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**Cornwall County Championships**

**Day 3**

**26th February 2017**

The final day of Cornwall County Championships saw even more medals won by the Caradon Swimming Club athletes. The boy’s 200 IM was an exciting event with Adam Roebuck just missing out on bettering his personal best time, but collecting GOLD in the multi classification event in a time of 2.42.81

Ben Suckling lowered his personal best time in this event by almost 4 seconds to post a new standard of 2.30.46 and briefly set a new club age group record. However, the ensuing heat saw Jackson Spry and Cameron Vearncombe do battle. Jackson used his strength in the opening Fly and BK sections to put himself out in front of the field. Cam used his breaststroke to move from fifth place at the half way mark to second place, right behind Jackson. It all came down to an aggressive final 50m of freestyle for the boys to finish in the top two spots in their heat. Jackson’s time of 2.25.81 was just 0.01 seconds outside of regional consideration standard. Cameron’s time of 2.27.32 was a new club age group record and gave him GOLD in the boy’s 15 years age group and also GOLD in the Junior Championship with Ben Suckling taking 6th place.

Ruby Griffiths continued her gold rush with a spectacular 400 F/S. Letting some of the older swimmers in her heat make the early pace, Ruby kept in touch and used her strength in the second half of the race to move past them and away from them to touch home in a huge new personal best of 5.24.87 to take GOLD in the 10 & 11 years age group.

There was another medal in the 400 F/S with Bryluen Cowling managing to negative split her swim. With ever increasing speed in the second half of the race, Bryluen set a new personal best time of 5.05.54 and took BRONZE in the girl’s 13 years age group.

One of the races of the championship had to be the 200 Fly. Cameron Vearncombe in the second of just two heats started strongly in the opening 100m, turning in a new personal best and new club age group record time of 1.10.02. However, Cameron was down the field in third place with several boy’s well out in front, but in swimming anything can happen. Over the next 50m, as the wheels came off for the leading swimmers Cameron showed no sign of slowing down and closed the gap and had the lead at the 150m mark. Roared on by a contingent of Caradon swimmers, Cameron set a new personal best by more than 12 seconds and touched home in a new club age group record of 2.31.97 to take SILVER in the Junior Championship.

After a very close heat swim, only Kate Mugleston made it through to the final of the girl’s 50 BR/S in the 10 & 11 years age group from amongst the Caradon swimmers. Having taken the gold medal in the 100 BR/S the day before Kate managed to hold off all challenges through the race to claim her second GOLD medal of the championships.

Lily McGowan and Isobel Aspen both made the final of the 50 BR/S in the Ladies Senior Championship where they took 4th and 6th place respectively. Lily in a time of 37.41 seconds and Issey in a time of 38.15 seconds.

Ben Suckling was back in action in the 100 BK setting a new personal best in the heats, only to lower this still further with a time of 1.09.15 in the 15 years age group final to take BRONZE.

Jackson Spry produced the 100 BK swim of his life to shatter another club age group record. Out with excellent speed in the opening fifty metres Jackson showed all his back-end speed to swim away from the field and post a heat time of 1.03.96. Jackson couldn’t quite repeat this in the senior championship final and took 6th place with a time of 1.04.77

The final session of County Championships saw even more medals for the club’s swimmers. It was another Caradon 1-2 in the girl’s 10 & 11 years 200 BR/S. Ruby Griffiths made it to double figures with her 10th GOLD medal of the championships with a winning time of 3.23.95. Kate Mugleston took SILVER in a new best time of 3.29.06 to add to her gold medals in the shorter BR/S events. Kate also narrowly missed out on the club age group record – so here’s hoping we can better that in a few months time.

A big surprise for Lauren Hocking who lowered her personal best by almost 5 seconds in the 200 BR/S to post a time of 3.21.97 and take the BRONZE medal in the girl’s 13 years age group. No one has ever seen a face so surprised to be holding a medal!

Lily McGowan moved up a place from her 50 BR/S result in the Ladies Senior Championship to take BRONZE in one of her fastest 200 BR/S swims posting a time of 2.58.26. Isobel Aspen was close behind and took 4th place, also in the senior championship

The boy’s closed out the championships with 100 F/S which saw a medal of each colour won by Caradon swimmers. Adam Roebuck and Matt Clowes made it another Caradon 1-2 in the Multi Classification event with Adam taking GOLD in new personal best of 1.03.26 and Matt the SILVER in a time of 1.15.78

It was a BRONZE for Ben Suckling with his heat swim breaking the 60 second barrier for the first time in an individual 100 F/S in 59.33. His final time of 1.00.00 exactly also gave him 6th place in the Junior Championship

The final medal of the day in the final event was for none other than Ruby Griffiths, claiming her 11th GOLD medal of the championships in a tightly fought contest in the 50 Fly. Ruby touched home in 36.63, just 0.21 seconds ahead of her nearest rival to end a brilliant four days of swimming from the Caradon athletes

After four days of competition the Caradon swimmers have achieved their best ever County Championship results. They set 2 All Time Short Course Records and a further 18 club age group records. The swimmers collected 66 medals – 28 GOLD, 17 SILVER and 21 BRONZE. There were a further 18 medals for swimmers placing 4th – 6th in both Junior and Senior Championships and 22 age group finals contested with swimmers placing 4th – 6th.