

Welsh Open

9th Feb 2003
Penlan – Short Course

Club Performance:

3 swimmers

Sarah James
Elaine Harrison
Colin Knowles

11 individual swims

Individual Performance:

Sarah James – 1 gold, 1 silver, 1 bronze

Elaine Harrison – 3 gold, 2 silver

Colin Knowles – 1 gold

Gala details:

A low turnout from the club, but nevertheless a good performance

Sarah James	50	BR	00:37.99	2nd
Sarah James	100	BR	01:21.74	1st
Sarah James	200	FR	02:25.86	3rd
Sarah James	200	BR	02:55.64	1st
Elaine Harrison	800	FR	13:29.73	4th
Elaine Harrison	100	BK	01:39.10	1st
Elaine Harrison	50	BK	00:45.07	2nd
Elaine Harrison	200	IM	03:33.75	1st
Elaine Harrison	200	BK	03:55.03	1st
Elaine Harrison	400	FR	06:27.52	2nd
Colin Knowles	200	BR	04:37.21	1st