

### London Regional Winter Championships 2009

CASC swimmers produced some solid performances so soon after an extensive training camp in Italy. Two club records were smashed by David Scott (200m Fly – 2.09.78) and Catherine Wrench (100m Free – 1.00.09). Both of whom also scored Bronze medals for their performances.

<b>GOLD</b>	-
<b>SILVER</b>	-
<b>BRONZE</b>	2
4 <sup>TH</sup>	1
5 <sup>TH</sup>	2
6 <sup>TH</sup>	1
7 <sup>TH</sup>	1
8 <sup>TH</sup>	2

Well done to all of our swimmers who competed at Barnet this weekend: David Scott, Hiroki and Hikaru Harazawa, William Jackson, Oliver Samy, Ben Dubben, Thomas Nurthen, James and Rebecca Mulcahy, Catherine Wrench, Hannah Avins, Izzy Trompetas, Rosie Leverton and Alice Hogan.

**Chris Hatton**  
**C.A.S.C. Chief Coach**