

London Regional BAGCAT Championships 2007

The best age groupers within the London Region travelled to Crystal Palace for the Regional Championships of 2007. Set over two weekends of competition CASC swimmers showed their competitive spirit with amassing 88 new long course PB's and plenty of final place showings.

Karl Harazawa took part in his first Regionals and did not disappoint with 9th place in the 100m Fly and 14th in the 400m Free and 8th in 400m IM. His team mate Ellie Crowther finished 14th in the 200m Brst and 8th 400m IM. In the 11yrs age group William Epps competed in his favourite events the 100m and 400m free finishing 8th and 6th respectively. Fellow 11yr old Alice Hogan finished 7th in 200m back, 9th in the 100m free, 9th in 800m free and 10th 100m back.

12yr olds Toby Fox came 13th in 100m Free and 10th 100m back, Kit Parrish 11th in the 100m Fly. Joe Walkling took part in his first ever Regionals and came away with 6th place in the 100m Free, 7th 100m brst, 9th 200m brst and 11th 200m IM. David King came 7th 100m brst, Izzy Trompetas 10th 100m back and David Scott 7th 200m Fly. Distance Freestylers Neil Wylie and James Mulcahy came 10th & 7th respectively in the 800m Free.

Hiro Harazawa swam a fantastic heat in the 100m Brst in 1.28.05 which ranked the 11yr old 11th in the country. 5th place came in the final and this was repeated in the 200m Fly.

Freestyle specialist Catherine Wrench claimed 7th place in the 400m Free and 6th place in the 100m Free. She had a gruelling last weekend of competition as the 1500m & 800m Free loomed. Before taking on the distance events Catherine came 7th in the 200m free final. She narrowly missed out on the Gold medal and the event best time by 12 hundredths of a second in the 1500m Free. She returned the next day to finish 8th in the shorter distance in a Pb time.

Going into the Championships CASC's relay teams were real medal contenders. With the likes of Bexley, Beckenham, Ealing & Kingston Royals CASC had it all to play for. The boys 10/12yrs free team claimed bronze and just missed out on the medals in the medley relay with 4th place. The girls 10/12yrs swam brilliantly but missed out on the medals by the narrowest of margins with 4th place finishes in the free & medley relay. The boys 11/14yrs came 9th & 10th in the medley and free relay. The girls 11/13yrs swam to 6th & 5th place in the medley and free relay.

CASC Chief Coach was delighted with his swimmers' performances. "Overall CASC had a super Regionals showing wonderful team spirit and gutsy swims. We now look forward to the Summer ASA Nationals in Sheffield and then the new season"