

## **Surrey County Championships 2007**

### **Galas 4 & 5 at Crystal Palace National Sports Centre**

Better, faster swimmers are emerging in Surrey and guess where they are all coming from Croydon Amphibians SC. That was the talk around the National Sports Centre last weekend. The best clubs in Surrey, Kingston Royals and Leatherhead swimmers had spoken to our swimmers and their coaches had spoken to me and said how well C.A.S.C. is doing and what an improvement in a year. Of course we have all improved, we have all got fitter, faster, improved our training and discipline and our confidence which has resulted in C.A.S.C. lying in 6<sup>th</sup> place overall in the Surrey Championships 2007. Last year we struggled to make 8<sup>th</sup>, a year later our swimmers are dominating events such as the distance Freestyle and Breaststroke. C.A.S.C. are lying in 5<sup>th</sup> place in the overall boys scores and 9<sup>th</sup> in the girls.

The past weekend saw the distance Freestyle events, boys 800m Free and the girls 1500m Free move from Aldershot to Palace and our strength in depth was plain to see. The boys started their campaign for the medals in the 800m Freestyle. Hik Harazawa took the silver medal in the 16yrs age group with a new long course Pb and the coveted London Region qualifying time (LRQT). Glenn Pearson just missed out on the medals with a 4<sup>th</sup> place finish. Team mate Sam Crowther took the bronze in the 15yrs age group with a long course Pb with team mate Ciaran Kavanagh taking 5<sup>th</sup> spot. Last season we had no long distance freestylers in the BAGCATS this year we had three contesting for the 12yrs title. All three boys achieved the LRQT and new long course Pb's to boot. David Scott took 6<sup>th</sup> place, James Mulcahy 9<sup>th</sup> and Tom Parker 10<sup>th</sup>.

24hrs later saw the C.A.S.C. girls take centre stage competing in the longer distance the 1500m Freestyle. For many years the girls at C.A.S.C. have been outdone by the boys but not this year. The girls came out on top with Catherine Wrench, Katy Hogan and Stephanie Scott all claiming bronze medals. Rebecca Mulcahy and Alice Hogan just missed out on bronzes with 4<sup>th</sup> place finishes. Last year only a handful of swimmers took part in the above events but look what a difference a year of hard work makes. Well done to all of the distance freestylers.

Perhaps the most memorable part of the weekend for me was not relaxing in my new chair and getting some rest but breaking my clip board with pure excitement during the relay events. In each age group from 9-11yrs up to 16/U C.A.S.C. had one team performing. Out of 16 relays we placed in the top eight 13 times which was fantastic. Considerable improvement on last year was seen with the girls, especially the 9-11yrs finishing 7<sup>th</sup> in both the Medley and the Freestyle relays. The boys 9-11yrs touched in 8<sup>th</sup> in the Medley but quickly put the disappointment of that race behind them and stormed to the silver medal in the Freestyle beating Kingston Royals, Leatherhead and Haslemere

along the way. That was a fantastic achievement and well done to Daniel, James, Hiro and William for such grit and determination. The girls 12/13yrs came 7<sup>th</sup> in the Freestyle and 9<sup>th</sup> in the Medley setting PB's in both. The boys 12/13yrs had some solid performances with 8<sup>th</sup> in the Freestyle and 7<sup>th</sup> in the Medley. The girls 14/15yrs team placed 10<sup>th</sup> in the Medley and 7<sup>th</sup> in the Freestyle with Rebecca setting a new PB on the lead leg. The boys 14/15yrs came to the Championship as strong contenders for medals but few would have thought that we were so close to toppling the best club in Surrey and one of the best in the UK, Guildford City SC. David, Sam, Lewis & Ciaran swam their hearts out and were out touched for first place by .019's of a second. That was the end of my clip board! An amazing time and placing which resulted in the boys beating rival teams from Kingston, Leatherhead and Haslemere. The boys also claimed silver in the Freestyle relay. Our 16/U girls had some excellent swims with 10<sup>th</sup> place in the medley and 6<sup>th</sup> in the Freestyle where Catherine Wrench swam a magnificent 100m Free in a new LC time of 1.05.35 (getting nearer to the coveted NQT). The boys 16/U came away with a 4<sup>th</sup> place in the Medley losing the bronze by .009's even closer than the younger boys and a further 6<sup>th</sup> place finish in the Freestyle relay.

The crowd were going nuts all throughout the relays with Tracey Pearson (Surrey Swimming President) commentating all day; it was just a great place to be for the C.A.S.C. swimmers, their coaches and their parents. Once again a fantastic improvement on last year's showing.

Other events over the weekend were the all important 50m sprints. Every swimmer and club likes a showdown over one length and none more than Croydon Amphibians. Sam Crowther took the 50m Breaststroke title for the first time in his career. Younger team mate Hiro claimed the bronze at the same distance. William Epps and Daniel Lawton both came away with bronze medals in the 50m Freestyle. David King just missed out on silver by hundredths with a bronze in the 50m Backstroke and Ciaran Kavanagh took his very first Surrey medal, a bronze at the same distance. C.A.S.C. girls captain Rosanna Raynor took the silver medal on the Backstroke with a new LC Pb.

This Championship has seen swimmers claim their very first individual County medals of their career and congratulations go to the following swimmers:

*Karl Harazawa*  
*Francesca Hayward*  
*Neil Wylie*  
*Ciaran Kavanagh*  
*Catherine Wrench*  
*Stephanie Scott*  
*Daniel Lawton*

So to recap swimmers, we are now in 6<sup>th</sup>, we have extended our lead over Leander in 7<sup>th</sup> but Woking is still in 5<sup>th</sup> and they are 40 points ahead. I believe we can catch them and

beat them and take the 5<sup>th</sup> spot as one of the best top 5 clubs in Surrey. Your hard work and new found commitment have driven me all year, your performances at the London Region Winters was outstanding, come on believe in yourselves. We have this coming weekend and then the last distance events at Aldershot and then the Surreys for 2007 are over. We have already caused a stir with the other top clubs; they are taking notice of your performances, why? Because of your outstanding performances over the course of the Championships.

Two more rounds and then our job is done. 8<sup>th</sup> place last year – where will we come this year?

Chris Hatton  
Chief Coach C.A.S.C.