EDAGs Round 1 Saturday the 24th and Sunday the 25th of November

Six Step Rock swimmers had achieved qualifying times to enter Round 1 of the level 1 meet EDAGs at Michael Woods Sports Centre in Glenrothes recently and five of them took part. For Corey P and Sam C, it was their first ever level 1 meet.

In the 400 Free on Saturday, Corey P achieved an 18 second PB and swam into 9th place overall and Sam C achieved a 25 second PB and placed 10th. Fraser also had a good swim placing 12th.

In the 400IM on Sunday, Fraser swam to 5th place winning a much sought after East District torch pen and Kayla swam well too placing 16th in the 13 and over age group.

After running in the British Cross Country Challenge Race at Liverpool on Saturday, Anna H maintained a consistent pace throughout her 1500 swim and took 6th place and a torch pen in the 13 and over category.