

Welsh Capital Masters

27th March 2004

Club Performance:

23 swimmers

Richard Phillips, Vicki White, Matthew Hockridge, Susie Inwood, Elaine Harrison, Ruth Amundson, Stephen Maskell, James Byrne, Andrew Berriman, Richard Lawford, Martin Neal, Grant Davis, Michelle Morris, Kate Williams, Jane Fletcher, Ann Wardell, Janet Smith, Tony Roblin, Colin Knowles, Emma-Jayne Morales, Alison Willis, Bill Wilson, Carys Holt
Other people swam as part of relay teams.

64 individual swims
18 relay teams

24 gold medals (6 relay)
26 silver (8 relay)
12 bronze.(1 relay)

Individual Performance:

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| Richard Phillips | 2 Gold |
| Vicki White | 4 Gold, 1 Silver |
| Matthew Hockridge | 2 Silver |
| Susie Inwood | 2 Silver, 2 Bronze |
| Elaine Harrison | 1 Gold, 1 Silver |
| Ruth Amundson | 2 Gold |
| Stephen Maskell | 2 Silver |
| James Byrne | 1 Bronze |
| Andrew Berriman | 1 Gold |
| Richard Lawford | 2 Gold, 2 Bronze |
| Martin Neal | 1 Gold, 1 Bronze |
| Grant Davis | 2 Silver, 1 Bronze |
| Michelle Morris | 1 Silver |
| Kate Williams | 2 Silver |
| Jane Fletcher | 1 Gold, 1 Silver |
| Ann Wardell | 3 Gold, 1 Silver |
| Janet Smith | 1 Bronze |
| Colin Knowles | 3 Silver |
| Emma-Jayne Morales | 1 Gold, 1 Bronze |
| Alison Willis | 1 Bronze |
| Bill Wilson | 1 Bronze |

Gala details:

Superb turnout from the club.

Everything ran smoothly considering many late withdrawals on the official's and swimmer's sides.

Good entry all round

Good turnout at the after gala reception.

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| Richard Phillips | 200 IM | 2:22.43 | 1st |
| Richard Phillips | 100 FR | 57.26 | 1st |
| Vicki White | 200 IM | 2:46.39 | 2nd |

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|--------------------|-----|-----|---------|-----|
| Vicki White | 50 | Fly | 31.79 | 1st |
| Vicki White | 100 | IM | 1:16.86 | 1st |
| Vicki White | 100 | Fly | 1:11.93 | 1st |
| Vicki White | 50 | FR | 30.52 | 1st |
| Matthew Hockridge | 50 | BK | 34.37 | 2nd |
| Matthew Hockridge | 50 | Fly | 31.54 | 2nd |
| Susie Inwood | 50 | BK | 38.31 | 2nd |
| Susie Inwood | 50 | Fly | 38.02 | 3rd |
| Susie Inwood | 100 | IM | 1:21.45 | 3rd |
| Susie Inwood | 50 | FR | 31.86 | 2nd |
| Elaine Harrison | 50 | BK | 45.49 | 2nd |
| Elaine Harrison | 100 | BK | 1:38.89 | 1st |
| Ruth Amundson | 50 | BK | 53.43 | 1st |
| Ruth Amundson | 100 | FR | 1:47.54 | 1st |
| Stephen Maskell | 100 | FR | 59.51 | 2nd |
| Stephen Maskell | 50 | FR | 27.23 | 2nd |
| James Byrne | 100 | FR | 1:00.02 | 3rd |
| James Byrne | 50 | FR | 27.72 | 5th |
| Andrew Berriman | 100 | FR | 1:06.45 | 6th |
| Andrew Berriman | 200 | FR | 2:34.77 | 1st |
| Andrew Berriman | 50 | FR | 31.12 | 7 |
| Richard Lawford | 100 | FR | 1:04.10 | 4th |
| Richard Lawford | 50 | Fly | 32.00 | 3rd |
| Richard Lawford | 100 | IM | 1:14.71 | 3rd |
| Richard Lawford | 50 | BR | 37.46 | 1st |
| Richard Lawford | 50 | FR | 28.09 | 1st |
| Martin Neal | 100 | FR | DQ | |
| Martin Neal | 200 | FR | 3:09.56 | 1st |
| Martin Neal | 50 | FR | 40.09 | 3 |
| Grant Davis | 100 | FR | 1:07.16 | 3rd |
| Grant Davis | 100 | BR | 1:22.48 | 2nd |
| Grant Davis | 50 | BR | 37.26 | 2nd |
| Grant Davis | 50 | FR | 30.36 | 4th |
| Michelle Morris | 100 | FR | 1:18.63 | 2nd |
| Michelle Morris | 100 | IM | 1:31.85 | 4th |
| Kate Williams | 100 | FR | 1:16.76 | 4th |
| Kate Williams | 100 | IM | 1:28.72 | 4th |
| Kate Williams | 50 | BR | 45.18 | 2 |
| Kate Williams | 50 | FR | 34.19 | 2 |
| Jane Fletcher | 100 | FR | 2:00.75 | 2nd |
| Jane Fletcher | 100 | BR | 1:55.69 | 1st |
| Ann Wardell | 100 | FR | 1:56.92 | 2nd |
| Ann Wardell | 100 | BR | 2:10.99 | 1st |
| Ann Wardell | 50 | BR | 57.22 | 1 |
| Ann Wardell | 50 | FR | 52.35 | 1 |
| Janet Smith | 50 | Fly | 43.54 | 3rd |
| Janet Smith | 50 | FR | 37.49 | 4 |
| Tony Roblin | 100 | BR | DQ | |
| Tony Roblin | 50 | BR | 45.48 | 4 |
| Tony Roblin | 50 | FR | DQ | |
| Colin Knowles | 100 | BR | 2:04.01 | 2nd |
| Colin Knowles | 50 | BR | 51.22 | 2 |
| Colin Knowles | 50 | FR | 52.12 | 2 |
| Emma-Jayne Morales | 100 | BR | DQ | |
| Emma-Jayne Morales | 50 | BR | 39.76 | 1 |
| Emma-Jayne Morales | 50 | FR | 32.05 | 3 |
| Alison Willis | 100 | IM | 1:39.14 | 3 |
| Alison Willis | 50 | FR | 39.84 | 6 |
| Bill Wilson | 50 | BR | 44.31 | 3 |
| Bill Wilson | 50 | FR | 31.61 | 6 |
| Carys Holt | 50 | FR | 41.26 | 6 |

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| Cardiff Masters | 'A' | Mixed 200 Med Relay | 2:10.98 | 2nd |
| Cardiff Masters | 'B' | Mixed 200 Med Relay | 2:22.53 | 4th |
| Cardiff Masters | 'D' | Mixed 200 Med Relay | 2:35.76 | 1st |
| Cardiff Masters | 'E' | Mixed 200 Med Relay | 3:07.99 | 2nd |
| Cardiff Masters | 'C' | Mixed 200 Med Relay | 2:24.62 | 2nd |
| Cardiff Masters | 'A' | Men 200 Med Relay | 2:07.93 | 1st |
| Cardiff Masters | 'B' | Men 200 Med Relay | 2:06.09 | 1st |
| Cardiff Masters | 'A' | Women 200 Med Relay | 2:24.36 | 2nd |
| Cardiff Masters | 'C' | Women 200 Med Relay | DQ | |
| Cardiff Masters | 'A' | Mixed 200 FR Relay | 1:55.76 | 2nd |
| Cardiff Masters | 'B' | Mixed 200 FR Relay | 2:15.39 | 4th |
| Cardiff Masters | 'D' | Mixed 200 FR Relay | 2:26.34 | 1st |
| Cardiff Masters | 'C' | Mixed 200 FR Relay | 2:20.53 | 3rd |
| Cardiff Masters | 'E' | Mixed 200 FR Relay | 3:03.00 | 2nd |
| Cardiff Masters | 'A' | Men 200 FR Relay | 1:55.73 | 1st |
| Cardiff Masters | 'B' | Men 200 FR Relay | 2:08.77 | 1st |
| Cardiff Masters | 'A' | Women 200 FR Relay | 2:14.10 | 2nd |
| Cardiff Masters | 'B' | Women 200 FR Relay | 2:36.57 | 2nd |