Caradon Masters New Year’s open Meet – Saturday 23rd January 2016

Sharon Getson was competing at her first Masters event with the club and competed in the individual 50m, 100m and 200m Freestyle events. Sharon took gold in the 200 F/S, the first event of the day and is now to be known as 'Gold Medal Getson'. Sharon collected silver medals in the two shorter distances behind team mate Amanda Losasso. Sharon took 3 seconds off her 100m F/S PB, which she only set the previous weekend at Last Chance Time Trials to finish in 1 minute 35.04 seconds.

Tessa Muskett was only competing at her first event having only just joined the club. Tessa competed in five individual events and swept to gold in all of them establishing new personal best times. In the 50m and 100m freestyle Tessa finished in 30.31 seconds and 1 minute 09.78 seconds respectively. In the 50m and 10m breaststroke Tessa set times of 40.68 seconds and 1 minute 27.82 seconds and in a very strong 50m Fly finished in 33.33 seconds.

Sam Crosby competed in a several of her less favoured events in order to update her times for training purposes and with a view to putting the 200m Individual Medley firmly in her competition programme. Sam took silver in the 100m breaststroke behind Tessa in a time of 1 minute 40.83 seconds and gold in the 100m backstroke in a time of 1 minute 23.72 seconds. Although disappointed with her 200m Fly Sam still claimed the gold medal, but went on to set a new Cornwall County Masters short course record in the 200m BK as well as a new personal best with a negative split swim of 2 minutes 55.83 seconds.

Vicki Buck took two gold medals in the 50m freestyle and the 50m breaststroke in her age group. Vicki is in the process of rehabilitating following shoulder surgery and has her sights firmly set on events later in the season, the meet was a first opportunity for Vicki to race for the first time in over six months. Whilst Vicki was philosophical about the times achieved we did see her competitive side kick back into gear with some gutsy racing spirit.

Amanda Losasso was in action in her favourite 50m and 100m freestyle events. Amanda swam a strong 100m freestyle for this stage of the season and demonstrated her fitness by claiming gold in a time of 1 minute 11.60 seconds. With the 50m freestyle at the end of the day Amanda produced a solid swim of 32.20 seconds for a second gold medal and will be looking to hone her sprint skills in the approach to National Championships in April.

Mick Swift had a very busy day of racing with five events in total. As ever Mick went in all of the breaststroke events and picked up a hat trick of gold medals in these with some very respectable times at this stage of the season. There were silver medals for Mick in the 100m freestyle with a strong swim of 1 minute 13.65 seconds and in the 100m Individual Medley in a time of 1 minute 29.57 seconds, which came perhaps a little too close to the 200m breaststroke!

The swimmers teamed up to form three gold medal winning relay's. In the ladies 120-159 years 4 x 50 freestyle relay the team of Sharon Getson, Tessa Muskett, Amanda Losasso and Sam Crosby took gold in a time of 2 minutes 22.10 seconds. In the mixed 200-239 years 4 x 50 freestyle relay Amanda and Sharon were joined by Mick Swift and Keith Haynes to finish in a time of 2 minutes 21.16 seconds. The final relay of the day saw a head to head between Caradon and Devonport in the mixed 4 x 50 medley relay, with Tessa Muskett bringing the team of Keith Haynes, Mick Swift and Sam Crosby home for gold in a time of 2 minutes 28.77 seconds.

**Congratulations to all the Team**