

## C.A.S.C. claim yet another Top Visiting Club trophy to start the New Year off perfectly

Aldershot was the venue this time and it was a first time experience for many of our swimmers to compete in a Long Course pool. Over the weekend (19/20<sup>th</sup> Jan) our swimmers collected 53 medals – 23 Gold, 18 Silver & 12 Bronze – and amassed an incredible 188 Long Course personal best times.

The final point standings were as follows:

Rushmoor Royals SC (Host Club) –	1265
<b>Croydon Amphibians SC -</b>	<b>544</b>
Staines SC -	347.5
Waltham Forest Gators SC -	275
Winchester SC -	201
Farnham SC -	176
Black Lion SC -	134
Hart SC -	104
Atlantis SC -	87
Godalming SC -	72
Andover SC -	66
Kingston Royals SC -	54
Seagulls SC -	37
Bracknell & Wokingham SC -	20
Romsey & Totton SC -	16.5
Locksheath SC -	14
Isle of Wight SC -	4
Cranleigh SC -	0

There were so many wonderful performances from the swimmers but I have picked out some that were excellent. They are as follows:

Clara Agyekumhene – 50m Back (41.56) & 100m Free (1.23.47)  
Hannah Avins – 200m Free (2.30.25)  
Ben Dubben – 50m Back (36.71)  
Hiroki Harazawa – 100m Brst (1.25.40)  
Kahoru Harazawa – 100m Fly (1.25.60)  
Dylan Nurse – 50m Free (36.25)  
Kane Nurse – 200m Brst (3.49.54)  
David Scott – 100m Fly (1.09.30)  
Lizzy Speddings – 50m Free (36.91)  
Adina Walford – 50m Free (32.14)

**Most medals won by an individual swimmer**

- 1) Kahoru Harazawa, Hikaru Harazawa & Lizzy Speddings – 6 medals each
- 2) Ben Dubben & Hiroki Harazawa – 5 medals
- 3) Rebecca Mulcahy & Katherine Parrish – 4 medals each

**Most Gold Medals won by an individual swimmer**

- 1) Kahoru Harazawa – 6 Gold medals
- 2) Hikaru Harazawa – 4 Gold medals
- 3) Hiroki Harazawa & Clara Agyekumhene – 3 Gold medals

Congratulations to all the swimmers who took part making another successful weekend for CASC. Thanks to Diane Gamble, Daryl Nurthen, Debbie Parrish & Debra Atkinson for officiating on poolside.

See you at the pool,

Chris Hatton  
C.A.S.C.