

# Beacon Relay Invitational Gala

Held at the Spa at Beckenham on 3<sup>rd</sup> February  
2008

C.A.S.C. claim yet another well deserved victory



The Season is going from strength to strength with another wonderful evening of swimming. We were invited to attend the Beacon Relay Invitational Gala by Swim Bromley. This A Grade Gala had teams from Bromley, Orpington O'Jays & Saxon Crown competing with us all vying to win Top Club at the relays. A fun and exciting evening which turned out to be excellent practice & preparation for the Surrey and Regional Relays later on in the season. We ended up winning **22** out of the 32 relays and also amassing **20** new short course PB's to boot. The swimmers looked sharp and deserved their team victory which is now our 5<sup>th</sup> of the season.

Congratulations to the following swimmers:  
Hannah Bloxsome, Clara Agyekumhene, Amelia Machugh, Daniel Lawton, Jon Barron, Karl Harazawa, Izzy Trompetas, Kit Parrish, Alice Hogan, Georgia Wallis, Hannah Avins, David Scott, Tom Parker, Tobias Fox, James Mulcahy, Rebecca Mulcahy, Catherine Wrench, Sarah Walcott, Maddie Steer, David King, Joe Walking, Neil Wylie, Rosanna Raynor, Alice Schroeder, Hik Harazawa, Ciaran Kavanagh, Andrew Browne & Lewis Franks.

Swimmers of the night went to **Izzy Trompetas, Rebecca Mulcahy & Rosanna Raynor.**

This victory shows excellent strength in depth across all our age groups and wonderful team spirit. We now look forward to the start of the Surrey County Championships.

---

## WATER POLO

Congratulations to the 2007 Player of the Year for CASC

**Jonny Cannon**

Voted by all the players and parents

Well done for a great year

---

## SQUAD REPS

As of Feb 2008

Diamond & Platinum – Mrs Jan Franks

Gold Squad Rep – Mrs Karen Parker

Silver Squad Rep – Mrs Liz Nash

Bronze Squad Rep – Mr Peter Speddings

Junior Masters – VACANT

---

## February's PB Tally

Beacon Relay Invitational	20
Surrey Schools Swim Champs	11
Surrey Champs Galas 1 & 2	46
National Tetrathlon Champs	2
CASC Time Trials	141
Surrey Champs Galas 3 & 4	64
National Biathlon Champs	2

Total in February 2008 – 286 PB's

Total PB's so far since September 2007 – 1790 PB's

## C.A.S.C. Website

[www.croydonamphibians.com](http://www.croydonamphibians.com)

This is undergoing a re-vamp thanks to Geoff Parker. Many new things will be added to the website, photos, reports, archives, and links pages etc all for the benefit of the club. I would like to take this opportunity to thank Geoff on behalf of all the coaches and teachers for making the website so much more enjoyable to surf through.

## C.A.S.C. Swim Shop

There is a new stylish flyer for the website shop page with details of all the merchandise that Kanae Harazawa sells on Tuesday nights.

At competitions and photo calls it is mandatory that all competing swimmers have the following club uniform.

Black Hoodie, White Polo Shirt, Black shorts  
OR trousers.

Thanks for your co-operation.

## Flora London Marathon 2008



Congratulations goes to a Gold Squad Swimmer who will be running in the Mini Marathon!

12yr old Benen Hodge came 3<sup>rd</sup> in the Sutton Borough Trials for the mini Marathon taking place in April and has been selected to run for his Borough on the 13<sup>th</sup> April.

A fantastic result for Benen.

## C.A.S.C. Swimmers travel to Bath for the National Tetrathlon & Biathlon Championships.



We have several of our squad swimmers competing for their schools at the various disciplines.

**Modern Biathlon** – Run & Swim

**Modern Triathlon** – Run, Swim & Shoot

**Modern Tetrathlon** – Run, Swim, Shoot & Fence

**Modern Pentathlon** – Run, Swim, Shoot, Fence & Ride

9 & 10<sup>th</sup> Feb 2008 @ Bath Uni Sports Village

### National Tetrathlon Championships

Tobias Fox – Youth C Boys – Whitgift School  
Came 4<sup>th</sup> – 100m Free – 1.06.64 LC PB

Samuel Curry – Youth B Boys – Whitgift School  
Came 7<sup>th</sup> – 200m Free – 2.28.31 LC PB

23 & 24<sup>th</sup> Feb 2008 @ Bath Uni Sports Village

### National Biathlon Championships

Samuel Curry – Year 9 Boys – Whitgift School  
Came 30<sup>th</sup> – 100m Free – 1.06.50 LC PB

Thomas Nurthen – Year 9 Boys – Trinity School  
Came 31<sup>st</sup> – 100m Free – 1.10.79 LC PB

Congratulations to all the boys who competed.

## February's winner of the Jack Petchey Certificate Award went to:



### GOLD SQUAD

Benen Hodge is the winner for February. Competing in his first Surrey County Championships at the gruelling 800m Freestyle at Aldershot he came away with a massive Long Course PB and 12<sup>th</sup> position. Well done Benen from the coaching team here at CASC and good luck for the rest of the swimming competitions and the mini marathon.

## Surrey County Championships 2008 Galas 1 & 2

The first weekend of the Surrey County Championships has finished and CASC had a solid start to the Championships.

A total of 46 Long Course personal best times, 3 Bronze medals and 16 placings in the TOP 8.

### Placings on the 1<sup>st</sup> weekend of the County Champs 2008.

<b>GOLD</b>	-
<b>SILVER</b>	-
<b>BRONZE</b>	2
4 <sup>th</sup>	1
5 <sup>th</sup>	2
6 <sup>th</sup>	3
7 <sup>th</sup>	4
8 <sup>th</sup>	6

### Results were as follows:

**Hik Harazawa** – 800m & 1500m Free – two Bronze medals  
**Catherine Wrench** – 4<sup>th</sup> in 1500m Free & 6<sup>th</sup> in 800m Free  
**Rebecca Mulcahy** – 5<sup>th</sup> in the 1500m Free  
**Alice Hogan** – 5<sup>th</sup> in the 800m Free & 8<sup>th</sup> in the 1500m Free  
**David Scott** – 6<sup>th</sup> in the 800m Free & 7<sup>th</sup> in the 1500m Free  
**Neil Wylie** – 6<sup>th</sup> in the 1500m Free & 8<sup>th</sup> in the 800m Free  
**Hannah Avins** – 7<sup>th</sup> in both the 800m & 1500m Free  
**William Epps** – 7<sup>th</sup> in the 1500m Free & 8<sup>th</sup> in the 800m Free  
**Hiro Harazawa** – 8<sup>th</sup> in the 1500m Free & 10<sup>th</sup> in the 800m Free  
**James Mulcahy** – 8<sup>th</sup> in the 800m Free  
**Tom Parker** – 8<sup>th</sup> in the 1500m Free & 10<sup>th</sup> in the 800m Free  
**James Bachen** – 11<sup>th</sup> in the 800m Free  
**Benen Hodge** – 12<sup>th</sup> in the 800m Free  
**Cian Hodge** – 17<sup>th</sup> in the 800m Free

Well done to all the swimmers who competed. A great start and let us continue this fine form into the next weekend of the Championships which will take place on the 16<sup>th</sup> & 17<sup>th</sup> February at the Spectrum.

## Surrey County Championships 2008 Galas 3 & 4

What another super weekend of swimming from our swimmers. The 2<sup>nd</sup> weekend went according to plan with 64 new Short Course PB's, 25 (4-8) placings and 1 Gold and 1 Bronze medal.

Kahoru Harazawa triumphed in the gruelling 400m IM in a massive PB of 6.09.27. Two further 4<sup>th</sup> places came in the 200m IM & 400m Free. His brother Hiroki Harazawa won a Bronze in the 200m IM in a PB time of 2.37.94.

12yr old Hannah Avins swam a superb 200m & 400m Free both times coming 5<sup>th</sup> in Surrey, both in PB's and both were London Regional Qualifying Times.

Dylan and Kane Nurse competed at their first County Championships and did not appear to be nervous as the PB's kept flowing. Dylan came 5<sup>th</sup> in the 200m IM and 8<sup>th</sup> in the 200m Back whilst his brother Kane came 7<sup>th</sup> in the 200m IM and 6<sup>th</sup> in the 200m Free.



Placings on the 2nd weekend of the County Champs 2008.

<b>GOLD</b>	1
<b>SILVER</b>	-
<b>BRONZE</b>	1
4 <sup>th</sup>	3
5 <sup>th</sup>	8
6 <sup>th</sup>	3
7 <sup>th</sup>	7
8 <sup>th</sup>	4

Running tally of placings from Galas 1 – 4

<b>GOLD</b>	1
<b>SILVER</b>	-
<b>BRONZE</b>	3
4 <sup>th</sup>	4
5 <sup>th</sup>	10
6 <sup>th</sup>	6
7 <sup>th</sup>	11
8 <sup>th</sup>	10

Catherine Wrench took two 5<sup>th</sup> places in both the 200m & 400m Free. Neil Wylie & Hikaru Harazawa both came 5<sup>th</sup> in the 400m IM, Joe Walkling came 5<sup>th</sup> in the 200m back, David Scott 4<sup>th</sup> in the 400m IM, David King 6<sup>th</sup> in 200m IM and William Jackson 7<sup>th</sup> in the 200m Back.

**Top 8 placings were as follows:**

Kahoru Harazawa Boys 10yrs	400m IM – 1st 400m Free – 4 <sup>th</sup> 200m IM – 4 <sup>th</sup> 200m Free – 7th
Hannah Avins Girls 12yrs	200m Free – 5 <sup>th</sup> 400m Free – 5th
Hiroki Harazawa Boys 12yrs	200m IM – 3 <sup>rd</sup> 400m IM – 7th
William Jackson Boys 13yrs	200m Back – 7th
David King Boys 15yrs	200m IM – 5th 200m Back – 8th
Dylan Nurse Boys 9yrs	200m IM – 5 <sup>th</sup> 200m Back – 8th
Hikaru Harazawa Boys 17/Over	400m IM – 5th 400m Free – 6 <sup>th</sup> 200m IM – 7 <sup>th</sup> 200m Free – 8th
Catherine Wrench Girls 14yrs	200m Free – 5 <sup>th</sup> 400m Free – 5th
Neil Wylie Boys 15yrs	400m IM – 5 <sup>th</sup> 200m IM – 7th
Joe Walkling Boys 14yrs	200m Back – 5 <sup>th</sup> 200m IM – 7th
Kane Nurse Boys 9yrs	200m Free – 6 <sup>th</sup> 200m IM – 7th
David Scott Boys 13yrs	400m IM – 4 <sup>th</sup> 400m Free – 8th



(Surrey Medals won so far 4)

All the coaches now look forward to the third weekend of the Championships on the 1<sup>st</sup> and 2<sup>nd</sup> March 2008.

Good luck to everybody.

---

I wish all the swimmers the best of luck for March. If you have any queries relating to coaching matters please feel free to email me.

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