

# BURNS LEVEL 1 MEET

## C.A.S.C. travels to Ponds Forge.

On the 26<sup>th</sup> January we set off for Ponds Forge, the location of the annual BAGCAT & Youth ASA National Championships. The competition saw some amazing swimmers from across the country taking part. Despite our team being small in numbers for the New Year's Level 1 meet our swimmers certainly performed to the best of their ability amassing 16 new long course PB's along the way.

The C.A.S.C. swimmer of the meet went without doubt to 15yr old Francesca Hayward. In the 100m Brst she swam a superb heat registering a new long course time of 1.22.34 – a 5 secs improvement -. Her progress over the weekend continued with further PB's in the 50m brst (39.00) 200m Brst (2.56.51) and in the 200m Fly (2.49.83). Sam Crowther claimed new best times in all of his Breaststroke events, 50m brst (33.95), 100m brst (1.14.03) and the 200m brst (2.39.02). David King returned to Ponds Forge for the first time since the 2005 ASA Nationals. He did not have a wasted trip with excellent PB performances in the 50m free (27.47), the 50m Back (31.37) and the 100m back (1.09.48). Hik Harazawa had a busy schedule at Sheffield and performed consistently with a new PB in the 50m fly (30.75).

C.A.S.C. Chief Coach Chris Hatton was understandably proud of his swimmers' achievements. "I am very happy with how they all performed. We were competing with some of the best swimmers of their age groups in the country and we did not fall short. I would like to thank Pam for accompanying the team to Sheffield and we all look forward to returning next January".