

# Welsh Capital Masters

13<sup>th</sup> May 2006

WIS, Cardiff – Short Course

## Club Performance:

23 swimmers

Anna Walker, Kate Williams, Anne Frost, Stephen Maskell,  
Martin Neal, Paul Sweeting, Cristyn Williams, William Wilson,  
Jane Fletcher, Colin Knowles, Trent Peden, Daniel Carr,  
Joanne Griffiths, Sally Davies, Sian Jenkins, Elaine Harrison,  
Phil Lempriere, Gareth Morgan, Dave Cooper, Anna Stokes,  
Elsa Stewart, Clare Parry, Karen Harris.

81 individual swims

18 relay teams

49 gold medals (9 relay)

28 silver (5 relay)

14 bronze (2 relay)

## Individual Performance:

Anna Walker - 6 Gold  
Elsa Stewart - 5 Gold  
Trent Peden - 3 Gold  
Cristyn Williams - 3 Gold  
Dave Cooper - 3 Gold  
Phil Lempriere - 2 Gold, 3 Silver, 1 Bronze  
Kate Williams - 2 Gold, 3 Silver  
Jo Griffiths - 2 Gold, 2 Silver  
Elaine Harrison - 2 Gold, 2 Silver  
Steve Maskell - 2 Gold, 2 Silver  
Sian Jenkins - 2 Gold  
Clare Parry - 2 Gold  
Paul Sweeting - 1 Gold, 2 Silver  
Sally Davies - 1 Gold, 2 Silver  
Bill Wilson - 1 Gold, 1 Silver  
Martin Neal - 1 Gold, 2 Bronze  
Jane Fletcher - 1 Gold, 2 Bronze  
Anne Frost - 1 Gold  
Daniel Carr - 3 Silver, 2 Bronze  
Anna Stokes - 1 Silver, 2 Bronze  
Colin Knowles - 1 Silver, 2 Bronze  
Gareth Morgan - 1 Silver  
Karen Harris - 1 Bronze

## Gala details:

Trent Peden	200	IM	02:22.07	1st
Trent Peden	100	FR	00:57.88	1st
Trent Peden	50	Fly	00:28.66	1st
William Wilson	200	IM	03:25.08	1st
William Wilson	50	FR	00:31.88	2nd
Anna Walker	200	IM	02:41.30	1st
Anna Walker	100	FR	01:05.44	1st
Anna Walker	100	BR	01:20.48	1st
Anna Walker	200	FR	02:21.19	1st
Anna Walker	100	IM	01:16.01	1st
Anna Walker	50	BR	00:37.97	1st
Daniel Carr	50	BK	00:50.12	2nd
Daniel Carr	100	FR	01:27.48	3rd

Daniel Carr	100	BR	01:44.69	2nd
Daniel Carr	100	IM	01:44.07	2nd
Daniel Carr	50	FR	00:38.58	3rd
Martin Neal	50	BK	00:47.39	1st
Martin Neal	100	FR	01:19.47	3rd
Martin Neal	50	Fly	00:45.09	4th
Martin Neal	200	FR	02:53.98	3rd
Kate Williams	200	IM	03:10.28	2nd
Kate Williams	50	Fly	00:40.10	1st
Kate Williams	200	FR	02:46.41	2nd
Kate Williams	100	IM	01:31.27	2nd
Kate Williams	50	FR	00:34.28	1st
Paul Sweeting	100	FR	01:18.77	4th
Paul Sweeting	50	Fly	00:51.83	1st
Paul Sweeting	100	BR	01:50.95	2nd
Paul Sweeting	50	BR	00:48.54	2nd
Paul Sweeting	50	FR	00:35.33	4th
Anna Stokes	100	FR	01:11.99	2nd
Anna Stokes	100	BR	01:29.94	3rd
Anna Stokes	50	BR	00:40.49	3rd
Joanne Giffiths	50	BK	00:48.99	1st
Joanne Giffiths	200	FR	03:25.70	2nd
Joanne Giffiths	50	BR	00:58.35	2nd
Joanne Giffiths	100	BK	01:55.24	1st
Sally Davies	50	BK	00:41.14	1st
Sally Davies	50	Fly	00:41.79	2nd
Sally Davies	50	BR	00:42.93	4th
Sally Davies	50	FR	00:34.92	2nd
Sian Jenkins	50	BK	00:39.54	1st
Sian Jenkins	50	Fly	00:35.49	1st
Anne Frost	50	BK	00:58.27	1st
Anne Frost	50	FR	00:50.16	5th
Stephen Maskell	100	FR	01:00.03	2nd
Stephen Maskell	50	Fly	00:32.07	2nd
Stephen Maskell	100	Fly	01:10.11	1st
Stephen Maskell	50	FR	00:37.85	1st
Phil Lempriere	50	Fly	00:34.81	3rd
Phil Lempriere	100	BR	01:18.12	2nd
Phil Lempriere	200	FR	02:19.85	1st
Phil Lempriere	100	IM	01:11.80	1st
Phil Lempriere	50	BR	00:35.76	2nd
Phil Lempriere	50	FR	00:28.04	2nd
Cristyn Williams	100	FR	01:31.76	1st
Cristyn Williams	100	BR	01:51.31	1st
Cristyn Williams	50	BR	00:48.63	1st
Gareth Morgan	100	FR	01:24.46	2nd
Elaine Harrison	50	BK	00:47.30	2nd
Elaine Harrison	100	FR	01:28.94	2nd
Elaine Harrison	100	IM	01:40.38	1st
Elaine Harrison	100	BK	01:44.18	1st
Jane Fletcher	100	FR	01:51.52	4th
Jane Fletcher	100	IM	02:04.50	3rd
Jane Fletcher	50	BR	00:51.38	1st
Jane Fletcher	50	FR	00:50.97	3rd
Dave Cooper	100	FR	01:08.27	1st

Dave Cooper	200	FR	02:44.20	1st	
Dave Cooper	50	FR	00:30.80	1st	
Elsa Stewart	100	FR	01:29.23	1st	
Elsa Stewart	100	BR	01:51.05	1st	
Elsa Stewart	200	FR	03:20.93	1st	
Elsa Stewart	50	BR	00:50.88	1st	
Elsa Stewart	50	FR	00:41.86	1st	
Colin Knowles	100	BR	02:10.48	2nd	
Colin Knowles	50	BR	00:52.57	3rd	
Colin Knowles	50	FR	00:54.23	3rd	
Clare Parry	100	BK	01:27.75	1st	
Clare Parry	50	FR	00:33.76	1st	
Karen Harris	50	FR	00:34.36	2nd	
Mixed 'A'	200	Med	02:15.25	1st	100-119
Mixed 'B'	200	Med	02:39.35	1st	120-159
Mixed 'C'	200	Med	02:44.60	2nd	120-159
Mixed 'D'	200	Med	02:52.91	3rd	120-159
Mixed 'E'	200	Med	03:12.67	2nd	160-199
Men 'A'	200	Med	02:11.50	1st	100-119
Men 'B'	200	Med	03:15.55	1st	160-199
Women 'A'	200	Med	02:28.23	1st	120-159
Women 'B'	200	Med	03:06.11	5th	120-159
Women 'C'	200	Med	03:02.39	4th	120-159
Mixed 'A'	200	Free	02:00.85	1st	100-119
Mixed 'F'	200	Free	02:50.41	1st	160-199
Mixed 'C'	200	Free	02:18.49	1st	120-159
Men 'A'	200	Free	02:08.41	2nd	100-119
Men 'B'	200	Free	02:29.85	2nd	160-199
Women 'A'	200	Free	02:12.28	1st	120-159
Women 'B'	200	Free	02:50.95	3rd	120-159
Women 'C'	200	Free	02:37.62	2nd	120-159