

# CROYDON AMPHIBIANS SWIMMING CLUB

CASC travelled to Brighton for the annual Ken Deeley Sprints on Saturday 15<sup>th</sup> September 2007. We set off from East Croydon station in buoyant mood in knowing that we were all in good shape mentally to perform and aim to win the title "Top Club". Newly licensed meet at Level 3, our team consisted of 60 swimmers (record number of qualifiers for our club at an open meet) vying to make their mark on the south coast. We start the new season in great form by winning TOP CLUB at the sprints meet by nearly 150 points.



Overall 10 golds, 15 silvers & 17 bronzes were won with a total of 93 top 6 placings. To top it off 124 new PB's were set! An excellent result considering that we all had an August shutdown. It proves that the swimmers & coaches return to the sport refreshed and motivated for the start of the new swimming season.

There were so many memorable swims during the competition and several of the best performances are detailed below:

*David King – 50m Free 26.40*  
*Jordan Richards – 50m Fly 27.80*  
*Ciaran Kavanagh – 50m Brst 34.62 & 50m free 26.46*  
*Hiro Harazawa – 50m Fly 35.65*  
*Sarah Walcott – 50m Brst 38.52*  
*Izzy Trompetas – 50m Back 35.95*  
*Tobias Fox – 50m Back 34.31*  
*Alice Hogan – 50m Fly 34.21*  
*Adina Walford – 50m Brst 42.56*  
*Dylan Nurse – 50m Free 37.37*  
*Clara Agyekumhene – 50m Free 36.25*  
*Kane Nurse – 50m Brst 50.38*

It was so nice to see all the parents sitting together supporting Team CASC. May this long continue, we looked united together and performed brilliantly. Theresa & Pam, my thanks as always goes to the pair of you for your hard work and constant support to me and CASC. Well done swimmers.

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