Caradon Swimming Club had five Masters competing at this year’s Swim Wales Open Masters Championships in Swansea. The team collected 15 medals – 8 GOLD, 3 SILVER and 4 BRONZE. There were also some Cornwall County record breaking swims over the weekend.

Sam Crosby collected medals in all colours starting with GOLD in the 200 IM, a strong long course swim of 2.57.96 took Sam to her second fastest individual medley swim and victory. In her remaining three events Sam managed to set 3 new Cornwall County records in her age group. In the 200 Fly Sam set a new personal best time by three second to finish in 2.56.73 and claim her second GOLD of the championships. It was SILVER in the 100 Fly, but another three second personal best in a 1.16.94. Sam’s 200 F/S was also another personal best and her time of 2.36.15 gave Sam the BRONZE medal

Phoebe McGowan travelled over from Lampeter University to join the Caradon team. Phoebe collected a haul of 4 GOLD medals winning all events she contested in the Senior Age Group section of the meet, 18 – 24 year olds. Phoebe’s gold medal success came in the 100 and 200 BR/S, 100 BK and 100 F/S

Paul Hatton was competing long course for the first time in his preferred distance freestyle events. It was SILVER for Paul in the 400 F/S establish a new personal best time of 5.12.80. In the 1500 F/S Paul set a new Cornwall County Record in the 45-49 year’s age group with a time of 20.57.10 and claimed the GOLD medal.

From the long distance to the sprints, Amanda Losasso was waving the Caradon flag in the 100 and 50 F/S swims. Posting excellent long course times Amanda swam to the SILVER medal in the 100m event in a time of 1.11.95. In the 50m event Amanda went one better to claim the GOLD medal in a time 31.92 seconds in her last year in her current age group!

Vicki Buck showed continuing return to form following shoulder surgery collecting a hat trick of BRONZE medals in the 50, 100 and 200 BK over the course of the weekend. Vicki also took 4th place in very heavily contested age group in the 200 F/S with a time of 3.32.46