EDAGs at Micheal Woods Sports Centre Saturday 22nd December 2018

It was a very long, hot, busy but an amazing and fun day for a team of Step Rock swimmers at the East District Sprints just a few days before Christmas.

There were lots of PBs, and Step Rock were very well represented in the Finals session - both in individual races and in the team relays.

Thanks to all swimmers but also those who came along out of semi-retirement so that we could make up our 8 relay teams. Russell proved to be the star anchor man pulling the 13-14s age group from 4th place to 1st in their heat with an amazing 28.51 split. Sam C who made it to 4 finals and Corey who made it to 3 finals and was reserve for 1 raced superbly all day. Sam's PB in the 50 breaststroke (42.77) won a bronze medal and Corey's best result was 4th in backstroke with a new PB of 36.44s.

Qualifying in 8th place for the 50 free final, Russell smashed his entry time to finish 4th in 28.07, just a tiny 0.01s off the podium and that time should see him represent the club at the Nationals at Tollcross in March. Let's hope this will provide a springboard for one or two more as well!

All in all, once again we are proud to say there was great team spirit and it was fantastic to see so many of our swimmers at a Level 1 meet. Huge thanks to all who made this happen – the swimmers, the coaches, the technical officials, the parents and other supporters- all so close to Christmas! We really are a lovely club.