

CROYDON AMPHIBIANS SWIMMING CLUB

READING EASTER MEET 2008

CASC swimmers travelled to Reading for the annual Easter Meet and competed strongly against clubs such as Chesham, Waltham Forest, Tilehurst & Dover. We had snow, hail, 21 PB's, a rush of 37 medals and oh yes I forgot to mention a NQT in the 200m Brst to boot. Overall there were 5 golds, 18 silvers and 14 bronzes.

Friday saw Hiroki Harazawa add the 200m Brst NQT to the 100m he achieved at the Surreys a few weeks ago. In a time of 2.47.64 well inside the required time ranks him 3rd in the country for his age group. All wish him luck for the Nationals in July. Younger brother Kahoru Harazawa claimed top 10yr old boy at the meet and was presented with an Easter egg. Kahoru won 11 medals in total which is an excellent achievement.

NAME	GOLD	SILVER	BRONZE	TOTAL
Kahoru Harazawa	3	7	1	11
William Jackson	1	3	1	5
Hiroki Harazawa	1	2	2	5
Tom Jackson		2	3	5
David Scott		2	2	4
Hannah Avins			2	2
Kit Parrish		1		1
Izzy Trompetas		1		1
Rebecca Mulcahy			1	1
Catherine Wrench			1	1
Joe Walkling			1	1

Team mate Hannah Avins continued her impressive rise this season with a 3rd place overall in the 12yrs BAGCAT'S to add to the six PB's she swam. Her improvement at Freestyle has been nothing more than a revelation as only 12 months ago she was swimming 1.15 & 1.16's for the 100m Free and in Sunday's final she touched 3rd in a new PB of 1.06.93. Another excellent PB came in the gruelling 1500m Freestyle finishing in a massive PB of 20.36.12.

Brothers William and Thomas Jackson took part in their first open meet for CASC since joining before the County Champs and came away

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with 10 medals between them. 13yr old William who only a few weeks ago claimed the County bronze medal at Breaststroke claimed silver medals at the 100m & 200m Brst. Victory later came in the final of the 100m Back in a new PB of 1.10.79. Older brother Thomas showed the competitive instinct that is needed at the sprint events with two PB's and 5 medals. His best performance came in the 200m Back in a PB of 2.30.50.

Rebecca Mulcahy – the Girls Captain - was in fine form on Sunday when she swam a wonderful 100m Free in a PB and LRQT of 1.04.60. The Boys Captain Hikaru Harazawa took time out from A-Level preparation and competed very well in reaching the grand final in both the 200m IM and 100m Fly.

Tom Parker, a member of the silver medal County winning relay team came 6th in the 200m IM in a PB and a LRQT of 2.42.54. Two further 6th places came in the finals of the 100m Free & Back.

Katherine Parrish claimed another medal at Butterfly with Silver in the 13yr old girls 100m Fly. Fellow 13yr old David Scott had a busy weekend, coming 3rd in the BAGCAT'S and 4 medals to add to his growing collection. Friday's 800m Freestyle was a very competitive event with many swimmers from various clubs aiming to gain entry into the Regional Champs. David came 2nd in a huge PB of 9.57.21 but missed his QT by less than a second. In his favoured events he claimed silver in the 200m Fly and a bronze in the final of the 100m Fly.

Catherine Wrench swam season bests in both the 50m Free and the finals of the 100m Free. Last season's silver medal winner in the London Region at the 1500m Free took off another 12 seconds to PB in 19.03.51 narrowly missing the famous 18 minute mark for girls.

Well done to all the swimmers & all the parents for such a great weekend of swimming. Happy Easter!

C.A.S.C. Chief Coach – Chris Hatton