

Welsh Open

3rd – 5th March 2006
Swansea – Long Course

Gala details: (courtesy of Heidi Arnot)

14 Cardiff Masters swimmers and 1 coach (Terry, not a bus) travelled to Sketty Pool, Swansea for the Welsh Open Masters on a blustery and sunny weekend. Sadly, Sally's 106 decided to die on the way to the pool, so the only lane Sally saw was the hard shoulder of the M4! She was missed by all.

The event was very exciting as world records fell with the presence of Willy van Rysel who set new records for her new age-group of 90 – 95 years.

Alas, no world records for us, but our highlights included the 'oldies' (Heidy, Kate (!) Terry and Tony) winning gold in both the free and medley relays – of course secured by our coach with an excellent final leg in each.

Geoff swimming an all time best for the 50m free in 28.88sec (well done Geoff - a great swim) and me (Heidy) becoming an 'English' Welsh record holder in the 50m back – does that mean I follow in Vicki's footsteps and get leeks and a hat at the next Christmas do?!

In all, we gained 9 gold, 4 silver and 13 bronze medals.

Some swimmers gave a guest appearance:-

Tony assisted the 'oldies' in the relays (whilst 'watching' his son play hockey outside which was the real reason for his attendance).

Clare missed out on 2 relay gold medals after opting to swim for the youngsters in the relay races.

Richard had a fine 4 hour round trip for a 50m fly sprint.

Bill turned up for the 50m freestyle (bronze).

Vicki still representing Cardiff Masters before she registers with Swansea Masters again displayed a perfect 50m fly to win gold – she also got 2 silvers and a bronze. Elaine was very pleased with her 400m freestyle (with consistent 100m time-splits) and her 50 and 100 backstroke races to gain gold in all 3.

Jane Fletcher swam a fine 200 m breast in a PB (gold) and a bronze in the 50 free.

Kate gained silver for 50m breast and Anna Stokes a bronze in the 100m breast.

Paul Pycroft participating in the 'Iron Man' events of 200IM and 100 Fly amongst others gained himself a creditable silver and 2 bronzes.

Paul Sweeting and Colin clocked up the metres both entering 4 individual events, with Paul S. also swimming in the 'young' relay team events. Both Colin and Paul won bronzes for their 50m breast events and Paul, a bronze for his individual 100m breaststroke. Paul S. also won bronze in the freestyle and medley relay team events with Clare, Anna and Paul Pycroft.

I mentioned all I hope who attended – well done to everyone and I look forward to sharing more swimming at the next swim event.

Club Performance:

Gold - 9 (2 relay)

Silver - 44

Bronze - 13 (2 relay)

Individual Performance:

Paul Pycroft	200	IM	03:05.48	3rd		
Paul Pycroft	100	FR	01:07.76	4th		
Paul Pycroft	50	Fly	00:32.46	2nd		
Paul Pycroft	100	Fly	01:25.65	3rd		
Kate Williams	50	BR	00:43.56	2nd		
Kate Williams	200	FR	02:52.99	5th		
Paul Sweeting	50	BR	00:49.82	3rd		
Paul Sweeting	100	FR	01:23.02	8th		
Paul Sweeting	100	BR	01:54.65	3rd		
Paul Sweeting	50	FR	00:34.24	7th		
Colin Knowles	50	BR	00:51.11	3rd		
Colin Knowles	100	BR	02:12.91	4th		
Colin Knowles	200	BR	05:01.86	3rd		
Colin Knowles	50	FR	00:54.74	4th		
Anna Stokes	100	FR	01:14.35	7th		
Anna Stokes	100	BR	01:30.94	3rd		
Heidy Arnot	100	FR	01:09.66	3rd		
Heidy Arnot	50	BK	00:34.89	1st	Welsh Record	
Heidy Arnot	100	BK	01:17.08	1st		
Vicki White	200	FR	02:32.75	2nd		
Vicki White	50	Fly	00:32.00	1st		
Vicki White	100	Fly	01:12.87	2nd		
Vicki White	50	FR	00:31.06	3rd		
Richard Lawford	50	Fly	00:32.07	6th		
Elaine Harrison	400	Free	06:41.27	1st		
Elaine Harrison	50	BK	00:49.10	1st		
Elaine Harrison	100	BK	01:43.62	1st		
Jane Fletcher	200	BR	04:05.50	1st		
Jane Fletcher	50	FR	00:51.71	3rd		
Geoff Jones	50	FR	00:28.88	4th		
William Wilson	50	FR	00:31.36	3rd		
Mixed 'A'	200	Med	02:31.66	3rd	120 - 159	Clare Parry (41.98), Anna Stokes (40.17), Paul Pycroft (33.85), Paul Sweeting (36.04)
Mixed 'B'	200	Med	02:36.76	1st	160 - 199	Heidy Arnot (36.09), Tony Roblin (45.42), Kate Williams (40.62), Terry John (34.73)
Mixed 'A'	200	Free	02:15.15	3rd	120 - 159	Clare Parry, Anna Stokes, Paul Pycroft, Paul Sweeting
Mixed 'B'	200	Free	02:17.93	1st	160 - 199	Heidy Arnot (, Tony Roblin, Kate Williams, Terry John