

PB's KEEP ON ROLLING

April sees 420 PB's for our swimmers

O'Jays Meet	44
Bexley Open	28
Time Trials	161
Croydon Boroughs Gala 2	65
Crawley Meet	18
Haslemere B Grade	4
Octopus Gala 1	25
Littlehampton Open	75
Total	420
Season Total (end of April 2008)	2451

APRIL 2008 WINNER



www.jackpetcheyfoundation.org.uk

REBECCA BOOTH – BRONZE SQUAD

Congratulations to Rebecca from the coaching team for her hard efforts at training, her excellent attendance and performances of late. Well done.

Croydon Boroughs 2008 Gala

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The second stage of the 2008 Borough Championships took place at Whitgift and yet again another dominant performance from CASC swimmers amassing 65 new SC PB's and 43 medals.

CBSA Gala 2 – Medal count

GOLD	SILVER	BRONZE
15	14	14

Running total of medals from Galas 1 & 2

	GOLD	SILVER	BRONZE
GALA 1	16	15	13
GALA 2	15	14	14
TOTALS	31	29	27

Overall total of medals won in Galas 1 & 2 - 87

CRAWLEY SPRING OPEN MEET

LEVEL 1 MEET TURNS INTO A GRAND PRIX



The very best swimmers in England all gathered at the K2 pool, to battle it out for NQT's. With 7 swimmers

qualifying for the inaugural event we amassed 18 new LC PB's and 1 more NQT. For 12yr old Hiroki Harazawa it was a case of stamping his authority on the Breaststroke events against the elite from the country. He swam a NQT at the 200m Brst in a time of 2.53.29 (2 secs inside the NQT). Team mate David King narrowly missed the LC NQT for the 50m Free by 2 tenths! An excellent days work.

Octopus Sprint League 2008 – 1st Round

CASC tied for first place on the night coming home with 25 new SC PB's. Well done swimmers.

CLUB	POINTS	POSITION
CASC	245	1 ST
BARRACUDA	245	1 ST
ELTHAM	228	3 RD
BROMLEY	187	4 TH
WOODSIDE	165	5 TH
STREATHAM	143	6 TH
ERITH	135	7 TH
EDENBRIDGE	128	8 TH

***FURTHER SUCCESS
AT LOCAL OPEN
MEETS***

The coaches here at CASC wish all swimmers the best of luck for May.

Rgs,

Chris Hatton

Another season passed, another Bexley Open but due to the closure of Crystal Palace the competition took place at Crook Log. Even though the swimmers are tired from all the competing of recent weeks they still performed brilliantly and gained 28 new short course PB's, LRQT's, 32 medals, 13 Gold, 7 Silver, 12 Bronze and 19 (4-6) placings and top 3 visiting club.

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A team of 34 swimmers from CASC took part in the annual Orpington O'Jays meet at the Black Lion Gillingham on Sunday 6th April 2008. With bad weather forecast it looked to be a miserable day but our wonderful team spirit and competitive performances put a smile on everybody's faces. Total of 44 new short course PB's, 24 medals, 5 gold, 12 silver & 7 bronze plus an additional 18 (4-6) placings placed CASC 2nd Top Visiting Club.

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Winning moments

One of the best moments for me since being at CASC was the team success we all enjoyed at LITTLEHAMPTON this month. I remember competing at this pool when I was 15 chasing NQT times! 27 of CASC's competitive swimmers travelled to Portsmouth and their performances were a true credit to their



coaches and to their club. It was a wonderful weekend away and one that will be missed until we return in twelve months time. 75 new short course PB's were set, 29 medals won, of which 9 were Gold, 13 Silver & 7 Bronze and a further 31 (4-6) placings, plus two of our girls setting Event Best Times (EBT). We saw 23 new Regional qualifying times achieved by our swimmers and CASC will see 3 new qualifiers who achieved last minute qualification - Ben Dubben, Amelia Machugh and Clara Agyekumhene – compete at the BAGCAT Regionals in June.