Step Rock returned with a splash at the first event of the new season in Bathgate. As expected, our first competition brought a mixed bag of performances. Corey and Sam brought the best out of each other, one or other of them topping the podium in every single 8-10 boys race (and in all bar the 50 back, taking 2nd spot too!) Sam J and Archie gained several top 8 spots in the same age group, both looking strong with a pleasing return to form for team captain Sam in the 50 fly, and a particularly good swim from Archie in the 100 free.

Russell took home 2 silvers – for 50 free and 100 free – breaking 30s for the first time in the former. He also missed out on bronze in the 50 fly by just 0.01s. Fraser battled to find form all weekend and was eventually rewarded with a bronze in the 200 back. Daniel controlled his races well, with heat wins and excellent personal improvements. Tommy swam a consistent 200 breaststroke – his first race over this distance. Some more confidence in his tumble turns will see his freestyle times continue to plummet.

No medals came the girls’ way this time, the closest was Isla T – 4th in the 100 fly – but nonetheless there were lots of encouraging swims. Ellie had 6 substantial PBs out of her 7 swims. Isla and Esmee both sliced significant proportions off their 100 free times. Anna put in a dominant swim in her 200 back, for a 13 sec PB, Tilly also putting in a fast back end to finish strongly in the same heat. Tilly’s butterfly is undoubtedly her most improved stroke and that showed yesterday with good PBs in both her 50 and 100m fly. Anna also took over 15secs off her 200 IM time, set only in April.

A slightly under the weather Kayla had a consistent weekend, but is not a million miles away from regaining last season’s form. Rebecca and Freya both came away with some pleasing PBs and will have learnt where they now need to improve. All in all, an excellent weekend, and with 19 swimmers there on Sunday, there truly was a great team atmosphere which was really nice to see.