Four Step Rock Open Water swimmers recently returned from the British Championships, a Swim England event held in Rotherham. Anna S, Isla T, Fraser and Rowan all swam brilliantly, holding their own against the best open water swimmers in Britain. Adding to the excitement was a ‘no wetsuit’ rule due to the water temperature being 21 degrees. These Step Rockers therefore had their first ‘skins’ swims, a totally different experience and arguably much tougher. However - true to form - they smashed it, setting them up well for the Scottish National Open Water Championships, where they were joined by 10 more from the Open Water Squad .

First into the 18 degree waters of Loch Venacher were Daniel, Anna H, Anna S, Isla H, Lucy, Orla, Esmée and Kayla – each of them set to battle against stormy weather conditions in the 2km event.

Highlights from Day 1 included a determined swim by Daniel to earn a bronze medal in the 13-14 age group and a superb performance from Anna H, who swam a 2 minute PB coming in 4th in the 15-16 age group. PBs from Anna S, Isla H, Lucy and Orla followed.

The relay teams led by Esmée and Anna H then donned the now customary Gold and Silver caps to compete against much more senior swimmers, the A team finishing within half a minute of 5th place – highly creditable performances from all.

Day 2 kicked off with the 1km races. First up, in the 11-12 years age group event, Fraser's tremendous effort saw him rewarded a silver medal finishing in an incredible time of 14:49, just a second behind the gold medallist from Lanark. Rowan and Finch then battled all the way coming in 4th and 5th respectively, achieving huge PBs to take them both under the 16 minute mark. Sam J crushed his target time target by 2 minutes and Freya H gained the biggest PB of the event, knocking 6½ mins off her PB and importantly finishing with a huge smile on her face! In the Open 1km, Isla T and Isla H rounded off the weekend with fantastic swims, both coming in well under 15 minutes at 14:42, and 14:43 respectively.

Step Rock Open Water lead coach, Kirsten Geary, was delighted with the swimmers’ hard work and achievements over the season.