronze squad (DRP) times in the demanding 400 IM and the 200m freestyle. There were also some excellent 200m breaststroke and 200m freestyle swims from Corey, Sam and Archie - Corey picking up silver and bronze medals.

Isla H, Esmée, Anna S and Freya H took part in their first 800m free swims – Freya picking up bronze in her age group. Anna H’s consistent effort was rewarded PB in the same event, good enough for bronze. Fraser’s aggressive start in the 400IM paid dividends – gaining another DRP time. There were PBs all round for the girls in the 200 free, an especially dynamic race from Isla H setting the tone for these others to follow. Jack paced his 1500m race to perfection, smashing his entry time by a minute, to go sub 24 mins.

Kicking off Day 2 were Isla T and Anna H in the 1500m - Isla working hard to get that all-important 4th DRP time! As a result, she will join Fraser in the East District Regional Programme (DRP) in the autumn – a fantastic achievement. With a 42-sec PB, Anna managed to break 20 minutes gaining a well-earned bronze medal. Esmée and Freya H raced to strong PBs in the 200m backstroke - and then with Fraser - Rowan, Finch, Sam and Corey all swam their first accredited 400m freestyle races. Corey (gold) and Fraser both swam inside the DRP times, Sam winning bronze.

Isla H got the afternoon underway with a PB in the 200m IM. In the boys 200m backstroke, Rowan recorded a good PB, and Corey and Sam both got first swim times - Corey's time well inside the DRP time giving him a clear (14 sec) win in the event. Last race of the day was the girls’ 400 free - a close battle all the way between sisters Isla and Esmée with PBs for both girls – Isla's time yet another DRP time despite her 1500m earlier in the day. Finally, Corey was deservedly awarded "Best 8-10 Boy" – a brilliant way to round off a weekend of sunshine, swimming and superb team spirit.