

Jack Petchey Awards



January 2009

The winner was **TOR WHEELER**. Tor has made super progress since he started with Gold Squad and his hard work ethic has seen many PB's since September 2008. Good luck for the rest of the season and congratulations from the coaching team.

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Burns Meet

The annual Burns Meet took place in Sheffield at the famous Ponds Forge Swimming Centre. Brothers Hiroki and Kahoru Harazawa made the long trip to Sheffield and had the added bonus of seeing the current Women's 400m Freestyle Olympic Champion, Rebecca Adlington who was competing in her first competition since claiming Gold in Beijing.

Kahoru swam a superb 400m IM recording his Regional QT and added Gold in the 50m Fly and a Bronze in the 50m Brst. At the end of the competition Kahoru met a very special person indeed and posed for a lovely photo with Rebecca Adlington.

“Kahoru meets Adlington”



Older brother Hiroki was aiming to add to his 100m Breaststroke Short Course National qualification and he did just that. Hiroki added the 200m Brst Long Course NQT to his impressive CV.

Well done boys on your achievements.

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NEWS FLASH

CASC Committee sees its outstanding positions filled.

We welcome the following people onto our strong new committee.

Treasurer – Ms Christine Chippendale

Secretary – Mrs Karen Parker

Jack Petchey Co-ordinator - Mrs Liz Nash

Tom Handley Open

CASC travel to the Prince Regent Centre and gain 39 London Regional QT's, A NQT and 19 medals to boot (8 Gold, 4 Silvers and 7 Bronzes).

Best swims from the weekend came from:

- Joshua Capon – 200m Brst
- Josh Hampson – 200m Free
- Amelia Machugh – 200m IM
- Rhys Singleton – 200m Back
- Ciaran Kavanagh – 100m Free
- Hiroki Harazawa – 200m Brst NQT
- Hikaru Harazawa – 200m Brst



HELPERS

Needed to organise:

- Bowling night
- Race night
- Ice Skating
- Lemongrass Evening
- Paint balling
- Alton Towers
- Club Dinner and Dance

Please contact Karen Parker if you would like to help out

BEACON RELAY GALA 2009

CASC reclaim the trophy from 2008 in an awesome display of team spirit.



A wonderful night of swimming at the Spa resulted in many fine PB's as well as super team spirit shown by all. Thanks to our officials Lesley, Bob, coaches Pam and Mark, Team Managers Fiona and Gill, Club Captains Hik, Rosanna, Mulkie and Ciaran for all of their hard work on the night.

1. CASC	174
2. O'JAYS	160
3. SEVENOAKS	121
4. WHITEOAKS	92
5. BROMLEY	81
6. LEANDER	41

ROBINS RELAY GALA

CASC come 2nd in a friendly behind Staines.

1. STAINES	185
2. CASC	160
3. TEDDINGTON	149
4. DORKING	108
5. SUTTON ATLANTIS	78
6. RINGWOOD SEALS	56

Thanks to the following for all of the hard efforts on the night: Peter, Bob, Mark, Pam, Hik, Rosanna, Mulkie and Ciaran.

**RUSHMOOR
ROYALS MEET**

A small team of swimmers travelled to Aldershot, the 50m pool to compete in the level 3 New Year Meet.

An excellent showing resulted in 3 Golds, 5 Silvers and 3 Bronzes.

Best Swims of the weekend

- Clara Agyekumhene – 100m Free (LRQT)
- Alex Flack – 100m Free
- Benen Hodge – 200m Free & 50m Back
- Chris Lawrie – 200m Brst

Thanks goes to:

Ed Lawrie and Jason Dubben for acting Team Managers as it was an unsupported meet. Well done to all of the swimmers for their performances.

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PB Tally

Tom Handley – 30
Rushmoor Royals Meet – 58
CASC Time Trials – 204
Robins Relay Gala – 25
Beacon Relay Gala – 24
Burns Meet – 8
Surreys Galas 1 & 2 - 15

Jan 2009 - 364

**SURREY COUNTY
CHAMPS 2009**

1st weekend of the Surreys took place at Aldershot as the 800m and 1500m Freestyle events got underway.

A solid start to the Championships by our swimmers saw Hannah Avins claim her first ever Surrey medal and seven swimmers recording top 8 placings.

GOLD	-
SILVER	-
BRONZE	1
Totals	1
4 th	3
5 th	2
6 th	1
7 th	1
8 th	
Totals	7

Well done to all of the swimmers and we now look forward to Galas 3 & 4 at the Elmbridge Centre in February. Good luck to all of the qualifiers.

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**Here is to a successful
February.**

**See you all at the
training pool.**

Chris Hatton