

## Day One - 2009 Swimming Championships

### Titchen and Prole lead the way in Long Distance Championships with a clean sweep of medals by Taunton Deane Swimming over 1500m

Day One of this year's Age Groups and Championships took place at Millfield 50m Pool on Sunday 1st February 2009, which saw Senior and Junior Freestyle Championship for Women over 800m and Men over 1500m swum Long Course. A Mens 800m and Womens 1500m competition was also staged.

The introduction of County Qualifying Times raised the bar in terms of performance for competitors. In addition the County are pleased to have offered this competitive opportunity for both sexes over the longer 50m course allowing for Regional and National entry times to be achieved by all.

This year's Womens 800m Champion was Lucy Tichin, Millfield whilst the Mens 1500m Champion was James Prole, Taunton Deane Swimming. In the Mens 800m competition James Stone, Millfield, took the honours whilst Holly Lawrence, Chard, claimed first place in the Womens 1500m.

The Championship Medal Table sees Taunton Deane Swimming leading the way with 1 Gold 2 Silver and 2 Bronze, whilst Millfield took the other medal on offer today, 1 Gold.

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