

Octopus Sprint League 2008

Round 2 (Time re-restricted gala)

Results from Rnd 2

PLACE	CLUB	POINTS	L/POINTS
1	Eltham	250	8
2	B'cuda	211	7
3	Bromley	200	6
4	CASC	181	5
5	Erith	166	4
6	W'side	156	3
7	S'ham	120	2
8	E'bridge	117	1

Overall League standings after Galas 1 & 2

PLACE	CLUB	L'POINTS
1	Barracuda	14 ½
2	Eltham	14
3	CASC	12 ½
4	Bromley	11
5	Woodside	7
6	Erith	6
7	Streatham	5
8	Edenbridge	2

CBSA 2008

GALA 3 @ Whitgift School 17th May 2008

Another super evening of competition from Croydon swimmers amassing a total of 91 PB's, 39 medals, (15 Gold, 12 Silver & 12 Bronze) and a new Borough record was set which had stood for 27 years!

Winners on the night were: Hik Harazawa, Catherine Wrench, Rebecca Mulcahy, Sarah Botting, Georgia Wallis, Lewis Franks, Hiroki Harazawa, Shakirra Marriott, Jon Parkins & David Scott.

The medal table with one gala to go!

Medals	G1	G2	G3	Totals
G	16	15	15	46
S	15	14	12	41
B	13	14	12	39
Totals	44	43	39	126

Croydon relay teams dominated proceedings by claiming 6 medals, 3 Gold, 2 Silver and 1 Bronze.

An excellent showing from all of our squad members. Congratulations to Catherine Wrench who broke Janine Innals 27yr old record in the 100m Free in 1.02.45.

London YOUTH Regionals

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Gurnell 3/4th May 2008

The squad consisted of: Alice Schroeder, Rosanna Raynor, Sarah Walcott, Maddie Steer, Rebecca Atkinson, Rebecca Mulcahy, Catherine Wrench, Matthew Grout, Neil Wylie, David King, Lewis Franks, Ciaran Kavanagh & Tom Jackson. These Croydon based swimmers showed us all yet again that our strength lies with the sprint events, all Breaststroke events and even the distance Freestyle.



(Bronze Girls Open 50m Fly)

14yr old Catherine Wrench came to the 08 Regionals as a defending medallist at the 1500m Free and she claimed yet another distance medal by taking another 14 secs off her old LC PB to claim Bronze in 19.24.46. At the shorter distance, the 400m Free, Catherine PB'd and came 11th in her 14/15yr age group.

30 LC PB's

Fellow team mate and last year's girls captain for CASC Rosanna Raynor, performed very well. Even though she was under huge pressure from her fast approaching A-Level finals, she competed brilliantly by coming 7th in the Open 100m Back (1st reserve), narrowly missing a medal in the 50m Back final with 4th place but did win a Bronze in the 50m Fly final.



(Bronze in the Girls 14yrs 1500m Free)

One of CASC's 2008 National Qualifiers, David King, took time out from his GCSE preparations to take part in some of his favourite sprint events. The 50m Back final proved to be a tussle with his old nemesis from Kingston Royals SC James Young and David was just out stretched by Young for Gold in a time of 31.14 claiming a well fought Silver. David also came 8th in the 50m Brst (2nd reserve).



Silver Boys 15yrs 50m Back

Boy's Vice Captain Lewis Franks enjoyed time away from revision to swim the race of his life in the 15/16yrs 100m Fly. His LC PB before Saturday's race was 1.11.86 but that was soon to be a thing of the past when he touched in a new time of 1.05.49 placing him as the 6th fastest 16yr old and 11th overall. Further PB's came in the 50m Fly and 100m Free.

15yr old Tom Jackson, competing in his first Regionals for CASC, made a strong impact on the Backstroke events. He made his first final in the boys 15/16yrs 50m Back and came 6th in a new PB. He later added a 5th place finish in the 100m Back final.

Neil Wylie who has been struggling all season with a shoulder and back injury made the 200m Breaststroke final coming 6th in a new PB. His team mate Matt Grout PB'd at the 50m Back and came 14th in the age group. Rebecca Atkinson took part in her first Regionals and came 14th in the 50m Fly in a PB.

Maddie Steer who has had a great season so far at Breaststroke with 4th place finish at the Surreys came to Gurnell in high spirits. She came 8th in her age group (2nd reserve) in a PB. Fellow Breaststroke specialist, Sarah Walcott, who won the Silver in the Surreys back in March is still suffering with an ankle injury and finished in 7th place (1st reserve). She also came 7th in the 50m Fly (1st reserve).

Fast improving Ciaran Kavanagh was also 1st reserve for the Boys 15/16yrs 50m Brst and 2nd reserve for the 50m Free. CASC's Girls Captain Rebecca Mulcahy came 11th in the 50m Back in a PB and also 11th in the 50m Fly.

The girls relay teams: consisting of Sarah, Rebecca A, Rebecca M, Alice & Catherine, came 8th in the both the 14/17yrs 4 x 100m Free and 4 x 100m Medley and 5th in the 4 x 200m Free. The boys however had more of a worrying time. Bad takeovers resulted in them being DQ'd at the 4 x 100m Free. Later they came 6th at the 4 x 200m Free & 7th in the 4 x 100m medley.



Head Coaches of SC's in the London Region

Arguably one of the most telling outcomes of the Championships was our strength in depth at the boys 16yrs 50m Free with Ciaran (6th), Tom (7th) & Lewis (8th). So all in all a very solid start for CASC at the summer Regionals. Well done swimmers on your PB's, medals, final spots and ribbons. Now it is time for the younger swimmers (BAGCAT'S) in June to strut their stuff.

Jack Petchey Winner – May 2008



Winner goes to Thomas Pearce – Water Polo

Thomas has made steady improvement throughout the playing season. Good attendance to practice and a strong commitment to competition. Well done Thomas. Keep the hard work up.

MAY PB TALLY

London Yth Regionals	30
Luke Lawless Gala	14
Octopus Rnd 2	33
CBSA Gala 3	93
Biathlon Champs	3
Time Trials	47
Guildford Open	76
Derventio Meet	13

Totals – **309** PB's

Season Total – **2760** PB's

***CASC Swimmers PB's
from Sept 2007 – August
2008***

In the last month I have been sorting all the PB's into squad charts whereby we can see how many PB's each squad and swimmer have scored in each month of the competitive season. To give you a sneak preview here are the runners for each of the competitive squads.

Diamond & Platinum Squads

Girls

1st) Hannah Avins with 99 PB's
2nd equal) Izzy Trompetas & Rebecca Mulcahy with 47 PB's each

Boys

1st equal) David Scott & Hiroki Harazawa with 80 PB's each
3rd) Tom Parker with 58 PB's

Leader in the squad PLUS PB Leader of the club is HANNAH AVINS WITH 99!!!!!!!

Squad total as of end of May 08 – 1206

Gold Squad

Girls

1st) Lizzy Speddings with 53 PB's
2nd) Clara Agyekumhene with 42 PB's
3rd equal) Amelia MacHugh & Marissa Nurse with 37 PB's each.

Boys

1st) Kahoru Harazawa with 81 PB's
2nd) Tom Grout with 50 PB's

3rd) Chris Lawrie with 47 PB's

Leader in the squad goes to KAHORU HARAZAWA with 81 PB's!!!!

Squad total as of end of May 08 - 787

Silver Squad

Girls

1st) Mhairi Nurthen with 25 PB's
2nd) Alex Flack with 19 PB's
3rd) Rui An Lau with 17 PB's

Boys

1st) Kane Nurse with 41 PB's
2nd) Dylan Nurse with 39 PB's
3rd) Andrew Brackenbury with 29 PB's

Leader in the squad is KANE NURSE with 41 PB's!!!!

Squad total as of end of May 08 - 442

Bronze Squad

Girls

1st) Katie Glass with 14 PB's
2nd equal) Aine O'Neil, Rebecca Booth & Elizabeth Sharp with 12 PB's each

Boys

1st) Ashley Hinds with 19 PB's
2nd) Jack Leonard with 13 PB's
3rd) Alex Isidoro & Callum Mullin with 10 PB's each

Leader in the squad is ASHLEY HINDS with 19 PB's!!!!

Squad total as of end of May 08 – 275

Junior Masters

Girls

1st) Erika Wroebel with **7** PB's

Boys

1st) Joseph Perkins with **5** PB's

Leader in squad is JOSEPH PERKINS with **5** PB's!!!

Squad total as of end of May 08 – **28**

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MASTERS

Girls

1st) Sarah Botting with **4** PB's

Boys

1st) Glenn Pearson with **4** PB's

Leader is Sarah Botting & Glenn Pearson both with **4** PB's!!!

Masters total as of end of May 08 – **22**

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Good luck to the following swimmers for the London Region BAGCAT Championships from 7/8 & 14/15 June 2008.

Good luck to: Joe, Kit, William J, Millie, Alice, Clara, Hannah, Epsy, Ben, Adina, James B, Jon, Karl, Hiro, Izzy,

Georgia, David, Tom and James M.

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The coaches here at CASC wish all swimmers the best of luck for June.

Rgs,

Chris Hatton