

London Region Winter Championships 2007

This year we had to travel to Barnet in North London for the annual Winter Championships. 5 PB's were achieved over the two days. Catherine Wrench came away with the Bronze medal in the junior 1500m Freestyle in a massive PB time of 19.14.89 and the 800m split was also a big PB in 10.15.54.



14yr old Joe Walkling came 16th best Junior in the 50m Free in a PB time of 26.72 and was actually the 4th fastest 14yr old in the London region. Lewis Franks swam season bests in both the 50m and 100m Free.



Hik Harazawa performed well and came 11th in both the 400 & 800m Freestyle and 12th in the 100m Fly. David King came 13th in the 50m Free and 23rd in the 100m Free in a PB time of 59.11.

Ciaran Kavanagh swam well in the 200m Free in a PB time of 2.13.38. Sarah Walcott came 12th in the 100m Brst.



Well done to all the swimmers who took part this year. They were: Lewis Franks, Hik Harazawa, Ciaran Kavanagh, David King, Rebecca Mulcahy, Glenn Pearson, Rosanna Raynor, Sarah Walcott, Joe Walkling & Catherine Wrench.

C.A.S.C. will return to arguably Europe's finest sports complex Club La Santa for our 2008 warm weather training camp.



The adults that will be traveling with the squad will be the following:

Chris Hatton – Chief Coach
Debbie Parrish – CLS 2008 Team Manager
Bernadette Leverton – Sports Organiser
Phyllis Grout – Adult Helper

The squad for the training camp

The following swimmers will all be 13yrs and over by August 2008 and also are current Surrey qualifiers. They are:

Hikaru Harazawa
Andrew Browne
Alice Schroeder
Rebecca Mulcahy

Joe Walkling
Catherine Wrench
Neil Wylie
Rebecca Atkinson
Hannah Avins
Rachel Browne
William Epps
Tobias Fox
Matthew Grout
Hiroki Harazawa
Alice Hogan
Rosie Leverton
James Mulcahy
Thomas Parker
Katherine Parrish
David Scott
Izzy Trompetas
Sarah Walcott
Ben Dubben
Abigail Haffenden



CASC swimmers travelled to Elsenfeld in Germany for the club's annual trip to compete with other teams in the area and also Slovak swim teams.

Our club has always competed well and enjoyed the social experience with a hard fought swimming competition over the weekend and yet again our competitive swimmers did not disappoint and triumphed by winning the Top Club Trophy.

Our victorious team gained 26 PB's & 49 medals.

Three of our swimmers also claimed two Top Boy trophies and one Top Girl. An excellent achievement for the team. They were James Mulcahy and Ciaran Kavanagh and Rebecca Mulcahy.

Final Top Club Standings

1st – C.A.S.C. – 472
2nd – SG TV Elsenfeld/TV K - 255
3rd – TV Marktheidenfeld - 245
4th – TSG Kleinostheim - 91
5th – SSKC Aschaffenburg – 71

Congratulations to:

Hannah Avins, Andrew & Rachel Browne, Ben Dubben, Alice Elvin, Natasha Godwin, Alice Hogan, Katie Holloway, Ciaran Kavanagh, James & Rebecca Mulcahy, Marissa Nurse, Thomas Parker, Glenn & Nicola Pearson, Luke Raynor, Alice Schroeder, Helen Stickling, Chris Tamplin and Erika Wroebel for all performing so well.

The above swimmers won 23 Golds, 13 Silvers & 13 Bronzes between them.

A big thank you also goes to the organizers of the trip Janet Tonks and Lynn Elvin who without them the trip would not take place every

year. Also huge thanks go to the parents who travelled with our swimmers: Peter Elvin, Theresa & Simon Browne, Jason Dubben, Sally Harper and Joanne Raynor.

which was a fantastic accomplishment and 3 NCCR's.

PB Tally for November

C.A.S.C. PB Sheets have never looked so good!

London Region Winter Champs - 5 PB's
Club Champs Gala 5 - 47 PB's
Speedo A & B 2nd Rounds - 49 PB's
Club Champs Gala 6 - 149 PB's
Club Champs Gala 7 - 27 PB's
Club Champs Gala 8 - 76 PB's
Club Champs Gala 9 - 21 PB's
Elsenfeld Trip - 26
Time Trials Di & Plat, Gold & Silver - 92 PB's

Total - 492 PB's

Running total since September 2007 is - 1107

C.A.S.C. Club Champs



- Galas 5-9

More success as many old records are broken by the

club's current stars!

Gala 5 at Trinity - 1500m Freestyle. 47 PB's were set with a new Club Champ Record (NCCR).

Mens Open 1500m Free

Open - Hik Harazawa

Ladies Open 1500m Free

Open - Catherine Wrench (NCCR)

Gala 6 at Whitgift - 50m Free, 100m Back & 200m Brst. Overall 149 PB's

Boys 50m Free

U10 - Kane Nurse
U12 - Daniel Lawton
U14 - Tobias Fox
U16 - Joe Walkling
Seniors - Matt Roberts (NCCR)

Girls 50m Free

U10 - Ellie Danielson
U12 - Amelia Machugh
U14 - Izzy Trompetas
U16 - Catherine Wrench
Seniors - Alice Schroeder (NCCR)

Boys 100m Back

U11 - Kahoru Harazawa
U12 - Daniel Lawton
U13 - Hiro Harazawa
U14 - Tobias Fox
U15 - Joe Walkling
U16 - David King
Seniors - Andrew Browne

Girls 100m Back

U11 - Clara Agyekumhene
U12 - Alexandra Flack
U13 - Alice Hogan
U14 - Izzy Trompetas
U15 - Catherine Wrench
U16 - Rebecca Mulcahy
Seniors - Rosanna Raynor (NCCR)

Mens Open 200m Brst

Open - Matt Roberts

Girls Open 200m Brst

Open - Rebecca Mulcahy

Gala 7 at Trinity - 400m Freestyle. 27

PB's gained and many encouraging performances. The records for this distance were set way back in the 1980's so we still have a lot of work to do for these to go in 2008!

Mens Open 400m Free

Open – Hik Harazawa

Ladies Open 400m Free

Open – Catherine Wrench

Gala 8 at Whitgift – 50m Brst & 200m Fly. 76 PB's were set and 2 NCCR's.

Boys 50m Brst

U10 – Kane Nurse (NCCR)
U12 – Kahoru Harazawa
U14 – Hiroki Harazawa
U16 – David King
Seniors – Matt Roberts

Girls 50m Brst

U10 – Saskia Lewis
U12 – Hannah Bloxsome
U14 – Sarah Walcott (NCCR)
U16 – Maddie Steer
Seniors – Nicola Wroebel

Boys Open 200m Fly

Open – Hik Harazawa

Girls Open 200m Fly

Open – Rebecca Mulcahy

Gala 9 at Trinity - 800m Freestyle. 21

PB's and a NCCR.

Mens Open 800m Free

Open – Hik Harazawa

Ladies Open 800m Free

Open – Catherine Wrench (NCCR)

C.A.S.C. Club



Championship 2007 – Records tumble!

Check out who broke the longest standing records of 2007

19 NCCR's were set at our 2007 Club Championships (10 for Girls & 9 for Boys), which in the past two years bring the overall tally of NCCR's to **54**. An excellent achievement by all the record holders. Some of the records at CASC date back to the 1980's to the days of Andrew Collins, Garry King, Janine Innals and Marian McKenna to name but a few. Check out the top 3 of the oldest records broken in 2007!

1st – Rosanna Raynor – Senior girls 100m Back **1.11.72** (2007) old record stood from 1990 by Jenny Whiting at 1.11.98. (17yr old record so well done to Rosanna).

2nd – Kane Nurse – Boys U10 50m Brst **46.95** (2007) old record stood from 1993 by Leon McKenzie at 48.99. (14yrs it took to be smashed, well done Kane).

3rd – Sarah Walcott – Girls U14 100m Brst **1.24.62** (2007) old record stood from 1995 by Kerry Cable at 1.25.28. (12yr old record so well done Sarah).

Swimmer of 2007 Championships who broke the most Club Championship records was:

Catherine Wrench with 4

November's winner of the Jack Petchey Certificate Award went to:



Catherine O'Connor - Silver Squad.

Catherine has worked so hard in the squad since joining CASC that she has been rewarded with promotion to Gold Squad. Congratulations and keep the hard work and commitment up. Well done.

Speedo League – 2nd round for Teams A & B

Team A – Haywards Heath Pool

CASC A Team travelled to the same venue as the first round to compete in the 2nd round of the 2007 Speedo League. The 1st round did not go particularly well for our A Team and we have worked hard on the errors that the swimmers made on that night back in October. We looked sharper, faster and more committed to the job at hand. 20 PB's set and an excellent points total of 206 that saw us end the competition in 2nd place behind the dominant Olympos Marlins. CASC claimed 13 1st placings and 12 2nd placings. Out of 18 relays we won 7 and came 2nd in 5. The swimmer of the night went to 13yr old Sarah Walcott who was suffering with a sore ankle. She competed well and helped the girls' 13/U win the Medley relay and came 3rd in her individual Brst but could not carry on any further. An excellent role model for all of our team. She even limped to the end with Fiona to help cheer. Well done Sarah for a gutsy effort and we all wish you a speedy recovery. The dominant age group on the night came from the boys 15/U consisting of Neil Wylie, Matt Grout, Joe Walkling & David King. They won both their relays, David won his Back, Joe his Free,

Neil his Brst and second in his Fly. All in all an excellent display from all four boys.

Some of the best swims on the night came from: Izzy Trompetas & Tobias Fox in the 100m Back, Neil Wylie & David Scott in the 100m Fly, Hannah Bloxsome & Karl Harazawa in the 50m Brst and Lewis Franks in the 100m Free. Well done to all the swimmers that took part and for such a marked improvement on the 1st round.

Many thanks for Karen Parker who organises both our Speedo Teams for me but also to Lesley Mulcahy and Fiona Scott as poolside helpers, Peter Wrench for timekeeping and Peter Elvin as our judge.

Results from 2nd round

Olympus Marlins A	241
CASC	206
Woking	180
Atlantis	163
White Darts	128
Bromley	127

Team B – Whitgift School Pool

C.A.S.C. hosted the 2nd Round of the Speedo this year at Whitgift School. Hosting a gala requires a lot of willing volunteers and I would like to thank Karen Parker for organising the helpers and for Diane Gamble who organised all the officials. Thank you to everybody who helped out on the night. Thanks also to Theresa and Pam for supporting the team.

This year our B team is made up of some very promising young swimmers who have to swim up in higher age groups and have swum extremely well. 29 PB's were set at our home pool which was excellent. Our only 1st place went to young 10yr old Jon Parkins who swam a brilliant 50m back in a SQT of 41.60. He also came 3rd in the 50m Brst in 48.64. There were many gutsy swims on the night most notably from; Rosie Leverton, Glenn Pearson & Ben Dubben in the 100m Back, Catherine O'Connor in 50m Fly, James Cardozo & Marissa Nurse in the 100m Fly, Alex Nash in 100m Brst & Hannah Avins in the 100m Free.

Well done to all the swimmers in the team for putting on such a great night of swimming with so many PB's being recorded.

Pam said: "Congratulations to all the swimmers who swam for the Speedo B Team at Whitgift on Saturday. There were some amazing swims and PB's recorded but most importantly of all, the team spirit was absolutely fantastic. I had no idea how noisy some of you can be!!"

Results from 2nd round

Redhill & Reigate	266
Canterbury B	208
Eltham Stingrays	186
Dartford	140
CASC B	133
Larkfield	111

C.A.S.C. Water Polo – National League Promotion

Congratulations to our Water Polo section of CASC for their promotion to the National Water Polo League.

What a wonderful achievement and everybody is proud of their recent successes.

I wish all swimmers the best of luck for December. If any parents have any queries relating to coaching matters please feel free to email me.

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