

Southern Counties Masters

12 & 13th April 2003

Club Performance:

1 swimmers
Sarah James

3 individual swims

1 gold
1 silver

Individual Performance:

Sarah James 2 gold, 1 silver – 3 Welsh Records

Gala details:

Long course event – no details available.

Obviously, 3 brilliant performances from Sarah to achieve 3 Welsh records.

Sarah James	50	BR	00:38.19	1st	Welsh Record
Sarah James	100	BR	01:22.49	1st	Welsh Record
Sarah James	200	BR	02:57.40	2nd	Welsh Record