

## London Region

### Youth Championships 2008 at Gurnell, Ealing

Another year, another season, yet again another Regionals but this time there was no Crystal Palace! The National Sports Centre's revamp is still ongoing which meant that for the 2008 London Regional Championships would be taking place at the home of Ealing SC, Gurnell. The talk around the swimming circuit was that the six lane 50m pool was old, very cold, a pain to get to and oh yes I forgot to mention ..... very slow!

Croydon Amphibian's Youth team was indeed a little anxious as we have not had any 50m training since the Club La Santa Training Camp last October. However, with confidence running high this season they collectively scored no less than 30 new Long Course PB's. The 13 strong 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.

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 11<sup>th</sup> in her 14/15yr age group.

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 7<sup>th</sup> in the Open 100m Back (1<sup>st</sup> reserve), narrowly missing a medal in the 50m Back final with 4<sup>th</sup> place but did win a Bronze in the 50m Fly final.

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 8<sup>th</sup> in the 50m Brst (2<sup>nd</sup> reserve).

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 6<sup>th</sup> fastest 16yr old and 11<sup>th</sup> 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 6<sup>th</sup> in a new PB. He later added a 5<sup>th</sup> 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 6<sup>th</sup> in a new PB. His team mate Matt Grout PB'd at the 50m Back and came 14<sup>th</sup> in the age group. Rebecca Atkinson took part in her first Regionals and came 14<sup>th</sup> in the 50m Fly in a PB.

Maddie Steer who has had a great season so far at Breaststroke with 4<sup>th</sup> place finish at the Surreys came to Gurnell in high spirits. She came 8<sup>th</sup> in her age group (2<sup>nd</sup> 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 7<sup>th</sup> place (1<sup>st</sup> reserve). She also came 7<sup>th</sup> in the 50m Fly (1<sup>st</sup> reserve).

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

The girls relay teams: consisting of Sarah, Rebecca A, Rebecca M, Alice & Catherine, came 8<sup>th</sup> in the both the 14/17yrs 4 x 100m Free and 4 x 100m Medley and 5<sup>th</sup> 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 6<sup>th</sup> at the 4 x 200m Free & 7<sup>th</sup> in the 4 x 100m medley.

Arguably one of the most telling outcomes of the Championships was our strength in depth at the boys 16yrs 50m Free with Ciaran (6<sup>th</sup>), Tom (7<sup>th</sup>) & Lewis (8<sup>th</sup>). 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.

Your proud Chief Coach.