Warrender Graded Meet 15th and 16th December 2018

What an amazing weekend for Step Rock with podium swims and a huge amount of pbs!

Gold for Russell in 100 free and pbs in 100 fly & 200 back in which he also gained a qualifying time for EDAGs.

Silver in 100 fly for Isla T - superb technique and race pacing. 7 pbs gained over the weekend but the most pleasing for her coaches was her 100 back where she took recent technical adjustments on board and she was duly rewarded with a 3 second pb.

Silver in 100 free for Corey P in an excellent time that should see him finish 2018 ranked #1 in Scotland in his age group. He also achieved a further 3 pbs and 6th place medals for 50 free and 50 back.

Competing against Corey P, Sam C swam brilliantly achieving a pb in every swim and achieved times that should see him invited to the District Regional Programme next year along with Corey. Sam's 100 breast time places him #1 in Scotland in his age group for 2018.

Also benefitting from racing head-to-head with teammates, Fraser racing Sam and Corey showed signs of a return to form with 2 pbs and superb pacing in his 200 free. Anna H and Laura might not like racing each other but the 100 butterfly was a true battle of contrasting styles, bringing out the best from both. Anna gained medals for 5th in 100 free and 6th in 100 back.

A great weekend too for those gaining entry times for EDAGs - Anna S (200 free) and Daniel (200 free & 200 back). They both displayed fantastic application achieved through consistent training attendance and effort.

Along with Sam C, others with 100% PBs over the weekend: were Freya H, Isla H, Anna S and Ellie who with only two swims made the trip worthwhile with a 6 second pb in 100 free with her now being ranked #1 in Scotland in her age group.

Also gaining pbs, Isaac through his good attitude continually seeking to improve and Esmee with a particularly good 2 sec PB in 100 free after a brilliant first 50m, Maddy and Kayla with a 2 second improvement on her EDAGs qualifying time for 200 free. Sam J and Rebecca also achieved pbs in 100 free.