

Welsh Capital Masters

11th May 2002

Club Performance:

14 swimmers

Sarah James, Elaine Harrison, Clare Parry, Penny John, Anne Frost,
Anthony Raven, Colin Knowles, Steve Morgan, Gareth Morgan,
Damien Holder, Dave Smith, Graeme Hughes, Andrew Watson,
Martin Hambly

Other people swam as part of relay teams.

23 individual swims

20 relay teams

19 gold medals (1 relay)

9 silver (1 relay)

15 bronze.(2 relay)

Individual Performance:

Sarah James	3 Gold
Colin Knowles	3 Gold
Elaine Harrison	3 Gold, 1 Silver
Penny John	3 Gold
Clare Parry	2 Gold
Martin Hambly	2 Gold, 1 Silver
Dave Smith	1 Gold, 2 Silver, 3 Bronze
Damien Holder	1 Gold
Graeme Hughes	2 Silver, 1 Bronze
Steve Morgan	1 Silver
Andrew Watson	1 Silver
Anthony Raven	2 Bronze

Gala details:

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

Sarah James	200	FR	02:25.91	1st
Sarah James	50	BR	00:38.30	1st
Sarah James	100	BR	01:23.43	1st
Steve Morgan	100	FR	01:15.86	4th
Steve Morgan	200	FR	02:51.09	2nd
Steve Morgan	50	FR	00:33.71	
Anthony Raven	50	BK	00:40.23	3rd
Anthony Raven	50	Fly	00:37.01	
Anthony Raven	100	IM	01:28.03	3rd
Anthony Raven	50	FR	00:32.47	4th
Graeme Hughes	100	FR	01:05.36	4th
Graeme Hughes	50	FR	00:29.80	2nd
Graeme Hughes	50	Fly	00:31.75	2nd
Graeme Hughes	200	FR	02:27.77	3rd
Elaine Harrison	100	BK	01:43.96	1st
Elaine Harrison	200	FR	03:03.43	1st
Elaine Harrison	100	FR	01:24.48	2nd
Elaine Harrison	50	BK	00:45.02	1st
Gareth Morgan	100	FR	01:19.45	
Clare Parry	200	FR	02:40.17	1st
Clare Parry	100	BK	01:25.48	1st
Colin Knowles	50	FR	00:50.40	1st
Colin Knowles	50	BR	00:51.49	1st
Colin Knowles	100	BR	01:57.83	1st
Martin Hambly	100	IM	01:24.75	1st
Martin Hambly	50	FR	00:31.68	2nd
Martin Hambly	50	Fly	00:35.86	1st
Damien Holder	50	FR	00:31.33	1st
Anne Frost	50	BK	01:00.27	4th
Anne Frost	50	FR	00:47.65	
Penny John	100	IM	01:21.26	1st
Penny John	50	BR	00:42.80	1st
Penny John	50	FR	00:32.79	1st
Andrew Watson	50	FR	00:35.06	
Andrew Watson	100	BK	01:49.42	4th
Andrew Watson	100	Fly	02:03.94	2nd
Andrew Watson	200	FR	02:48.56	4th
Dave Smith	100	BK	01:15.18	3rd
Dave Smith	50	FR	00:28.77	1st
Dave Smith	100	FR	01:03.15	3rd
Dave Smith	100	IM	01:13.55	2nd
Dave Smith	50	Fly	00:34.43	3rd
Dave Smith	50	BK	00:34.06	2nd