

CASC CLUB CHAMPS
2009
THE WINNERS

CASC BACKSTROKE CLUB CHAMPIONSHIPS WINNERS 2009

Girls U10 50m Back	Kerry Cable - 44.79 (1992)
Girls U12 50m Back	Alice Hogan - 37.42 (2006)
Girls U14 50m Back	Hannah Avins - 34.24 (2008)
Girls U16 50m Back	Lydia Cooper - 33.48 (2006)
Seniors 50m Back	Rosanna Raynor - 32.48 (2008)

Girls Open 200m Back	Rosanna Raynor - 2.31.42 (2008)
-----------------------------	--

Girls U11 100m Back	Rachel Bull - 1.30.56 (2003)
Girls U12 100m Back	Rachel Bull - 1.21.41 (2004)
Girls U13 100m Back	Rachel Bull - 1.16.28 (2005)
Girls U14 100m Back	Lydia Cooper - 1.14.10 (2004)
Girls U15 100m Back	Lydia Cooper - 1.12.16 (2005)
Girls U16 100m Back	Lydia Cooper - 1.11.61 (2006)
Seniors 100m Back	Rosanna Raynor - 1.09.60 (2008)

C.A.S.C. Chief Coach
Christopher J.F. Hatton

CASC CLUB CHAMPS
2009
THE WINNERS

CASC BREASTSTROKE CLUB CHAMPIONSHIPS WINNERS 2009

Girls U10 50m Brst	Sophie Coates - 49.31 (1997)
Girls U12 50m Brst	Rachel Bull - 44.28 (2004)
Girls U14 50m Brst	Sarah Walcott - 37.53 (2007)
Girls U16 50m Brst	Sarah Walcott - 37.26 (2009)
Seniors 50m Brst	Kerry Cable - 36.02 (2009)

Girls Open 200m Brst	Charlotte Baxter - 2.50.97 (2002)
----------------------	-----------------------------------

Girls U11 100m Brst	Nicola Pearson - 1.42.25 (2002)
Girls U12 100m Brst	Kerry Cable - 1.28.40 (1994)
Girls U13 100m Brst	Rachel Bull - 1.26.20 (2005)
Girls U14 100m Brst	Sarah Walcott - 1.24.62 (2007)
Girls U15 100m Brst	Francesca Hayward - 1.25.04 (2006)
Girls U16 100m Brst	Kerry Cable - 1.19.76 (1998)
Seniors 100m Brst	Elizabeth Coombs - 1.19.50 (1983)

C.A.S.C. Chief Coach
Christopher J.F. Hatton

CASC CLUB CHAMPS
2009
THE WINNERS

CASC BUTTERFLY CLUB CHAMPIONSHIPS WINNERS 2009

Girls U10 50m Fly	Neve Morley - 46.03 (2009)
Girls U12 50m Fly	Rachel Bull - 36.55 (2004)
Girls U14 50m Fly	Hannah Avins - 32.40 (2008)
Girls U16 50m Fly	Sarah Walcott - 31.32 (2008)
Seniors 50m Fly	Clare Grundy - 30.13 (2009)

Girls Open 200m Fly	Rebecca Mulcahy - 2.37.57 (2009)
---------------------	----------------------------------

Girls U11 100m Fly	Francesca Hayward - 1.33.88 (2002)
Girls U12 100m Fly	Kerry Cable - 1.25.31 (1994)
Girls U13 100m Fly	Rachel Bull - 1.17.34 (2004)
Girls U14 100m Fly	Hannah Avins - 1.12.98 (2008)
Girls U15 100m Fly	Hannah Avins - 1.10.22 (2009)
Girls U16 100m Fly	Nicola McGurran - 1.11.35 (1997)
Seniors 100m Fly	Rebecca Mulcahy - 1.08.61 (2009)

C.A.S.C. Chief Coach
Christopher J.F. Hatton

CASC CLUB CHAMPS
2009
THE WINNERS

CASC FREESTYLE CLUB CHAMPIONSHIPS WINNERS 2009

Girls U10 50m Free	Erika Sayanagi - 36.06 (1997)
Girls U12 50m Free	Rachel Bull - 32.55 (2004)
Girls U14 50m Free	Hannah Avins - 29.32 (2008)
Girls U16 50m Free	Catherine Wrench - 28.33 (2008)
Seniors 50m Free	Alice Schroeder - 28.62 (2007)

Girls U13 200m Free	Amelia Machugh - 2.30.88 (2008)
Girls U14 200m Free	Hannah Avins - 2.20.20 (2008)
Girls U15 200m Free	Hannah Avins - 2.17.35 (2009)
Girls U16 200m Free	Catherine Wrench - 2.14.16 (2008)
Girls Open 200m Free	Catherine Wrench - 2.09.72 (2009)

Girls U11 100m Free	Nicola Pearson - 1.18.81 (2002)
Girls U12 100m Free	Jane Dolling - 1.12.41 (1993)
Girls U13 100m Free	Rachel Bull - 1.09.69 (2005)
Girls U14 100m Free	Hannah Avins - 1.03.36 (2008)
Girls U15 100m Free	Hannah Avins - 1.03.95 (2009)
Girls U16 100m Free	Catherine Wrench - 1.01.89 (2008)
Seniors 100m Free	Catherine Wrench - 1.00.70 (2009)

Girls Open 400m Free	Catherine Wrench - 4.40.48 (2009)
Girls Open 800m Free	Catherine Wrench - 9.28.67 (2009)
Girls Open 1500m Free	Catherine Wrench - 18.41.09 (2008)

C.A.S.C. Chief Coach
Christopher J.F. Hatton

CASC CLUB CHAMPS
2009
THE WINNERS

CASC IM CLUB CHAMPIONSHIPS WINNERS 2009

Girls U11 100m IM	Nicola Pearson - 1.28.69 (2002)
Girls U12 100m IM	Rachel Bull - 1.20.34 (2004)

Girls Open 400m IM	Rebecca Mulcahy - 5.16.78 (2009)
--------------------	----------------------------------

Girls U13 200m IM	Nicola Pearson - 2.48.18 (2004)
Girls U14 200m IM	Hannah Avins - 2.37.59 (2008)
Girls U15 200m IM	Hannah Avins - 2.33.95 (2009)
Girls U16 200m IM	Janine Innals - 2.36.20 (1981)
Seniors 200m IM	Janine Innals - 2.32.60 (1984)