

**CONGRATULATIONS**

to all our swimmers who competed in the first session of the  
2019 CCASA Long Distance Championships at Penzance

Results for 800m Free include

**4 New PBs**

**3 Age Group Champions,**

**SENIOR COUNTY CHAMPION**

and a further medallist (top three places)

Well done everyone!

	Event		Time	Place	Improv
<b>Evie Belt (13) F</b>	800 Free	HDW	9:51.03S	1	-18.63
<b>Thomas Belt (11) M</b>	800 Free	HDW	11:59.95S	1	-43.52
<b>Amelia Durant (13) F</b>	800 Free	HDW	10:05.78S	2	-7.25
<b>Darcey Laurence (12) F</b>	800 Free	HDW	10:49.79S	1	-22.51
<b>Michael Long (13) M</b>	800 Free	HDW	11:27.84S	5	---
<b>Megan Vingoe (17) F</b>	800 Free	HDW	9:16.33S	1	8.57