

# **Stafford Masters 2010**

Sunday 21<sup>st</sup> February 2010

Wolverhampton

## **Club Performance:**

3 swimmers - Allie Price, Fiona Kinsella, Colin Knowles

13 individual swims

11 Gold, 2 Silver

3 Welsh Records

## **Individual Performance:**

Allie Price – 5 Gold, 3 Welsh Records

Fiona Kinsella – 3 Gold, 2 Silver

Colin Knowles – 3 Gold

## **Details:**

Three Cardiff Masters swimmers – Allie Price, Fiona Kinsella and Colin Knowles decided to start their season early and set out on an extremely cold morning to compete in the Staffordshire Masters in Wolverhampton which also incorporated their senior age group (16-18 year olds).

The event was well attended although there were a good number of absentees, mainly due to the weather.

Both Fiona and Allie got off to good starts, winning their first race and individual heats in the 200m Freestyle. Fiona swam 2.21.97 and Allie 2.29.38 which was a new Welsh Record in the 45-49 age group.

Colin Knowles then arrived (he had slept through his alarm, so he wasn't able to warm up properly), but still managed to win the Gold Medal in his age group in the 50m Breaststroke. Colin won another 2 Golds, in the 50m Freestyle and 25m Breaststroke but unfortunately withdrew during his 100m Breaststroke race through cramp – warned him he should have warmed up properly!!!

Fiona swam a very credible 1.17.39 in the 100m Backstroke winning Silver and Gold in the 100m IM in 1.14.67. Allie won the 50m Breaststroke in 40.73 and the 100IM in 1.16.52 this being a new Welsh Record..

Following a healthy lunch, Fiona and Allie both swam the 100 Breaststroke and 100m Fly. Fiona swam 1.23.33 for the breaststroke and 1.11.81 for the fly winning Silver and Gold and Allie swam 1.29.57 for the breaststroke and 1.14.70 for the fly winning 2 Golds and setting a new Welsh Record in the fly.

By Allie Price

**Results:**

Name	Year of Birth	Age at time of swim	Age group at time of swim	Competition	Venue	Year	Date	Course	Distance	Time	Achievement
Fiona Kinsella	01/01/1984	26	A	Staffordshire Masters	Wolverhampton	2010	21/02/10	Short	200	02:21.97	
Fiona Kinsella	01/01/1984	26	A	Staffordshire Masters	Wolverhampton	2010	21/02/10	Short	100	01:14.67	
Fiona Kinsella	01/01/1984	26	A	Staffordshire Masters	Wolverhampton	2010	21/02/10	Short	100	01:11.81	
Fiona Kinsella	01/01/1984	26	A	Staffordshire Masters	Wolverhampton	2010	21/02/10	Short	100	01:23.33	
Fiona Kinsella	01/01/1984	26	A	Staffordshire Masters	Wolverhampton	2010	21/02/10	Short	100	01:17.50	
Allie Price	01/01/1965	45	E	Staffordshire Masters	Wolverhampton	2010	21/02/10	Short	200	02:29.38	Welsh Record
Allie Price	01/01/1965	45	E	Staffordshire Masters	Wolverhampton	2010	21/02/10	Short	100	01:16.52	Welsh Record
Allie Price	01/01/1965	45	E	Staffordshire Masters	Wolverhampton	2010	21/02/10	Short	100	01:14.70	Welsh Record
Allie Price	01/01/1965	45	E	Staffordshire Masters	Wolverhampton	2010	21/02/10	Short	50	00:40.73	
Allie Price	01/01/1965	45	E	Staffordshire Masters	Wolverhampton	2010	21/02/10	Short	100	01:29.50	
Colin Knowles	19/08/1934	76	K	Staffordshire Masters	Wolverhampton	2010	21/02/10	Short	50	01:01.04	
Colin Knowles	19/08/1934	76	K	Staffordshire Masters	Wolverhampton	2010	21/02/10	Short	50	01:06.99	
Colin Knowles	19/08/1934	76	K	Staffordshire Masters	Wolverhampton	2010	21/02/10	Short	25	00:26.99	