

## CASC Summer BBQ Fun day & Jack Petchey presentation

28<sup>th</sup> June 2008

The CASC fun day held at Greenacres Sports Ground, Warmingham the mayor of Croydon, Councillor Jonathan Driver presented our Jack Petchey Leaders Award and each of our monthly winners from the squads, Water Polo and the Masters with their Jack Petchey medallions. For those who were unable to attend, the medallions were collected on their behalf.



### Winners:

April 2007	Alice Hogan
May 2007	Alex Nash
June 2007	Mary Spencer
July 2007	Josh Hampson
August 2007	Lee McLaren
September 2007	Sarah Walcott
October 2007	Thomas Grout
November 2007	Catherine O'Connor
December 2007	Nikhil Patel
January 2008	Hannah Avins
February 2008	Benen Hodge
March 2008	Luke Momberg
April 2008	Rebecca Booth
May 2008	Thomas Pearce
June 2008	Ben Dubben

Leaders Award 2007 – Ms Rachel Wootton.

Congratulations to all of the above winners.

Jack Petchey “JUNE” Certificate  
goes to



[www.jackpetcheyfoundation.org.uk](http://www.jackpetcheyfoundation.org.uk)

### Ben Dubben – Platinum Squad

Ben started in Platinum last December and with his hard work ethic has seen fast improvements across the board. Making his first ever Regionals he came 7<sup>th</sup> at the 100m Brst. Well done Ben and good luck for the next season.

### JUNE PB TALLY

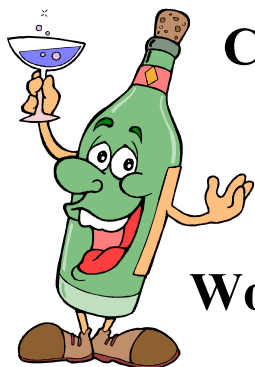
London BAGCATS	89
CBSA GALA 4	98
Octopus Gala 3	26

Totals	<b>213</b>
Season Total	<b>2973</b>



### Summer Holidays

CASC will stop training on Tuesday 22<sup>nd</sup> July and we will return Tuesday 26<sup>th</sup> August 2008. The Coaching Team wish everybody and their families a wonderful summer break and we will see you in the new season.



**CASC Masters  
travel to  
Australia  
The 2008  
World Games in  
Melbourne**

Three swimmers from CASC competed at the World Games and brought back PB's, medals and great memories. Sarah Botting competing in the 24/29 Age Group and did fantastically well by coming 5<sup>th</sup> at the 50m Brst, 6<sup>th</sup> at both the 100m & 200m Brst, 8<sup>th</sup> at the 400m IM and 23<sup>rd</sup> at the 50m Fly.



Team mate Paul Hare (ex GB record holder) came 14<sup>th</sup> at the 200m Free, 18<sup>th</sup> at 50m Free and 22<sup>nd</sup> at the 100m Free. Frances Penwarden (2005 World Masters Champion) was up against very tough competition in Melbourne. In the 50/54 Age Group Frances claimed four 5<sup>th</sup> places at the 100, 200m Brst, 200m Fly and 400m IM. An awesome achievement for all of you individually and for your coach Pam Pollington. Well done guys!

**London Regional  
Championships 2008**

**The BAGCATS**

3 medals, 89 PB's and all of our relays making the top 8 in the Region for the first time ever. 13yr old Hannah Avins started off proceedings on the first weekend with an excellent 6<sup>th</sup> place finish at the 400m Free.



Team mate, 12yr old Hiroki Harazawa raced against main rival Sean Houlihan. He took silver at the 200m Brst still under the LC NQT. Hiroki later added a Bronze at the 100m Brst in a new LC NQT of 1.20.66 which ranked him inside the top 8 in the country.



10yr old Jon Barron took part in his first Regionals and came 6<sup>th</sup> in the final of the 200m Brst.

14yr old Joe Walkling was yet another Breaststroke finalist when he came 6<sup>th</sup> in

both the 100 and 200m Breaststroke and 8<sup>th</sup> at the 100m Back.

One of the best memories from this year's BGACATS was our Boys 11/14yrs Medley Team consisting of William J, Hiro, Scotty and Tom. They claimed a super bronze behind Beckenham and Ealing.



Their time was the 2<sup>nd</sup> fastest in Surrey when the results were all published on the ASA Website. Only the might of Guildford City beat us. However it was only by 7 tenths of a second!



Other fine swims came from 13yr old Ben Dubben and 11yr old Amelia Machugh making their mark at their first Regionals. Ben came 7<sup>th</sup> at the 100m Brst and Amelia PB'd at the 100m Free. Kahoru Harazawa swam a superb 400m IM coming 8<sup>th</sup> in a new LC PB which was over 60 secs faster than last year as a 10yr old in 6.11.37.

Alice Hogan, a National qualifier for CASC last season at the 100m Back took another 3 seconds off her previous best from the Nationals last July to claim 8<sup>th</sup> spot in 1.17.55.



David Scott came 5<sup>th</sup> at both the 200m Fly and 400m IM and 7<sup>th</sup> at the 100m Fly.



To all the swimmers from the BAGCATS, a huge well done from the coaches.

## Team

Clara & Hannah  
James M & James B  
Scotty & Izzy  
Joe & Jon  
Ben & Hiro  
Epsy & Adina  
Georgia & Kit  
Millie & Tom  
Karl & Jacko

**NEWS FLASH**

**Put these dates straight in your diary**

**National Speedo League 2008**

**1<sup>st</sup> round – 11<sup>th</sup> October 2008**

**2<sup>nd</sup> round – 8<sup>th</sup> November**

**2008**

**3<sup>rd</sup> round – 13<sup>th</sup> December 2008**

**CASC AGM 2008**

The AGM took place on Saturday 28<sup>th</sup> June 2008 at Whitgift School. It went very well and our competitive swimming club is going from strength to strength. The retiring committee was thanked for all of their efforts and we welcomed a new committee.

Chair – Mr Edwin Lawrie  
Secretary – Ms Rachel Wootton  
Treasurer – Mrs Phyllis Grout  
Competition Secretary – Mrs Gill Barron  
Welfare Officer – Mrs Sally Dubben  
Swimming Secretary – Mr Jason Dubben  
Membership Secretary – Mr Daryl Nurthen  
Water Polo Secretary – Mr Chris Martin  
Teaching Secretary – Mrs Janet Tonks

A new season beckons and a new committee is in place to push our club forward.

**Surrey Masters Champs 2008**

As soon as the AGM was finished Pam and I raced to the new pool at Elmbridge for the Surrey Masters

No 18 June 30th 2008 [www.croydonamphibians.com](http://www.croydonamphibians.com)

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

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Champs. It was a very long day that ended in all of us going out for meal along the river at Walton on the Thames.



CASC masters did brilliantly matching Guildford strength for strength with a total of 67 medals, 28 Golds, 24 Silvers and 15 Bronzes. Andrew Collins and Sarah Botting won the Victor Ludorums in the double age band age groups.



Well done Pam and swimmers on a great days work which resulted in CASC coming 4<sup>th</sup> overall in Surrey. I thoroughly enjoyed it and can't wait till next year's Champs.

## **CBSA GALA 4**

The Croydon Boroughs ended in style for CASC once again as we emerged victorious and dominated the gala from start to finish. 17 Gold, 15 Silver and 14 Bronzes which brought the overall total to 173 medals for this year's competition. An astonishing effort from all of the swimmers who took part who collectively amasses 358 PB's over the 4 Galas.

Here is to next year!

## **Octopus Sprint League**

CASC win the third round of the Sprint League at the Spa at Beckenham. Some very close relay finishes resulted in CASC hanging on to their lead by 4 points over Eltham. The 4<sup>th</sup> Gala is on the 13<sup>th</sup> September and I will be contacting the swimmers shortly.

Well done to all the team so far and to all of our willing volunteers for giving up their valuable free time.

Good luck to everybody in July.

Chris