

Welsh Capital Masters

19th May 2001

Club Performance:

20 swimmers

Ann Wardell, Penny John, Clare Parry, Dawn Slade, Darren Jenkins
Phil Stephens, Bill Wilson, Graeme Hughes, Anne Frost,
Anthony Raven, Gareth Morgan, Dave Smith, Kam Chooyin,
Damien Holder, Colin Knowles, Sarah James, Richard Lawford,
Martin Hambly, Angela Chooyin, Andrew Watson.

Other people swam as part of relay teams.

57 individual swims

20 relay teams

24 gold medals

19 silver (4 relay)

10 bronze.(1 relay)

Individual Performance:

Ann Wardell	5 Gold, 1 silver
Penny John	4 Gold
Clare Parry	2 Gold, 1 silver
Dawn Slade	2 gold
Darren Jenkins	2 gold
Phil Stephens	2 gold, 1 silver, 1 bronze
Bill Wilson	2 gold
Graeme Hughes	1 gold, 2 silver
Anne Frost	1 gold, 1 bronze
Anthony Raven	1 gold, 1 bronze
Gareth Morgan	1 gold
Dave Smith	1 gold, 1 silver, 1 bronze
Kam Chooyin	1 silver, 2 bronze
Damien Holder	1 silver, 1 bronze
Colin Knowles	2 silver
Sarah James	2 silver
Richard Lawford	2 silver
Martin Hambly	1 silver, 1 bronze
Angela Chooyin	1 bronze

Gala details:

Good turnout from the club, especially people coming along just to swim some relays.

Sarah James	50	BR	00:39.10	2nd
Sarah James	100	BR	01:25.70	2nd
Bill Wilson	50	FR	00:30.80	1st
Bill Wilson	100	FR	01:11.05	1st
Anthony Raven	100	FR	01:14.05	1st
Anthony Raven	100	IM	01:28.06	3rd
Graeme Hughes	200	IM	02:45.71	1st
Graeme Hughes	100	IM	01:16.56	2nd
Graeme Hughes	100	FR	01:06.94	
Graeme Hughes	100	Fly	01:17.17	2nd
Richard Lawford	50	FR	00:27.66	2nd
Richard Lawford	100	IM	01:15.47	2nd
Gareth Morgan	200	FR	03:19.34	1st
Gareth Morgan	50	FR	00:35.09	
Clare Parry	100	IM	01:25.53	2nd
Clare Parry	100	BK	01:24.42	1st
Clare Parry	50	FR	00:33.10	1st
Colin Knowles	100	BR	01:55.58	2nd
Colin Knowles	50	FR	00:48.84	
Colin Knowles	50	BR	00:49.65	2nd
Martin Hambly	50	Fly	00:36.22	3rd
Martin Hambly	100	IM	01:24.04	2nd
Martin Hambly	50	FR	00:31.59	
Damien Holder	100	BR	01:31.03	2nd
Damien Holder	50	FR	00:31.12	3rd
Ann Wardell	50	BK	00:54.25	1st
Ann Wardell	100	FR	01:43.85	2nd
Ann Wardell	100	BR	01:58.16	1st
Ann Wardell	50	BR	00:52.02	1st
Ann Wardell	100	BK	02:02.80	1st
Ann Wardell	50	FR	00:45.01	1st
Anne Frost	50	BK	01:00.01	1st
Anne Frost	50	BR	00:49.95	3rd
Penny John	200	IM	02:59.43	1st
Penny John	50	Fly	00:35.46	1st
Penny John	200	FR	02:42.30	1st
Penny John	100	IM	01:22.34	1st
Andrew Watson	200	FR	02:54.66	4th
Andrew Watson	100	FR	01:18.42	
Andrew Watson	50	FR	00:34.15	
Darren Jenkins	50	FR	00:27.20	1st
Darren Jenkins	50	Fly	00:29.44	1st
Dave Smith	50	BK	00:33.27	2nd
Dave Smith	100	IM	01:14.33	1st
Dave Smith	50	FR	00:29.32	
Dave Smith	100	FR	01:04.91	3rd
Kam Chooyin	100	FR	01:04.00	2nd
Kam Chooyin	50	Fly	00:32.26	3rd
Kam Chooyin	50	FR	00:28.63	3rd
Angela Chooyin	100	FR	01:16.57	3rd
Angela Chooyin	50	FR	00:34.35	
Phil Stephens	100	FR	01:11.17	1st
Phil Stephens	50	Fly	00:35.24	2nd
Phil Stephens	100	BK	01:20.32	1st
Phil Stephens	50	FR	00:32.15	3rd
Dawn Slade	50	BK	00:40.42	1st
Dawn Slade	100	BK	01:28.41	1st