

## Trophy Winners

In Sep 2017 Somerset ASA announced it would run all its 2018 Championships events long course (50m).

Follow the menu links for archived pages.

Please note that the 'Senior' trophy entitlement of each event with finals and each HDW event depended on conditions in force at the time, which are now

- competitor returning the overall fastest time from each 16/O Age Group Final and 16/O HDW event,

and were previously

- competitor returning the overall fastest time from the Age Group Finals for that event and from HDW events, regardless of age

WINNERS have WINNING SELF-TALK. They don't beat themselves up with negativity or self defeating thoughts. They understand that the words they say to themselves become their reality and their reality becomes their RESULTS.

— *Allistair McCaw* (@AllistairMcCaw) [31 July 2018](#)

<http://www.somersetasa.org/sasa/en/Results/Trophy-Winners?pdfview=1>