

Surrey County Championships 2008

The 2008 County Championships saw CASC swimmers vying to make club history by reaching the Top 6 in the Tinlin Age Group Club standings. After amassing 226 PB's, 30 medals and 111 (4-8) placings CASC finished in 6th position with a total of 359 points. History was also made when the boys came 5th overall as the best boys club in Surrey with 158 points whilst the girls came 12th. We had 6 swimmers reaching the top 8 in the BAGCATS, two of whom finished in 3rd place.



With two swimmers gaining their National qualifying times at the Championships team morale is at an all time high. 12yr old Hiroki Harazawa won the 100m Brst title in a NQT of 1.17.27 and later triumphed in the 200m event. Narrowly missing the treble with silver in the 50m Breaststroke, he finished with 5 medals and 3rd place overall in the boys 12yrs BAGCATS. Younger brother Kahoru Harazawa stormed to victory in the 400m IM with a further two silvers & two bronzes. He also finished in 3rd place overall in the boys 10yrs BAGCATS.

The last weekend at the Spectrum was a joy to witness with 16 medals won in the Sprint programme. Also 15yr old David King became the third swimmer from CASC this season to score a NQT in the 50m Freestyle (Relay split) in 25.55. Team mate Joe Walkling who was the 4th best 14yr old at the Championships claimed 5 medals, two of which were Gold in the 50m Free & 50m Back.

There were so many determined and gutsy swims from our swimmers as 9yr old brothers Dylan and Kane Nurse tasted success at their first attempt with podium finishes in the 50m

Breaststroke with Kane winning Silver and Dylan Bronze. 12yr old Hannah Avins who qualified for 12 events swam superbly and gained 4 Regional Qualifying times. Sprint specialists Rosanna Raynor and Sarah Walcott both claimed Silver medals in the 50m Back and 50m Brst. One of the best moments of the Championships was when the quartet of Toby Fox, Hiroki Harazawa, David Scott and Tom Parker narrowly missed the Gold medal in the boys 12/13yrs 4 x 50m Medley Relay.



Another year has passed and our swimmers go from strength to strength. This season we already have three swimmers gaining their National times as well as countless swimmers gaining their Regional Times. 6th place has not happened over night, we as a club have worked tirelessly to strive for better results and this result is testament to a superb team effort at CASC. Well done to all the swimmers, parents and my coaching Team for a historic and well deserved result.

"I have just heard that CASC has been placed 6th overall at this year's Surrey County Championships. This is a fantastic achievement for the club. I have had the pleasure of attending the championships for many of the events and have witnessed some amazing swims. On behalf of the CASC committee I would like to say a huge well done to all CASC competitors. I would like to say a huge thank you to all the parents who have tirelessly supported CASC from a very hot and cramped balcony. I would like to give a huge thank you to all of our coaches and teachers who have supported and encouraged all our CASC swimmers in training and preparation for this and all other events.

A real team effort and well done".

(Jan Franks – CASC Chair)

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March's PB Tally

Surreys Galas 5 & 6	65
Surreys Galas 7 & 8	51
Croydon Boroughs Gala 1	104
Reading Easter Meet	21

Total in March 2008 – 241 PB's

Total PB's so far since Sept 07 – 2031 PB's



CASC Masters – NEWSFLASH

In early March the Masters competed in Bracknell. After some fine swims by everyone they came away with the top club award, beating 20 others in the process.



Two weeks later we travelled to Guernsey. This has become the highlight of the Masters calendar.

Once again some fantastic results. Andrew Collins won all of his ten events to become top male swimmer. Sarah Botting came home with five gold medals. The team of Andrew Collins, Paul Hare, Matthew Stone, Emma Warrington, Sarah Botting, Frances Penwarden and Steve Banner, swam 51 events between them and won 29 golds, 13 silver and 5 bronze medals.

CBSA 2008 Gala 1

Gala 1 – 15th March 2008 at
Whitgift School



A wonderful evening of swimming from CASC swimmers who gained collectively 104 PB's, 37

Individual medals, 7 Relay medals and 11 new CBSA Champions. Well done to all the swimmers who participated and to all the willing helpers and officials for running the gala so efficiently

Winners on the night:

Clara Agyekumhene
Hikaru Harazawa & Hiroki Harazawa
Alice Hogan
David King
Rebecca Mulcahy
Kane Nurse
Katherine Parrish
David Scott
Catherine Wrench
Neil Wylie

Medal Count (including relays)

Gold – 16
Silver – 15
Bronze – 13

Total – 44 medals

A great 1st Gala and we all look forward to the next starting on Saturday 19th April 2008.



CASC welcomes David Ashton to the coaching team. David is still a National swimmer and will be competing at the British Champs in the 50m Free which are also the Olympic Trials for Beijing. We wish him good luck at the trials and all the best with the squads.

age group. All wish him luck for the Nationals in July.

Full report on CASC news page.



March 2008 Winner



www.jackpetcheyfoundation.org.uk

Pam Pollington's Masters will be returning to the World Masters Champs this time in Perth Australia with finals and medals on their minds.

The squad consists of:

Frances Penwarden (World Champion in 2005)
Sarah Botting
Paul Hare (British record holder)

Luke Momberg – Silver Squad

Congratulations to Luke for working so hard with Mary and Pam. You are improving week by week and the coaches are very proud of what you have accomplished in a relative short space of time. Keep up the hard work.

All at CASC wish them the best of luck, fast times and a safe trip.

WATER POLO - NEWS

READING EASTER MEET 2008

CASC swimmers travelled to Reading for the annual Easter Meet and competed strongly against clubs such as Chesham, Waltham Forest, Tilehurst & Dover. We had snow, hail, 21 PB's, a rush of 37 medals and oh yes I forgot to mention a NQT in the 200m Brst to boot. Overall there were 5 golds, 18 silvers and 14 bronzes.

Results:

Met Police Tournament - we won the tournament beating Hastings, Met Police, Otter II, and S&C

Junior Inter Counties - Surrey won beating Middlesex, Kent and Sussex

CASC I v Otter III - won 27 - 10 !!

Next Week:

Sunday 6th April

Under 18 tournament at Whitgift at 4.00

[Click here for details](#)

Friday saw Hiroki Harazawa add the 200m Brst NQT to the 100m he achieved at the Surreys a few weeks ago. In a time of 2.47.64 well inside the required time ranks him 3rd in the country for his

Team: Jack, James T, Jonny, Mark P, Tom J, James P, Luke, Joe B, Tim Poole

Croydon Amphibians SC

March Newsletter

Monday 7th April

London League at Whitgift at 9.00

Team: Elliot, Ivan, Kevin S, Mark B, Garry, Dan, James T, Jonny, Mark P, Jack, David P, Dragan

Tuesday 8th April

CASC II v Cranleigh at Cranleigh at 9.00

Meet at former Little Chef at Hooley on the A23 at 8.00 or go direct

Team: Herbie, Trevor, Kieth, Kevin H, Dave L, Chris, Ant, Cliff, Jack, Tom J, James P, Luke, Tom Price?

Thursday 10th April

London League CASC I v Reading at Reading 9.00

Meet at former Little Chef at Hooley on the A23 at 7.50 or go direct

Team: Elliot, Ivan, Kevin S, Mark B, Garry, Dan, James T, Jonny, Mark P, Jack, David P, Dragan

Training:

Saturdays - Under 12s and Beginners
9.30am - 10.30am at Whitgift

Thursdays - Juniors and Seniors 8.30pm -
10.00pm at Whitgift

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Our club has made history again by achieving the most National Qualifiers in one season for over 10 years.

Jordan Richards –
50m Free LC

David King – 50m Free SC

Hiroki Harazawa – 100 & 200m Brst SC

Let's hope we can add to this number in the next 2 months.

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

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