



## C.A.S.C. claim yet another Top Visiting Club trophy to start the New Year off perfectly

Aldershot was the venue this time and it was a first time experience for many of our swimmers to compete in a Long Course pool. Over the weekend (19/20<sup>th</sup> Jan) our swimmers collected 53 medals – 23 Gold, 18 Silver & 12 Bronze – and amassed an incredible 188 Long Course personal best times.

### The final point standings were as follows:

Rushmoor Royals SC (Host Club) –	1265
<b>Croydon Amphibians SC -</b>	<b>544</b>
Staines SC -	347.5
Waltham Forest Gators SC -	275
Winchester SC -	201
Farnham SC -	176
Black Lion SC -	134
Hart SC -	104
Atlantis SC -	87
Godalming SC -	72
Andover SC -	66
Kingston Royals SC -	54
Seagulls SC -	37
Bracknell & Wokingham SC -	20
Romsey & Totton SC -	16.5
Locksheath SC -	14
Isle of Wight SC -	4
Cranleigh SC -	0

There were so many wonderful performances from the swimmers but I have picked out some that were excellent. They are as follows:

Clara Agyekumhene – 50m Back (41.56) & 100m Free (1.23.47)  
Hannah Avins – 200m Free (2.30.25)  
Ben Dubben – 50m Back (36.71)  
Hiroki Harazawa – 100m Brst (1.25.40)  
Kahoru Harazawa – 100m Fly (1.25.60)  
Dylan Nurse – 50m Free (36.25)  
Kane Nurse – 200m Brst (3.49.54)  
David Scott – 100m Fly (1.09.30)  
Lizzy Speddings – 50m Free (36.91)  
Adina Walford – 50m Free (32.14)

### Most medals won by an individual swimmer

- 1) Kahoru Harazawa, Hikaru Harazawa & Lizzy Speddings – 6 medals each
- 2) Ben Dubben & Hiroki Harazawa – 5 medals
- 3) Rebecca Mulcahy & Katherine Parrish – 4 medals each

### Most Gold Medals won by an individual swimmer

- 1) Kahoru Harazawa – 6 Gold medals
- 2) Hikaru Harazawa – 4 Gold medals
- 3) Hiroki Harazawa & Clara Agyekumhene – 3 Gold medals

Last season was fantastic for us all with two National swimmers but already this season we have our 4<sup>th</sup> Top club award which are achievements over both seasons that the coaching team and the swimmers can be rightly proud of

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## **SURREY SCHOOLS SWIMMING CHAMPIONSHIPS 2008 @ AMERICAN COMMUNITY SCHOOL COBHAM**

### **What a superb evening at Cobham for 5 of our swimmers.**

The girl's results were as follows:

**Erica Barron** – Wallington Girls School – Junior 100m Brst – 5<sup>th</sup>  
**Alice Hogan** – Wallington Girls School – Junior 100m Back – 5<sup>th</sup>  
**Rosie Leverton** – Wallington Girls School – Junior 100m Fly – 4<sup>th</sup>  
**Rebecca Mulcahy** – Woodcote – Intermediate 100m Free – 2<sup>nd</sup>  
**Catherine Wrench** – Wallington Girls School – Junior 100m Free – 1<sup>st</sup>

**January's winner of the Jack Petchey  
Certificate Award went to:**



**HANNAH AVINS – PLATINUM SQUAD**

Hannah has had a super season so far. Only ever qualifying in a couple of events at the Surreys Hannah this season has 12 events which is a wonderful improvement. She was awarded at the Presentation evening with the Chief Coach's special recognition award and her success continues. An excellent outing at both the Brighton and Rushmoor Opens in January has seen her win the Jack Petchey Award Certificate. Well done Hannah.

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***PB TALLY***

Tom Handley Open – 32  
Rushmoor Royals New Year Meet – 188  
Total for January – 220

**Running Total this season is –**  
**1504**

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

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