[](http://www.caradon-swimming.org.uk/home/4585330122)

**Cornwall County Championships**

**Day 3**

**25th February 2017**

Another spectacular day of swimming from the Caradon massive. Day 3 of the Cornwall County Championships was off to a golden start with Cameron Vearncombe winning the boys 15 years 400 IM and making it a double GOLD by winning the Junior Championship in a new club age group record of 5.11.97.

Jackson Spry took the BRONZE medal in the Senior Championship of the 400 IM setting a new personal best time of 5.10.93 and narrowly missing out on another regional consideration time.

Ruby Griffiths had an eleventh birthday to celebrate with an exceptional 200 BK swim in the girls 10/11 year’s age group. Once again Ruby swam away from the rest of her heat in the second 100m showing real strength and posted a fantastic 10 second PB touching home in 2.52.95 for the GOLD medal

Morenwyn Cowling was back on the podium in the girls 12 year’s age group claiming the SILVER medal in her 200 BK swim. Morenwyn also set a new personal best time, finishing strongly in the final 50m to stop the clock at 2.55.86

There was further success for Caradon as Isobel Aspen took 4th place in the girls Senior Championship 200 BK with a time, just outside her best of 2.34.02

Keeping up results in the middle-distance events, Ben Suckling produced a strong 200 F/S to post a new boy’s 14 year’s club age group record – bettering a time that has stood for 14 years – with his 2.10.76. This gave Ben the SILVER medal in his age group and 4th place in the Junior Championship

It was a second GOLD medal for Ruby Griffiths, this time in the 100 IM. Ruby posted a new personal best in the heats to take the fastest lane in the final and expertly lowered that time again on her way to victory finishing in 1.23.67

Cameron Vearncombe took another podium finish, this time on the boys 15 year’s 50 BK claiming BRONZE in his age group with a time of 32.39 that also saw him collect 6th place in the Junior Championship

A special mention for Jackson Spry with a superb new personal best in the 50 BK lowering his time by over second. Although not making the Senior Championship final, Jackson’s time of 30.55 was a new boy’s 15 year’s club age group record

The Girls 100 BR/S final was a nail biting affair in the 10/11 year’s age group, but saw more success for the Caradon swimmers. This time Kate Mugleston proved too strong for the rest of the field on her favourite stroke. Kate led from the start to claim the GOLD medal with a new club age group record of 1.38.04. Ruby Griffiths was only 0.79 seconds behind finishing in a new personal best of 1.38.83 to take BRONZE

Cameron Vearncombe collected yet another medal, a further BRONZE for his collection, this time on the 100 Fly. Cameron’s time in the final of 1.10.46 was another club age group record and gave him 5th place in the Junior Championship

The final event of the day saw three more medals being collected by Caradon swimmers, this time on the 50 F/S. It was a Caradon 1-2 in the girls 10/11 year’s age group. Isabella Schlussas added the GOLD medal in this event to her 100 F/S win last weekend in a new club age group record time of 33.22. Team mate Rowan Windrum was close behind to take the SILVER medal in a big new personal best of 33.99 seconds.

Bryluen Cowling charged through her 50 F/S to turn in third place at the half way mark and held her speed and fought off some late challenges to take BRONZE in the girls 13 year’s age group

Another FOURTEEN medals added to the Caradon hoard today at County Championships – 6 GOLD, 3 SILVER and 5 BRONZE and still the final day of competition to go!