EDAGs 9th and 10th February 2019

A team of Step Rock swimmers took to the Royal Commonwealth Pool in Edinburgh over the weekend of the 9th and 10th of February for the East District Age Group Championships and what a fantastic weekend it was. Some of our swimmers had not swum in a long course pool before and it was a great experience for all with a fantastic atmosphere in Scotland’s capital.

The Step Rock group of boys swam brilliantly with Finch, Corey and Sam C all impressively making it through to finals for several events. Sam in the 100 Free and he also earned our only single swimmer medal with a Bronze after an impressive swim in the 11-12 50m Breaststroke.

Finch swam to the final of the 100 Breast and Corey to finals of the 100 back and 100 free and the 200 IM. Fraser also got a final place in the 200 IM.

The boys also won 2 silver medals in the relays. In the 200 Free Relay the team of Sam, Finch, Fraser and Corey swam their hearts out with this great result. In the 200 Medley Relay, the same thing happened – the boys swam their way to another silver medal – what a great team!

There were also some impressive pbs over the weekend. David took a fantastic 12 seconds off his 100 Fly time, Russell took 17.62 seconds off his 100 Free and Daniel also pb’d by 16.74 seconds in the 100 Free. Fraser pb’d in the 100 breast and in the 200IM he improved by nearly 4 seconds.

For the girls, Anna S swam an excellent leg in the 200 Free relay taking nearly 2 seconds off her pb giving the rest of the girls team a great start for the rest of the relay – Isla T, Kayla and Isla H.

Isla T took a pb in the 100 free, took 7 seconds off her 200IM time and over 5 seconds off her 100 back time. Anna H took 2 and a half seconds off her 100 back and Maddie improved by over 2 seconds in her leg of the 200 Medley relay.

All in all, brilliant swimming by Team Step Rock!