



Littlehampton Level 2 Meet Last Chance Meet for Regional Qualification 2008


Can our season get any better?

27 of CASC's competitive swimmers travelled to Portsmouth and their performances were a true credit to their coaches and to their club. It was a wonderful weekend away and one that will be missed until we return in twelve months time. 75 new short course PB's were set, 29 medals won, of which 9 were Gold, 13 Silver & 7 Bronze and a further 31 (4-6) placings, plus two of our girls setting Event Best Times (EBT). We saw 23 new Regional qualifying times achieved by our swimmers and CASC will see 3 new qualifiers who achieved last minute qualification - Ben Dubben, Amelia Machugh and Clara Agyekumhene - compete at the BAGCAT Regionals in June.

NAME	GOLD	SILVER	BRONZE	TOTAL
Rebecca M	2	5	-	7
David S	2	2	-	4
Ciaran K	2	-	2	4
Hannah A	2	-	1	3
Sarah Walcott	1	-	-	1
Alice H	-	2	-	2
Clara A	-	1	1	2
Alex N	-	1	1	2
Rebecca A	-	1	-	1
Cian H	-	1	-	1
Tom P	-	-	1	1
Ben D	-	-	1	1

Of the 75 PB's that were set the swimmers with the highest number of individual PB's were:

Hannah Avins – 8 PB's
Ben Dubben – 6 PB's
David Scott – 6 PB's
Lizzy Speddings – 5 PB's
Adina Walford – 4 PB's
Tom Parker – 4 PB's
Alice Hogan – 4 PB's
Clara Agyekumhene – 4 PB's



CASC's Girls Team Captain Rebecca Mulcahy won 7 medals in total and set a new EBT in the 15yrs 100m Fly in a PB time of 1.14.96 beating the previous mark set in 2006. Team mate, 12yr old Hannah Avins continued her dominance at 200m Freestyle as the old record from 2006 was soundly beaten in a time of 2.19.53.

Weekend competitions away are always good fun and improve team morale and swimmer's friendships. This was certainly the case at Portsmouth. I would like to congratulate the youngest swimmer of our team, 10yr old Jessica Bachen who competed at her first open meet and swam a superb 50m Free beating her previous PB by nearly 5 secs. Well done Jess.

Congratulations swimmers on your fantastic results. Keep up the hard work as the Regionals are only round the corner now!

Kind regards,

**Chris Hatton
C.A.S.C.**