

LONDON REGION WINTER CHAMPIONSHIPS 2006

C.A.S.C. rock the London Region

Croydon Amphibians SC (CASC) had their largest and strongest team of 52 swimmers at this year's London Region Winter Championships. Overall 19 medals were won, 5 golds, 7 silvers and 7 bronzes.

Sam Crowther from Banstead showed once again why he is the breastroker to beat by capturing the junior boys 200m breaststroke title in a fastest time of 2.33.33, a further two bronze medals in the senior 200m breaststroke and the junior 100m breaststroke. Fast improving distance freestyler Francesca Hayward claimed the junior 1500m freestyle title in a PB time of 19.47.41 and a silver medal in the senior category. Three more titles were won by CASC's brightest young stars with Tom Parker winning the boys 11 yrs 50m back and free in spectacular style and team mate Katherine Parrish racing away with the girls 12yrs 50m fly with a silver and bronze also coming in the free and back finals.

The sprint freestylers were out in force with Matt Grout, Ciaran Kavanagh and Daniel Lawton all winning silver medals. One of the most inspiring moments over the weekend came from Tom Parker, Oliver Longhurst and William Epps claiming a clean sweep in the boys 11 yrs 50m back. The medal rush did not stop there as Hiro Harazawa won bronze in the 50m fly, Sarah Walcott silver in the 50m brst and both Izzy Trompetas and Neil Wylie capturing bronze medals in the 50m back.

CASC Chief Coach Chris Hatton was understandably proud about his team's performances. "All of my swimmers performed brilliantly and all of their hard work is paying off. Seeing 19 medals won by my swimmers was amazing and we are all eager to continue our rapid success throughout the season. Watch this space".

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