

Channel Cats travel to Santa Rosa for fall swim meet

Contributed by Sue Smith Adams.
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SANTA ROSA – The chill air of fall has not stopped these Cats from swimming their best.

Lake County Channel Cat swimmers put forth strong performances at the recent Santa Rosa Neptune Fall Classic swim meet held over the weekend of Oct. 11-12.

Despite foggy weather and cool conditions, a core team of six, challenged the competition of over 500 Bay Area athletes, earning ribbons and achieving personal best in multiple events.

On the same weekend, LCCC swimmers Kim and Koren English traveled south to Morgan Hill and competed at the Mako swim meet where both sisters continued to improve upon their impressive swim records.

Allison Hanson placed first in the 200 free, taking eight seconds off her best time, and placed second in the 200 back and 400 IM.

Sarah Merodio placed second in the 100 back and third in the 50 back (girls 11-12).

Lauren Rudnick placed first in the 100 back, third in the 50 back and swam a new best time to first place in the 200 IM (girls 9-10).

Charlie Adams improved his time in seven of eight events, edging out the competition to take first place in the 25 back and 100 free (boys 8 and under). Adams also collected second place wins in the 25 free, 50 free, 25 breast and 100 IM.

Youngest swimmer Robin Adams was awarded first place in the 50 yard free (girls 6 and under).

Channel Cats achieving new PC A times and distinctive medals: Allison Hanson (girls 13-14: 200 free), Kim English (girls 9-10: 100 free, 200 free) and Koren English (girls 9-10: 50 fly, 100 fly, 100 IM).

Swimmers achieving new PC B times: Allison Hanson (200 back, 400 IM), Kim English (100 IM), and Koren English (100 breast).

The Channel Cats practice daily at the Westshore Pool in Lakeport. Those interested in Channel Cat swimming or activities may contact Jennifer Hanson at 707-263-3131.