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Coast Sports

Issue No. 3943 October 21 - 27, 2016

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[LEFT] Aga Khan Academy Mombasa were first in the girls' category, Mombasa Academy took second place and third place went to Oshwal Academy Mombasa. [RIGHT] Bandari Swim Club were first in the boys category, Nyali Primary School took second place and third place went to Aga Khan Academy.



20 National Records Broken by CASA Swimmers

The CASA Age Group 10 Years and Over Swimming Championships held last weekend at the Aga Khan Academy swimming pool in Mombasa, attracted five schools and four swimming clubs.

The spectators including the organizers of the gala were proud to witness new national records by their senior swimmers.

The first national record was broken by Ridhwan Abubakar from Oshwal Academy Mombasa in the 1500m Freestyle. The 16 year old boy broke the All Corners record with a new

time of 17:19.92.

The old record time was 17:32.00 held by Tony Pragassa set on 12.10.2012 at Aga Khan Academy.

Ridhwan went on to break three more national records in 800m Freestyle.

His new time of 8:55.00 breaks the All Corners. Open and 16 years and Over national records.

The All Corners record was held by Tony Pragassa with an old time of 9:01.42 set on 28th October 2012 at Aga Khan Academy.

The Open and 16 years and over records were held by Jason Durnford with an old time of 9:00.01 set on 28th January 2006

in Marlborough, UK.

Another record came from Muhammad Bilal Khandwala from Bandari Swim Club where he broke two national records in the 100m Backstroke.

He set a new time of 1:02.39 erasing the Junior and 14/15 years category record of 1:03.06 held by Kimani Maina set 9th January 2013 in Canada.

Muhammad went on to break two national records in 50m Backstroke with a new time of 28.90.

Bilal's new time broke the Junior and 14/15 years category record held by his team mate

Nobby Obuya which stood at 29.49 set on 29th May 2016 at Aga Khan.

Muhammad went on to break his last two national records in the 100m Backstroke.

His new time of 1:02.39 erasing the Junior and 14/15 years category record held by Kimani Maina set 9th January 2013 in Canada which stood at 1:03.06.

Ahner Chatterjee of Aga Khan Academy Mombasa was recognized to have swum a better time than the national record in the boys' 12/13 years in the 1500m Freestyle of 19:10.36 but cannot claim to be

record holder due to nationality status.

He also swam a better time in the boys' 12/13 years 800m Freestyle making good time of 9:59.18.

Mohammad Iqbal Khandwala of Bandari Swim Club broke the boys' 12/13 years category national record in the 400m Freestyle with a new time of 4:50.11.

The old record time was 4:50.59 held by Nobby Obuya set on 30th May 2014 at Aga Khan Academy.

Again Mohammad broke the 200m Butterfly national record

with a new time of 2:32.29 erasing the 12/13 years record which stood at 2:33.39 held by Shahan Vora set on 3rd May 2014. Emily Muteti of Mombasa Aquatic Club improved her own national record time in the 800m Freestyle.

Her old record in the 16 years and over, Open and All Corners of 9:25.69 was improved to a new time of 9:14.91.

Emily also broke the All Corners national record in 50m Freestyle held by Achieng Ajulu-Bushell which was set in 2008.

The new record now rests at 27.03 in the All Corners category. The Bandari Swim Club relay team of Muhammad Suleiman, Nobby Obuya, Muhammad Bilal Khandwala and Omar Talib broke the 4x200m Freestyle national record in the Open Category and All Corners.

The old record time was held by the same club with an old time of 8:36.50 set on 28th May 2016 at Aga Khan Academy. The new time now stands at 8:21.86. **CONCLUDED PAGE FIFTEEN**

KENYA TIDE TABLES

MOMBASA, October 21 - 27, 2016

FRIDAY High Water - 3.3 m. at 07:17 hrs. (7:17 a.m.) and 2.7 m. at 19:47 hrs. (7:47 p.m.). Low Water 0.6 m. at 00:49 hrs. (12:49 a.m.) and 0.6 m. at 13:35 hrs. (1:35 p.m.).

SATURDAY High Water - 3.0 m. at 08:08 hrs. (8:08 a.m.) and 2.4 m. at 20:51 hrs. (8:51 p.m.). Low Water - 0.9 m. at 01:36 hrs. (1:36 a.m.) and 0.9 m. at 14:31 hrs. (2:31 p.m.).

SUNDAY High Water - 2.6 m. at 09:18 hrs. (9:18 a.m.) and 2.3 m. at 22:31 hrs. (10:31 p.m.). Low Water - 1.2 m. at 02:40 hrs. (2:40 a.m.) and 1.1 m. at 15:55 hrs. (3:55 p.m.).

MONDAY High Water - 2.5 m. at 11:05 hrs. (11:05 a.m.). Low Water - 1.4 m. at 04:37 hrs. (4:37 a.m.) and 1.2 m. at 17:50 hrs. (5:50 p.m.).

TUESDAY High Water - 2.4 m. at 00:24 hrs. (12:24 a.m.) and 2.5 m. at 12:50 hrs. (12:50 p.m.). Low Water - 1.3 m. at 06:31 hrs. (6:31 a.m.) and 1.1 m. at 19:09 hrs. (7:09 p.m.).

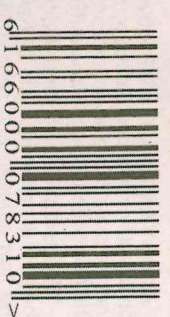
WEDNESDAY High Water - 2.7 m. at 01:38 hrs. (1:38 a.m.) and 2.7 m. at 13:55 hrs. (1:55 p.m.). Low Water - 1.1 m. at 07:40 hrs. (7:40 a.m.) and 0.9 m. at 20:00 hrs. (8:00 p.m.).

THURSDAY High Water - 2.9 m. at 02:23 hrs. (2:23 a.m.) and 2.9 m. at 14:41 hrs. (2:41 p.m.). Low Water - 0.8 m. at 08:27 hrs. (8:27 a.m.) and 0.7 m. at 20:37 hrs. (8:37 p.m.).

NOTE: Standard Port is Kilindini ADD 40 minutes for Lamu and ADD five minutes for Malindi. No Change for Kilifi and Diani.



The Swimming Team of Aga Khan Academy Mombasa win the Overall Shield in The CASA Age Group 10years and Over Swimming Competition.



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