

Welsh Capital Masters

12th May 2007

WIS, Cardiff – Short Course

Club Performance:

29 Swimmers - Trent Peden, Andrew Fawcett, Kate Williams, Chris Mercer, Martin Neal, Richard Lawford, Mike Battersby, Marie Concannon, Sally Davies, Heidi Arnot, Elaine Harrison, Tony Davies, Geoff Jones, Gareth Jenkins, Paul Sweeting, Graham Carr, Dave Cooper, Jane Jones, Elsa Stewart, Ann Wardell, Stephen Maskell, Darren Jenkins, William Wilson, Sian Jenkins, Colin Knowles, Clare Parry, Anne Frost, Karen Harris, Anna Walker

55 Gold (14 Team)

41 Silver (5 Team)

17 Bronze (4 Team)

Individual Performance:

Trent Peden	4 Gold
Andrew Fawcett	4 Gold, 2 Silver
Kate Williams	1 Gold, 1 Silver, 1 Bronze
Chris Mercer	4 Gold, 1 Silver, 1 Bronze
Martin Neal	1 Gold, 1 Bronze
Richard Lawford	2 Gold, 4 Silver
Mike Battersby	1 Gold, 3 Silver
Marie Concannon	5 Gold, 1 Silver
Sally Davies	1 Gold, 1 Silver, 2 Bronze
Heidi Arnot	6 Gold
Elaine Harrison	2 Silver
Tony Davies	3 Gold, 2 Silver
Geoff Jones	1 Silver, 3 Bronze
Gareth Jenkins	1 Silver, 1 Bronze
Paul Sweeting	1 Silver
Graham Carr	1 Gold, 2 Silver, 1 Bronze
Dave Cooper	3 Silver
Jane Jones	2 Silver
Elsa Stewart	2 Gold, 2 Silver, 1 Bronze
Ann Wardell	3 Silver
Stephen Maskell	2 Silver, 1 Bronze
Darren Jenkins	1 Gold
William Wilson	1 Gold, 1 Bronze
Sian Jenkins	1 Gold, 1 Bronze
Colin Knowles	1 Gold, 2 Silver
Clare Parry	2 Gold, 1 Bronze
Anne Frost	1 Silver, 2 Bronze
Mixed Teams	7 Gold, 1 Silver, 3 Bronze
Men's Teams	5 Gold, 2 Silver
Women's Teams	2 Gold, 2 Silver, 1 Bronze

Gala details:

By Kate Williams

Following the success of Glasgow it was our turn to host the annual Capital Masters. The competition was looking hot with 29 entries from our club.

The day consisted of a packed programme, starting with the 200IM. Trent set the precedent for the day, bringing home a stylish gold winning performance in his last competition with the club in this 1st event.

There were plenty more medals and creditable performances to follow from all age groups in the club with many people entering the maximum 6 events.

Contesting for the medals in the men's 30-34 age group were Rich, Trent, Gareth, Geoff, and Paul. The boys provided some closely contested races which were entertaining to watch. Marie was on good form – clocking up a number of winning performances and very creditable times in several events. Heidi proved she is still our star female backstroker with golds in the 50m and 100m. Mike fought a couple of close breaststroke races to take the silver in both the 50m and 100m events.

As always the relay provided a combination of excitement, enthusiasm and flyers (oh.. sorry Stephen!). After now trying to organise the relay teams for the afternoon (thanks for the delegation Terry!), I have realised it is far easier just to swim- so that's the last time I try and skive those!

The day was nicely rounded up with a very tasty Chinese in the Bay that accommodated all dietary needs (and served Magners- which is always a bonus!) with Swansea Masters. The night didn't end there, with most of us heading for further beers and banter into the night - and for the first time Heidi and Neil actually weren't the last to leave!!

Thanks to Terry and the committee for organising another great meet. Here's looking forward to next year – hopefully in the new 50m pool.

Trent Peden	200	IM	02:22.32	1st
Trent Peden	50	BK	00:32.44	1st
Trent Peden	100	FR	00:57.80	1st
Trent Peden	50	Fly	00:29.13	1st
Andrew Fawcett	200	IM	03:42.01	1st
Andrew Fawcett	50	Fly	00:44.73	2nd
Andrew Fawcett	100	IM	01:37.19	1st
Andrew Fawcett	50	BR	00:48.79	1st
Andrew Fawcett	100	Fly	01:47.59	1st
Andrew Fawcett	50	FR	00:36.47	2nd
Kate Williams	200	IM	03:12.64	1st
Kate Williams	100	FR	01:18.58	2nd
Kate Williams	50	Fly	00:43.68	3rd
Chris Mercer	50	BK	00:39.35	2nd
Chris Mercer	100	FR	01:08.60	1st
Chris Mercer	50	Fly	00:38.51	2nd
Chris Mercer	100	BR	01:26.81	1st
Chris Mercer	50	BR	00:39.74	1st
Chris Mercer	50	FR	00:30.79	1st
Martin Neal	50	BK	00:44.89	3rd
Martin Neal	50	Fly	00:44.32	
Martin Neal	200	FR	02:50.71	1st
Martin Neal	50	FR	00:37.12	
Richard Lawford	50	BK	00:35.63	2nd
Richard Lawford	100	FR	01:05.20	2nd
Richard Lawford	50	Fly	00:32.22	2nd
Richard Lawford	100	IM	01:14.79	1st
Richard Lawford	50	BR	00:37.79	2nd
Richard Lawford	50	FR	00:28.55	1st
Mike Battersby	50	BK	00:39.49	1st
Mike Battersby	100	BR	01:25.89	2nd
Mike Battersby	100	IM	01:25.89	2nd
Mike Battersby	50	BR	00:38.79	2nd
Mike Battersby	50	FR	00:33.84	
Marie Concannon	50	BK	00:38.77	1st
Marie Concannon	100	FR	01:12.67	

Marie Concannon	50	Fly	00:36.37	2nd
Marie Concannon	100	IM	01:25.04	1st
Marie Concannon	100	BK	01:24.48	1st
Marie Concannon	50	FR	00:33.56	1st
Sally Davies	50	BK	00:40.44	
Sally Davies	100	FR	01:14.06	3rd
Sally Davies	50	Fly	00:41.87	
Sally Davies	100	IM	01:26.69	2nd
Sally Davies	50	BR	00:43.06	1st
Sally Davies	50	FR	00:34.77	3rd
Heidy Arnot	50	BK	00:34.24	1st
Heidy Arnot	100	FR	01:09.60	1st
Heidy Arnot	50	Fly	00:36.44	1st
Heidy Arnot	100	IM	01:18.52	1st
Heidy Arnot	100	BK	01:14.66	1st
Heidy Arnot	50	FR	00:31.43	1st
Elaine Harrison	50	BK	00:45.88	2nd
Elaine Harrison	100	IM	01:39.87	2nd
Elaine Harrison	100	BK	01:42.20	
Tony Davies	100	FR	01:09.52	2nd
Tony Davies	50	Fly	00:34.89	1st
Tony Davies	200	FR	02:38.60	1st
Tony Davies	100	Fly	01:26.35	1st
Tony Davies	50	FR	00:31.22	2nd
Geoff Jones	100	FR	01:07.30	3rd
Geoff Jones	50	Fly	00:34.77	
Geoff Jones	100	IM	01:20.92	2nd
Geoff Jones	50	BR	00:41.31	3rd
Geoff Jones	50	FR	00:30.03	3rd
Gareth Jenkins	100	FR	01:07.76	
Gareth Jenkins	50	Fly	00:33.68	3rd
Gareth Jenkins	50	FR	00:29.96	2nd
Paul Sweeting	100	FR	01:19.08	
Paul Sweeting	50	Fly	00:49.37	
Paul Sweeting	100	BR	01:56.87	2nd
Paul Sweeting	50	BR	00:48.22	
Paul Sweeting	50	FR	00:34.20	
Graham Carr	100	FR	01:18.05	2nd
Graham Carr	100	BR	01:34.03	1st
Graham Carr	200	FR	02:44.59	2nd
Graham Carr	50	BR	00:44.26	2nd
Graham Carr	50	FR	00:32.59	3rd
Dave Cooper	100	FR	01:11.53	2nd
Dave Cooper	200	FR	02:44.86	2nd
Dave Cooper	50	FR	00:31.65	2nd
Jane Jones	100	FR	01:48.26	
Jane Jones	50	Fly	00:53.49	
Jane Jones	100	BR	01:54.94	2nd
Jane Jones	100	IM	01:56.67	
Jane Jones	50	BR	00:54.13	2nd
Jane Jones	50	FR	00:50.68	
Elsa Stewart	100	FR	01:29.10	2nd
Elsa Stewart	100	BR	01:43.51	3rd
Elsa Stewart	200	FR	03:24.95	
Elsa Stewart	100	IM	01:43.87	1st
Elsa Stewart	50	BR	00:53.85	3rd
Elsa Stewart	50	FR	00:42.33	2nd
Ann Wardell	100	FR	02:04.28	2nd
Ann Wardell	100	BR	02:14.24	2nd

Ann Wardell	50	BR	00:58.27	2nd	
Ann Wardell	50	FR	00:51.86	2nd	
Stephen Maskell	100	FR	01:00.94	2nd	
Stephen Maskell	50	Fly	00:32.17	2nd	
Stephen Maskell	100	Fly			DQ
Stephen Maskell	50	FR	00:28.17	3rd	
Darren Jenkins	50	Fly	00:30.08	1st	
William Wilson	50	Fly	00:40.62	3rd	
William Wilson	50	FR	00:31.36	1st	
Sian Jenkins	50	FR	00:34.65	rd	
Sian Jenkins	50	Fly	00:37.04	1st	
Colin Knowles	100	BR	02:15.19	1st	
Colin Knowles	50	BR	00:55.84	2nd	
Colin Knowles	50	FR	00:56.28	2nd	
Clare Parry	200	FR	03:00.56	3rd	
Clare Parry	100	BK	01:27.80	1st	
Clare Parry	50	FR	00:34.10	1st	
Anne Frost	100	IM	02:09.56	2nd	
Anne Frost	50	FR	00:46.73	3rd	
Karen Harris	50	FR	00:34.90		
Mixed 'A'	200	Med	02:15.89	1st	100-119
Mixed 'B'	200	Med	02:20.08	1st	120-159
Mixed 'C'	200	Med	02:26.14	3rd	120-159
Mixed 'D'	200	Med	02:54.82	3rd	160-199
Mixed 'E'	200	Med	02:53.43	2nd	160-199
Mixed 'F'	200	Med	03:21.72	1st	200-239
Mens 'A'	200	Med	02:11.31	1st	100-119
Mens 'B'	200	Med	02:30.42	1st	120-159
Mens 'C'	200	Med	02:48.16	2nd	160-199
Mens 'D'	200	Med	02:39.56	1st	200-239
Womens 'A'	200	Med	02:33.26	1st	120-159
Womens 'B'	200	Med	02:45.57	2nd	120-159
Womens 'C'	200	Med	03:33.90	2nd	160-199
Mixed 'A'	200	FR	02:12.42	1st	100-119
Mixed 'B'	200	FR	02:05.61	1st	120-159
Mixed 'C'	200	FR	02:10.26	3rd	120-159
Mixed 'D'	200	FR	02:34.93		120-159
Mixed 'E'	200	FR	02:34.45	1st	160-199
Mixed 'F'	200	FR	02:39.21	1st	200-239
Mens 'A'	200	FR		DQ	
Mens 'B'	200	FR	02:04.84	1st	120-159
Mens 'C'	200	FR	02:45.12	1st	160-199
Mens 'D'	200	FR	02:08.95	1st	200-239
Womens 'A'	200	FR	02:21.09	3rd	120-159
Womens 'B'	200	FR	02:27.21		120-159
Womens 'C'	200	FR	03:12.54	1st	160-199