

**Welsh Capital Masters
Swim Meet
Saturday March 27th 2004
...Results Service...**



Dear Swimmer,

Thank you for taking part in the Forth **Welsh Capital Masters Swim Meet**

The event was extremely well supported attracting entries from far and wide (including Canada and Australia) which resulted in an enjoyable and successful day. The standard of participation was noticeably high and was a pleasure to see, as both new and seasoned swimmers attempted to achieve their goals.

The anticipated traffic following the event allowed (forced !!) many to attend the social and buffet which was also extremely successful although catering will be much improved next year. We also have a few tee-shirts left from the event, if you would like to purchase one of these delightfully styled items, please contact us for availability.

Records have yet to be confirmed and ratified, however, it is estimated that four individual and two team Welsh records were set at the event.

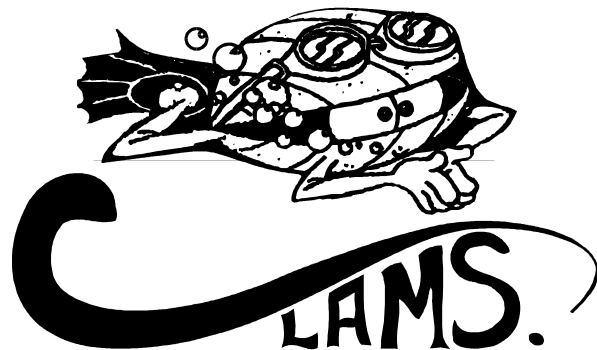
If you enjoyed the event we hope you will spread the word and will return for 2005's event. Please check the appropriate web sites in the near future for the date and make it an event in your club's calendars.

Again, many thanks for your time and if you have any comments or suggestions on the gala, please feel free to let us know.

The Organising Committee

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Christine Parry: 114 Rhydypenau Road, Cyncoed, Cardiff. CF23 6PW. 029 2075 2816



Welsh Capital Masters Swim Meet 2004

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 Hy-Tek's Meet Manager 28/03/2004 09:12 PM
 Welsh Capital Masters - 27/03/2004
 Results

Event 1 Men 25-29 200 SC Meter IM
 1 Phillips, Richard 27 Cardiff Mast 2:22.43
 (29.47 1:06.19 1:48.15 2:22.43)

Event 1 Men 40-44 200 SC Meter IM
 1 Davey, Jon 44 Hereford 3:14.28
 (38.99 1:33.40 2:26.03 3:14.28)

Event 1 Men 45-49 200 SC Meter IM
 1 O'Keefe, Brent 46 Spence 2:51.56
 (34.46 1:21.35 2:12.41 2:51.56)
 2 Williams, Keith 46 Hereford 3:27.38
 (1:41.05 2:42.79 3:27.38)

Event 1 Men 60-64 200 SC Meter IM
 1 Roberts, Richard 62 St Albert 3:06.24
 (38.67 1:29.33 2:22.01 3:06.24)

Event 2 Women 19-24 200 SC Meter IM
 1 Parry, Laura 22 Clams 2:35.46
 (34.26 1:14.06 1:59.60 2:35.46)
 2 White, Vicki 21 Cardiff Mast 2:46.39
 (33.32 1:15.81 2:06.45 2:46.39)

Event 2 Women 25-29 200 SC Meter IM
 1 Nimmo, Katy 28 Bath Dolphin 2:41.64
 (33.87 1:16.09 2:05.98 2:41.64)

Event 2 Women 30-34 200 SC Meter IM
 1 Hurst, Suzanne 30 Fox Hollies 2:44.40
 (1:16.45 2:07.06 2:44.40)

Event 2 Women 35-39 200 SC Meter IM
 1 Thomas, Ceri 38 Bridgend Cty 3:04.32
 (40.19 1:28.16 2:22.04 3:04.32)

Event 2 Women 40-44 200 SC Meter IM
 1 Borley, Sarah 42 Gwent Police 3:08.59
 (38.13 1:27.13 2:22.44 3:08.59)
 2 Keen, Delia 43 Carm Masters 3:57.94
 (55.28 3:05.68 3:57.94)

Event 2 Women 50-54 200 SC Meter IM
 1 Crook, Lorraine 50 Caldicot 3:46.31
 (47.64 1:48.61 2:53.13 3:46.31)

Event 2 Women 55-59 200 SC Meter IM
 1 Crayford, Julie 56 Clams 3:02.82
 (38.82 1:29.54 2:20.67 3:02.82)
 2 Murray, Esther 57 Gloucester M 4:02.91
 (54.10 2:01.58 3:06.54 4:02.91)

Event 2 Women 60-64 200 SC Meter IM
 1 Weare, Margaret 60 Caldicot 4:42.19
 (2:16.25 4:42.19)

Event 3 Men 19-24 50 SC Meter Backstroke
 1 Jackson, Michael 23 Clams 31.09

Event 3 Men 25-29 50 SC Meter Backstroke
 1 Grier, Gareth 29 Bridgend Cty 33.77

Event 3 Men 30-34 50 SC Meter Backstroke
 1 Shortman, Austin 32 Tenby 28.56
 2 Hockridge, Matthew 30 Cardiff Mast 34.37

Event 3 Men 35-39 50 SC Meter Backstroke
 1 Gore, Patrick 36 Clams 30.77

Event 3 Men 40-44 50 SC Meter Backstroke
 -- Taborda, Icaro 41 Tenby DQ

Event 3 Men 60-64 50 SC Meter Backstroke
 1 Langley, Dave 60 Gloucester M 36.51

Event 4 Women 19-24 50 SC Meter Backstroke
 1 Tait, Lauren 19 Clams 34.32
 2 Inwood, Susie 21 Cardiff Mast 38.31
 3 Shawe, Joanna 23 Clams 41.26

Event 4 Women 25-29 50 SC Meter Backstroke
 1 Colins, Amanda 25 Clams 48.40

Event 4 Women 35-39 50 SC Meter Backstroke
 1 Jones, Rhiannon 36 Carm Masters 41.32

Event 4 Women 40-44 50 SC Meter Backstroke
 1 Borley, Sarah 42 Gwent Police 40.55
 2 Harrison, Elaine 41 Cardiff Mast 45.49

Event 4 Women 45-49 50 SC Meter Backstroke
 1 Amundson, Ruth 45 Cardiff Mast 53.43

Event 4 Women 50-54 50 SC Meter Backstroke
 1 Inwood, Pauline 52 Co Derby 42.26
 -- Ferris, Gillian 50 Gloucester M DQ

Event 4 Women 55-59 50 SC Meter Backstroke
 1 Newman, Carole 55 Gloucester M 55.55
 2 Bewley, Rikki 58 Bushrangers 1:18.43
 -- Jenner, Margaret 55 Carm Masters DQ

Event 4 Women 60-64 50 SC Meter Backstroke
 1 Baptist, Gail 64 Hereford 47.60
 2 Holmyard, Pat 64 Bristol Mast 47.86
 3 Whitfield, Kate 60 Bristol Mast 52.20
 4 Johnson, Rosemary 64 Wincanton 55.91

Event 4 Women 65-69 50 SC Meter Backstroke
 1 Gwilt, Janet 65 Gloucester M 1:01.49

Event 4 Women 85-89 50 SC Meter Backstroke
 1 Godsall, Emily 87 Clams 1:22.61

Event 5 Men 19-24 100 SC Meter Freestyle
 1 Steenhoff, Craig 22 Hailsham 58.08
 (27.52 58.08)
 2 Maskell, Stephen 24 Cardiff Mast 59.51
 3 Byrne, James 24 Cardiff Mast 1:00.02
 (27.82 1:00.02)
 4 Jackson, Michael 23 Clams 1:00.51
 (28.67 1:00.51)
 5 Tait, Matthew 22 Clams 1:01.21
 (28.47 1:01.21)
 6 Berriman, Andrew 23 Cardiff Mast 1:06.45
 (32.02 1:06.45)

Welsh Capital Masters Swim Meet 2004

Event 5 Men 25-29 100 SC Meter Freestyle

1 Phillips, Richard	27 Cardiff Mast	57.26
	(26.77 57.26)	
2 Rutter, Anthony	28 Co Derby	1:01.47
3 Grier, Gareth	29 Bridgend Cty	1:03.24
	(30.02 1:03.24)	
4 Lawford, Richard	29 Cardiff Mast	1:04.10
	(29.99 1:04.10)	
-- Neal, Martin	25 Cardiff Mast	DQ
	(41.50 DQ)	

Event 5 Men 30-34 100 SC Meter Freestyle

1 Khan, Andrew	34 Bournem'th D	1:02.08
2 Kirkpatrick, Douglas	30 Hereford	1:06.59
	(32.09 1:06.59)	
3 Davis, Grant	32 Cardiff Mast	1:07.16
	(32.14 1:07.16)	

Event 5 Men 35-39 100 SC Meter Freestyle

1 Boucher, Andy	39 Hereford	1:20.29
2 Edwards, Duncan	36 Caldicot	1:22.61
	(36.88 1:22.61)	

Event 5 Men 40-44 100 SC Meter Freestyle

1 Lee, Roland	40 Clams	55.82
2 Moxham, Paul	42 St Ives	1:09.98
3 Eckley, Gareth	41 Brecon	1:14.57
	(34.26 1:14.57)	
4 Venables, Dave	42 Hereford	1:19.61
5 Doyle, Philip	40 Carm Masters	1:23.10
	(38.98 1:23.10)	

Event 5 Men 45-49 100 SC Meter Freestyle

1 Stephenson, Colin	46 Gloucester M	59.78
	(29.48 59.78)	
2 Smith, Malcolm	46 Bridgend Cty	1:00.96
	(28.47 1:00.96)	
3 Anderson, John	45 Gloucester M	1:03.59
	(30.03 1:03.59)	
4 Jackson, David	46 Clams	1:11.90
	(33.90 1:11.90)	
5 Jones, Paul	45 Clams	1:36.66
	(44.98 1:36.66)	

Event 5 Men 50-54 100 SC Meter Freestyle

1 Goddard, Norman	52 Tenby	1:05.41
	(30.95 1:05.41)	
2 Privett, Mike	50 Hereford	1:24.54
	(39.91 1:24.54)	

Event 5 Men 55-59 100 SC Meter Freestyle

1 Fincham, Norman	56 Hereford	1:28.90
	(41.67 1:28.90)	

Event 5 Men 65-69 100 SC Meter Freestyle

1 Alexis, Errol	68 Clams	1:26.79
	(41.41 1:26.79)	

Event 6 Women 19-24 100 SC Meter Freestyle

1 Parry, Laura	22 Clams	1:04.33
2 Morris, Michelle	22 Cardiff Mast	1:18.63
	(36.69 1:18.63)	

Event 6 Women 25-29 100 SC Meter Freestyle

1 Vale, Sarah	29 Reading	1:02.43
	(29.60 1:02.43)	
2 Malein, Erika	25 Clams	1:08.62
3 Ridgeway, Rachel	26 Clams	1:13.24
	(35.20 1:13.24)	
4 Williams, Kate	25 Cardiff Mast	1:16.76
	(35.76 1:16.76)	
5 Thomas, Jasmin	25 Carm Masters	1:17.36
6 Colins, Amanda	25 Clams	1:36.65
	(42.53 1:36.65)	

Event 6 Women 30-34 100 SC Meter Freestyle

1 Holloway, Sarah	31 Fox Hollies	1:08.34
	(32.33 1:08.34)	
2 Fletcher, Jane	30 Cardiff Mast	2:00.75
	(53.56 2:00.75)	

Event 6 Women 35-39 100 SC Meter Freestyle

1 Thomas, Ceri	38 Bridgend Cty	1:15.25
	(35.68 1:15.25)	
2 Burns, Jenny	37 Bridgend Cty	1:21.65
3 Gane, Jacqui	37 Bournem'th D	1:22.27
	(39.76 1:22.27)	

Event 6 Women 40-44 100 SC Meter Freestyle

1 Jones, Sandra	40 Gloucester M	1:12.14
	(33.61 1:12.14)	
2 Keen, Delia	43 Carm Masters	1:37.71
	(47.51 1:37.71)	

Event 6 Women 45-49 100 SC Meter Freestyle

1 Amundson, Ruth	45 Cardiff Mast	1:47.54
	(51.62 1:47.54)	

Event 6 Women 50-54 100 SC Meter Freestyle

1 Inwood, Pauline	52 Co Derby	1:20.97
	(39.24 1:20.97)	

Event 6 Women 55-59 100 SC Meter Freestyle

1 Crayford, Julie	56 Clams	1:14.32
	(35.75 1:14.32)	
2 Fellows, Carol	58 Bristol Mast	1:16.39
	(36.09 1:16.39)	
3 Bewley, Rikki	58 Bushrangers	2:39.44
	(1:12.04 2:39.44)	

Event 6 Women 60-64 100 SC Meter Freestyle

1 Johnson, Rosemary	64 Wincanton	1:44.91
	(49.76 1:44.91)	
2 Palmer, Valerie	62 Caldicot	1:55.81
	(54.08 1:55.81)	

Event 6 Women 65-69 100 SC Meter Freestyle

1 Gwilt, Janet	65 Gloucester M	1:45.55
	(50.77 1:45.55)	
2 Wardell, Ann	66 Cardiff Mast	1:56.92
	(55.99 1:56.92)	

Event 7 Men 19-24 50 SC Meter Butterfly

1 Steenhoff, Craig	22 Hailsham	27.86
2 Brooks, Christopher	23 Clams	31.27

Welsh Capital Masters Swim Meet 2004

Event 7 Men 25-29 50 SC Meter Butterfly

1 Undery, Peter	29 Fox Hollies	29.15
2 Rutter, Anthony	28 Co Derby	31.57
3 Lawford, Richard	29 Cardiff Mast	32.00
4 Grier, Gareth	29 Bridgend Cty	33.81

Event 7 Men 30-34 50 SC Meter Butterfly

1 Smith, Peter	33 Gloucester M	29.56
2 Hockridge, Matthew	30 Cardiff Mast	31.54

Event 7 Men 40-44 50 SC Meter Butterfly

1 Eckley, Gareth	41 Brecon	35.05
2 Moxham, Paul	42 St Ives	37.01

Event 7 Men 45-49 50 SC Meter Butterfly

1 Smith, Malcolm	46 Bridgend Cty	30.55
2 Anderson, John	45 Gloucester M	31.24
3 Freeman, Carl	48 Gloucester M	31.42
4 Richards, Jeff	46 Pemb Aces	32.28
5 Jackson, David	46 Clams	33.42
6 Pullin, Kevin	46 Swansea Mast	34.65

Event 7 Men 55-59 50 SC Meter Butterfly

1 Tripp, John	55 Bristol Mast	34.02
2 Thomas, Russel	56 Clams	35.87

Event 7 Men 60-64 50 SC Meter Butterfly

1 Roberts, Richard	62 St Albert	35.40
2 Langley, Dave	60 Gloucester M	40.64

Event 8 Women 19-24 50 SC Meter Butterfly

1 White, Vicki	21 Cardiff Mast	31.79
2 Blyth, Melissa	20 Clams	35.56
3 Inwood, Susie	21 Cardiff Mast	38.02

Event 8 Women 25-29 50 SC Meter Butterfly

1 Nimmo, Katy	28 Bath Dolphin	32.25
2 Malein, Erika	25 Clams	36.87
3 Ridgeway, Rachel	26 Clams	37.88

Event 8 Women 30-34 50 SC Meter Butterfly

1 Holloway, Sarah	31 Fox Hollies	32.93
2 Hurst, Suzanne	30 Fox Hollies	33.03

Event 8 Women 35-39 50 SC Meter Butterfly

1 Thomas, Ceri	38 Bridgend Cty	39.69
2 Gane, Jacqui	37 Bournem'th D	42.90
3 Smith, Janet	36 Cardiff Mast	43.54

Event 8 Women 40-44 50 SC Meter Butterfly

1 Jones, Sandra	40 Gloucester M	36.51
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Event 8 Women 50-54 50 SC Meter Butterfly

1 Crook, Lorraine	50 Caldicot	47.98
-- Ferris, Gillian	50 Gloucester M	DQ

Event 8 Women 55-59 50 SC Meter Butterfly

1 Fellows, Carol	58 Bristol Mast	41.30
2 Newman, Carole	55 Gloucester M	55.31
-- Jenner, Margaret	55 Carm Masters	DQ

Event 8 Women 60-64 50 SC Meter Butterfly

1 Baptist, Gail	64 Hereford	54.69
2 Johnson, Rosemary	64 Wincanton	55.20
3 Weare, Margaret	60 Caldicot	1:03.25

Event 8 Women 65-69 50 SC Meter Butterfly

1 Gwilt, Janet	65 Gloucester M	58.71
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Event 9 Men 25-29 100 SC Meter Breaststroke

1 Undery, Peter	29 Fox Hollies	1:18.59
	(36.39 1:18.59)	

Event 9 Men 30-34 100 SC Meter Breaststroke

1 Khan, Andrew	34 Bournem'th D	1:19.59
	(37.15 1:19.59)	
2 Davis, Grant	32 Cardiff Mast	1:22.48
	(39.10 1:22.48)	

Event 9 Men 35-39 100 SC Meter Breaststroke

1 Jenkins, Andrew	39 Llantrisant	1:17.46
	(36.97 1:17.46)	
-- Edwards, Duncan	36 Caldicot	DQ
	(47.59 DQ)	

Event 9 Men 40-44 100 SC Meter Breaststroke

1 Davey, Jon	44 Hereford	1:29.42
	(42.10 1:29.42)	
2 Venables, Dave	42 Hereford	1:30.85
	(42.72 1:30.85)	
3 Collett, Richard	44 Hereford	1:32.06
	(44.54 1:32.06)	

Event 9 Men 45-49 100 SC Meter Breaststroke

1 O'Keefe, Brent	46 Spence	1:22.31
	(38.97 1:22.31)	
2 Jones, Paul	45 Clams	1:45.63
	(49.65 1:45.63)	
-- Roblin, Tony	45 Cardiff Mast	DQ
	(47.09 DQ)	

Event 9 Men 55-59 100 SC Meter Breaststroke

1 Thomas, Russel	56 Clams	1:27.27
	(42.34 1:27.27)	
2 Fincham, Norman	56 Hereford	1:44.90
	(50.04 1:44.90)	

Event 9 Men 70-74 100 SC Meter Breaststroke

1 Stagg, Les	72 Clams	1:52.28
	(51.08 1:52.28)	
2 Knowles, Colin	70 Cardiff Mast	2:04.01
	(59.53 2:04.01)	

Event 10 Women 19-24 100 SC Meter Breaststroke

-- Morales, Emma-Jayne	21 Cardiff Mast	DQ
	(40.66 DQ)	

Event 10 Women 25-29 100 SC Meter Breaststroke

1 Thomas, Jasmin	25 Carm Masters	1:38.43
	(47.20 1:38.43)	

Event 10 Women 30-34 100 SC Meter Breaststroke

1 Fletcher, Jane	30 Cardiff Mast	1:55.69
	(56.32 1:55.69)	

Event 10 Women 35-39 100 SC Meter Breaststroke

1 Thomas, Ceri	38 Bridgend Cty	1:41.34
	(48.77 1:41.34)	

Event 10 Women 40-44 100 SC Meter Breaststroke

1 Keen, Delia	43 Carm Masters	1:58.87
	(58.86 1:58.87)	

Welsh Capital Masters Swim Meet 2004

Event 10 Women 55-59 100 SC Meter Breaststroke
 1 Crayford, Julie 56 Clams 1:35.35
 (45.54 1:35.35)
 2 Bewley, Rikki 58 Bushrangers 2:35.68
 (1:17.02 2:35.68)

Event 10 Women 60-64 100 SC Meter Breaststroke
 -- Palmer, Valerie 62 Caldicot DQ

Event 10 Women 65-69 100 SC Meter Breaststroke
 1 Wardell, Ann 66 Cardiff Mast 2:10.99
 (1:03.15 2:10.99)

Event 10 Women 85-89 100 SC Meter Breaststroke
 1 Godsall, Emily 87 Clams 3:44.44
 (1:48.65 3:44.44)

Event 11 Mixed 76-99 200 SC Meter Medley Relay
 1 Clams 'E' 2:05.75
 (34.22 1:12.11 1:40.08 2:05.75)
 2 Cardiff Masters 'A' 2:10.98
 (35.86 1:15.00 1:44.19 2:10.98)
 3 Clams 'A' 2:20.21
 (31.51 1:17.83 1:52.76 2:20.21)
 4 Cardiff Masters 'B' 2:22.53
 (44.34 1:21.77 1:50.05 2:22.53)

Event 11 Mixed 100-119 200 SC Meter Medley Relay
 1 Cardiff Masters 'D' 2:35.76
 (42.55 1:19.58 1:50.98 2:35.76)
 2 Cardiff Masters 'E' 3:07.99
 (1:01.13 1:54.37 2:28.52 3:07.99)

Event 11 Mixed 120-159 200 SC Meter Medley Relay
 1 Tenby 'C' 2:10.50
 (28.78 1:07.73 1:37.40 2:10.50)
 2 Cardiff Masters 'C' 2:24.62
 (35.33 1:22.75 1:50.15 2:24.62)
 3 Clams 'C' 2:34.93
 (43.51 1:24.67 1:56.45 2:34.93)

Event 11 Mixed 160-199 200 SC Meter Medley Relay
 1 Clams 'B' 2:15.41
 (33.68 1:07.71 1:44.94 2:15.41)
 2 Gloucester Masters 'B' 2:31.54
 (37.32 1:20.07 1:51.61 2:31.54)
 3 Tenby 'A' 2:32.95
 (42.96 1:30.32 2:03.07 2:32.95)
 4 Tenby 'B' 2:42.29
 (50.80 1:34.74 2:07.75 2:42.29)
 5 Caldicot 'A' 2:56.81
 (40.35 1:35.34 2:20.90 2:56.81)

Event 11 Mixed 200-239 200 SC Meter Medley Relay
 1 Bridgend County 'A' 2:28.41
 (34.22 1:21.81 1:52.01 2:28.41)

Event 11 Mixed 240-279 200 SC Meter Medley Relay
 -- Clams 'D' DQ
 (1:29.51 2:18.97 3:08.91 DQ)

Event 12 Men 76-99 200 SC Meter Medley Relay
 1 Clams 'A' 2:04.55
 (32.35 1:09.35 1:37.87 2:04.55)

Event 12 Men 100-119 200 SC Meter Medley Relay
 1 Cardiff Masters 'A' 2:07.93
 (35.66 1:12.56 1:40.90 2:07.93)

Event 12 Men 120-159 200 SC Meter Medley Relay
 1 Cardiff Masters 'B' 2:06.09
 (34.73 1:11.27 1:38.93 2:06.09)
 2 Clams 'C' 2:44.77
 (51.61 1:38.64 2:12.79 2:44.77)

Event 12 Men 160-199 200 SC Meter Medley Relay
 1 Tenby 'A' 2:03.30
 (28.70 1:05.51 1:14.24 2:03.30)
 2 Clams 'B' 2:05.96
 (31.20 1:09.51 1:40.34 2:05.96)
 3 Hereford 'A' 2:12.54
 (45.52 1:26.34 1:58.55 2:12.54)
 -- Gloucester Masters 'A' DQ
 (38.46 1:16.95 1:46.61 DQ)

Event 13 Women 76-99 200 SC Meter Medley Relay
 1 Clams 'A' 2:20.93
 (33.98 1:12.65 1:47.92 2:20.93)
 2 Cardiff Masters 'A' 2:24.36
 (38.76 1:18.01 1:39.37 2:24.36)

Event 13 Women 100-119 200 SC Meter Medley Relay
 1 Clams 'B' 2:36.26
 (40.49 1:24.31 2:02.52 2:36.26)

Event 13 Women 120-159 200 SC Meter Medley Relay
 1 Tenby 'A' 2:36.84
 (43.41 1:28.01 2:03.46 2:36.84)
 2 Carmarthen Masters 'A' 3:04.80
 (41.81 1:37.87 2:18.76 3:04.80)
 -- Cardiff Masters 'C' DQ
 (51.54 1:45.25 2:29.75 DQ)

Event 14 Men 19-24 200 SC Meter Freestyle
 1 Berriman, Andrew 23 Cardiff Mast 2:34.77
 (34.52 1:13.87 1:54.67 2:34.77)

Event 14 Men 25-29 200 SC Meter Freestyle
 1 Neal, Martin 25 Cardiff Mast 3:09.56
 (41.65 1:29.27 2:18.89 3:09.56)

Event 14 Men 35-39 200 SC Meter Freestyle
 1 Gore, Patrick 36 Clams 2:11.70
 (1:05.11 1:38.78 2:11.70)
 2 Boucher, Andy 39 Hereford 2:58.44
 (38.62 1:22.64 2:11.45 2:58.44)
 3 Edwards, Duncan 36 Caldicot 3:04.87
 (39.35 1:26.26 2:15.98 3:04.87)

Event 14 Men 45-49 200 SC Meter Freestyle
 1 Smith, Malcolm 46 Bridgend Cty 2:14.95
 (31.89 1:06.43 2:14.95)
 2 Stephenson, Colin 46 Gloucester M 2:15.37
 (32.73 1:07.68 1:42.47 2:15.37)
 3 Williams, Keith 46 Hereford 2:47.16
 (39.65 1:22.86 2:05.70 2:47.16)
 4 Jones, Paul 45 Clams 3:39.78
 (48.24 2:45.42 3:39.78)

Welsh Capital Masters Swim Meet 2004

Event 14 Men 50-54 200 SC Meter Freestyle
 1 Privett, Mike 50 Hereford 3:12.67
 (42.83 1:30.72 2:22.27 3:12.67)

Event 14 Men 55-59 200 SC Meter Freestyle
 1 Fincham, Norman 56 Hereford 3:26.78
 (46.99 1:40.78 2:34.93 3:26.78)

Event 14 Men 60-64 200 SC Meter Freestyle
 1 Roberts, Richard 62 St Albert 2:46.75
 (38.65 1:22.20 2:05.99 2:46.75)
 2 Langley, Dave 60 Gloucester M 3:03.26

Event 15 Women 25-29 200 SC Meter Freestyle
 1 Vale, Sarah 29 Reading 2:15.99
 (31.98 1:06.52 1:41.63 2:15.99)
 2 Nimmo, Katy 28 Bath Dolphin 2:17.65
 (31.91 1:42.58 2:17.65)
 3 Ridgeway, Rachel 26 Clams 2:40.24
 (35.28 1:15.91 1:58.58 2:40.24)
 4 Thomas, Jasmin 25 Carm Masters 2:59.64
 (40.60 2:59.64)

Event 15 Women 30-34 200 SC Meter Freestyle
 1 Holloway, Sarah 31 Fox Hollies 2:34.76
 (34.11 1:12.88 1:54.71 2:34.76)

Event 15 Women 35-39 200 SC Meter Freestyle
 1 Burns, Jenny 37 Bridgend Cty 3:05.68
 (2:16.81 3:05.68)

Event 15 Women 50-54 200 SC Meter Freestyle
 1 Inwood, Pauline 52 Co Derby 2:52.42
 (39.86 1:24.82 2:10.22 2:52.42)
 2 Crook, Lorraine 50 Caldicot 3:30.57
 (47.86 1:41.87 2:36.18 3:30.57)

Event 15 Women 55-59 200 SC Meter Freestyle
 1 Crayford, Julie 56 Clams 2:45.97
 (38.05 1:21.11 2:05.13 2:45.97)
 2 Newman, Carole 55 Gloucester M 3:28.33
 (48.31 1:41.14 2:36.17 3:28.33)

Event 15 Women 60-64 200 SC Meter Freestyle
 1 Baptist, Gail 64 Hereford 3:18.81
 (45.08 1:37.02 2:29.44 3:18.81)
 2 Johnson, Rosemary 64 Wincanton 3:57.68
 (51.18 1:50.05 2:54.07 3:57.68)
 3 Palmer, Valerie 62 Caldicot 4:05.38
 (1:59.18 3:02.48 4:05.38)

Event 15 Women 65-69 200 SC Meter Freestyle
 1 Gwilt, Janet 65 Gloucester M 3:44.78
 (50.79 1:47.34 2:46.11 3:44.78)

Event 16 Men 19-24 100 SC Meter IM
 1 Brooks, Christopher 23 Clams 1:11.23
 (32.88 1:11.23)

Event 16 Men 25-29 100 SC Meter IM
 1 Rutter, Anthony 28 Co Derby 1:11.42
 (33.64 1:11.42)
 2 Undery, Peter 29 Fox Hollies 1:12.63
 3 Lawford, Richard 29 Cardiff Mast 1:14.71
 (34.04 1:14.71)

Event 16 Men 30-34 100 SC Meter IM
 1 Khan, Andrew 34 Bournem'th D 1:11.93
 (35.12 1:11.93)
 2 Kirkpatrick, Douglas 30 Hereford 1:15.77
 (35.34 1:15.77)

Event 16 Men 35-39 100 SC Meter IM
 1 Jenkins, Andrew 39 Llantrisant 1:10.70
 (33.55 1:10.70)

Event 16 Men 40-44 100 SC Meter IM
 1 Moxham, Paul 42 St Ives 1:24.40
 2 Davey, Jon 44 Hereford 1:26.07
 (40.52 1:26.07)
 3 Venables, Dave 42 Hereford 1:27.47
 (42.33 1:27.47)
 4 Collett, Richard 44 Hereford 1:27.52
 (42.24 1:27.52)

Event 16 Men 55-59 100 SC Meter IM
 -- Thomas, Russel 56 Clams DQ
 (38.69 DQ)

Event 16 Men 70-74 100 SC Meter IM
 1 Stagg, Les 72 Clams 1:45.48
 (49.36 1:45.48)

Event 17 Women 19-24 100 SC Meter IM
 1 White, Vicki 21 Cardiff Mast 1:16.86
 (33.78 1:16.86)
 2 Blyth, Melissa 20 Clams 1:19.60
 (36.29 1:19.60)
 3 Inwood, Susie 21 Cardiff Mast 1:21.45
 (37.38 1:21.45)
 4 Morris, Michelle 22 Cardiff Mast 1:31.85
 (42.16 1:31.85)

Event 17 Women 25-29 100 SC Meter IM
 1 Vale, Sarah 29 Reading 1:13.07
 (35.47 1:13.07)
 2 Hallett, Menna 27 Clams 1:18.20
 (37.08 1:18.20)
 3 Malein, Erika 25 Clams 1:20.20
 (38.32 1:20.20)
 4 Williams, Kate 25 Cardiff Mast 1:28.72
 (42.32 1:28.72)

Event 17 Women 30-34 100 SC Meter IM
 1 Hurst, Suzanne 30 Fox Hollies 1:16.59
 (34.79 1:16.59)

Event 17 Women 35-39 100 SC Meter IM
 1 Williams, Alyson 39 Clams 1:20.51
 (38.32 1:20.51)
 2 Jones, Rhiannon 36 Carm Masters 1:33.80
 (42.14 1:33.80)
 3 Willis, Alison 37 Cardiff Mast 1:39.14
 (45.54 1:39.14)
 4 Gane, Jacqui 37 Bournem'th D 1:40.93
 (47.03 1:40.93)

Event 17 Women 40-44 100 SC Meter IM
 1 Jones, Sandra 40 Gloucester M 1:22.08
 (38.37 1:22.08)
 2 Keen, Delia 43 Carm Masters 1:57.33
 (1:00.19 1:57.33)

Welsh Capital Masters Swim Meet 2004

Event 17 Women 45-49 100 SC Meter IM

1 Parry, Christine 47 Clams 1:37.93
(46.61 1:37.93)

Event 17 Women 50-54 100 SC Meter IM

1 Ferris, Gillian 50 Gloucester M 1:33.88
(43.47 1:33.88)

Event 17 Women 55-59 100 SC Meter IM

1 Murray, Esther 57 Gloucester M 1:54.61
(57.91 1:54.61)
2 Jenner, Margaret 55 Carm Masters 1:58.48
(58.01 1:58.48)

Event 17 Women 60-64 100 SC Meter IM

1 Holmyard, Pat 64 Bristol Mast 1:54.75
2 Johnson, Rosemary 64 Wincanton 1:59.92
(58.26 1:59.92)
3 Weare, Margaret 60 Caldicot 2:12.91

Event 17 Women 65-69 100 SC Meter IM

1 Gwilt, Janet 65 Gloucester M 2:11.80
(1:03.08 2:11.80)

Event 18 Men 19-24 50 SC Meter Breaststroke

1 Ingram, Neil 19 Carm Masters 40.26

Event 18 Men 25-29 50 SC Meter Breaststroke

1 Lawford, Richard 29 Cardiff Mast 37.46

Event 18 Men 30-34 50 SC Meter Breaststroke

1 Khan, Andrew 34 Bournem'th D 36.35
2 Davis, Grant 32 Cardiff Mast 37.26

Event 18 Men 40-44 50 SC Meter Breaststroke

1 Davey, Jon 44 Hereford 40.07
2 Venables, Dave 42 Hereford 41.57
3 Collett, Richard 44 Hereford 42.17

Event 18 Men 45-49 50 SC Meter Breaststroke

1 Rutter, Andy 48 Clams 40.58
2 Parry, Robert 46 Clams 41.72
3 Wilson, Bill 49 Cardiff Mast 44.31
4 Roblin, Tony 45 Cardiff Mast 45.48
5 Jones, Paul 45 Clams 47.92
-- Daly, Steve 46 Clams DQ

Event 18 Men 55-59 50 SC Meter Breaststroke

1 Thomas, Russel 56 Clams 38.48
2 Fincham, Norman 56 Hereford 47.50

Event 18 Men 65-69 50 SC Meter Breaststroke

-- Alexis, Errol 68 Clams DQ

Event 18 Men 70-74 50 SC Meter Breaststroke

1 Stagg, Les 72 Clams 50.87
2 Knowles, Colin 70 Cardiff Mast 51.22

Event 19 Women 19-24 50 SC Meter Breaststroke

1 Morales, Emma-Jayne 21 Cardiff Mast 39.76

Event 19 Women 25-29 50 SC Meter Breaststroke

1 Hallett, Menna 27 Clams 40.20
2 Williams, Kate 25 Cardiff Mast 45.18
3 Thomas, Jasmin 25 Carm Masters 45.48
4 Colins, Amanda 25 Clams 49.97

Event 19 Women 30-34 50 SC Meter Breaststroke

1 Brown, Jackie 32 Tenby 44.14

Event 19 Women 35-39 50 SC Meter Breaststroke

1 Davies, Heulwen 39 Tenby 47.30
2 Jones, Rhiannon 36 Carm Masters 49.54

Event 19 Women 45-49 50 SC Meter Breaststroke

1 Parry, Christine 47 Clams 45.80

Event 19 Women 50-54 50 SC Meter Breaststroke

1 Ferris, Gillian 50 Gloucester M 46.91

Event 19 Women 55-59 50 SC Meter Breaststroke

1 Bewley, Rikki 58 Bushrangers 1:15.11
-- Crayford, Julie 56 Clams DQ

Event 19 Women 60-64 50 SC Meter Breaststroke

1 Whitfield, Kate 60 Bristol Mast 50.86
2 Baptist, Gail 64 Hereford 52.08
3 Palmer, Valerie 62 Caldicot 57.15

Event 19 Women 65-69 50 SC Meter Breaststroke

1 Wardell, Ann 66 Cardiff Mast 57.22

Event 19 Women 85-89 50 SC Meter Breaststroke

1 Godsall, Emily 87 Clams 1:43.10

Event 20 Men 25-29 100 SC Meter Butterfly

1 Undery, Peter 29 Fox Hollies 1:06.15
(31.16 1:06.15)

Event 20 Men 30-34 100 SC Meter Butterfly

1 Smith, Peter 33 Gloucester M 1:04.56
(31.04 1:04.56)

Event 20 Men 60-64 100 SC Meter Butterfly

1 Roberts, Richard 62 St Albert 1:25.44
(38.21 1:25.44)

Event 21 Women 19-24 100 SC Meter Butterfly

1 White, Vicki 21 Cardiff Mast 1:11.93
(33.80 1:11.93)

Event 21 Women 25-29 100 SC Meter Butterfly

1 Nimmo, Katy 28 Bath Dolphin 1:11.73
(32.96 1:11.73)

Event 21 Women 30-34 100 SC Meter Butterfly

1 Holloway, Sarah 31 Fox Hollies 1:15.49
(36.33 1:15.49)

Event 21 Women 35-39 100 SC Meter Butterfly

1 Gane, Jacqui 37 Bournem'th D 1:42.83
(47.07 1:42.83)

Event 21 Women 40-44 100 SC Meter Butterfly

1 Jones, Sandra 40 Gloucester M 1:22.00
(38.38 1:22.00)

Event 21 Women 50-54 100 SC Meter Butterfly

1 Crook, Lorraine 50 Caldicot 1:51.71
(51.47 1:51.71)

Welsh Capital Masters Swim Meet 2004

Event 21 Women 55-59 100 SC Meter Butterfly		
1 Crayford, Julie	56 Clams	1:26.33
	(40.23 1:26.33)	
Event 21 Women 65-69 100 SC Meter Butterfly		
1 Gwilt, Janet	65 Gloucester M	2:16.26
	(1:03.28 2:16.26)	
Event 22 Men 30-34 100 SC Meter Backstroke		
1 Kirkpatrick, Douglas	30 Hereford	1:16.36
	(36.44 1:16.36)	
Event 22 Men 35-39 100 SC Meter Backstroke		
1 Gore, Patrick	36 Clams	1:09.87
Event 22 Men 40-44 100 SC Meter Backstroke		
1 Taborda, Icaro	41 Tenby	1:26.36
	(41.80 1:26.36)	
Event 22 Men 60-64 100 SC Meter Backstroke		
1 Langley, Dave	60 Gloucester M	1:23.85
	(39.54 1:23.85)	
Event 23 Women 19-24 100 SC Meter Backstroke		
1 Parry, Laura	22 Clams	1:11.76
	(45.97 1:11.76)	
2 Tait, Lauren	19 Clams	1:12.88
	(35.61 1:12.88)	
Event 23 Women 30-34 100 SC Meter Backstroke		
1 Hurst, Suzanne	30 Fox Hollies	1:16.28
	(37.06 1:16.28)	
Event 23 Women 35-39 100 SC Meter Backstroke		
1 Jones, Rhiannon	36 Carm Masters	1:30.70
Event 23 Women 40-44 100 SC Meter Backstroke		
1 Harrison, Elaine	41 Cardiff Mast	1:38.89
	(48.90 1:38.89)	
Event 23 Women 50-54 100 SC Meter Backstroke		
1 Inwood, Pauline	52 Co Derby	1:31.22
Event 23 Women 55-59 100 SC Meter Backstroke		
1 Murray, Esther	57 Gloucester M	2:05.16
Event 23 Women 60-64 100 SC Meter Backstroke		
1 Holmyard, Pat	64 Bristol Mast	1:48.02
2 Johnson, Rosemary	64 Wincanton	1:52.64
	(56.17 1:52.64)	
Event 23 Women 85-89 100 SC Meter Backstroke		
1 Godsall, Emily	87 Clams	3:06.14
	(1:31.21 3:06.14)	
Event 24 Men 19-24 50 SC Meter Freestyle		
1 McNarry, Gareth	23 Clams	25.45
2 Maskell, Stephen	24 Cardiff Mast	27.23
3 Brooks, Christopher	23 Clams	27.41
4 Tait, Matthew	22 Clams	27.42
5 Byrne, James	24 Cardiff Mast	27.72
6 Ingram, Neil	19 Carm Masters	30.31
7 Berriman, Andrew	23 Cardiff Mast	31.12

Event 24 Men 25-29 50 SC Meter Freestyle		
1 Lawford, Richard	29 Cardiff Mast	28.09
2 Rutter, Anthony	28 Co Derby	28.68
3 Neal, Martin	25 Cardiff Mast	40.09
Event 24 Men 30-34 50 SC Meter Freestyle		
1 Shortman, Austin	32 Tenby	23.72
2 Smith, Peter	33 Gloucester M	27.16
3 Khan, Andrew	34 Bournem'th D	27.94
4 Davis, Grant	32 Cardiff Mast	30.36
Event 24 Men 35-39 50 SC Meter Freestyle		
1 Edwards, Duncan	36 Caldicot	34.78
2 Boucher, Andy	39 Hereford	35.19
Event 24 Men 40-44 50 SC Meter Freestyle		
1 Moxham, Paul	42 St Ives	30.82
2 Taborda, Icaro	41 Tenby	30.87
3 Doyle, Philip	40 Carm Masters	36.14
Event 24 Men 45-49 50 SC Meter Freestyle		
1 Stephenson, Colin	46 Gloucester M	26.84
2 Anderson, John	45 Gloucester M	27.97
3 Smith, Malcolm	46 Bridgend Cty	28.03
4 Richards, Jeff	46 Pemb Aces	28.36
5 Freeman, Carl	48 Gloucester M	28.61
6 Wilson, Bill	49 Cardiff Mast	31.61
7 Parry, Robert	46 Clams	31.73
8 Jackson, David	46 Clams	31.98
9 Williams, Keith	46 Hereford	33.54
10 Daly, Steve	46 Clams	37.26
11 Jones, Paul	45 Clams	41.60
-- Roblin, Tony	45 Cardiff Mast	DQ
Event 24 Men 50-54 50 SC Meter Freestyle		
1 Goddard, Norman	52 Tenby	28.56
2 Privett, Mike	50 Hereford	37.84
Event 24 Men 55-59 50 SC Meter Freestyle		
1 Thomas, Russel	56 Clams	31.16
2 Fincham, Norman	56 Hereford	39.54
Event 24 Men 60-64 50 SC Meter Freestyle		
1 Langley, Dave	60 Gloucester M	34.98
Event 24 Men 65-69 50 SC Meter Freestyle		
1 Alexis, Errol	68 Clams	36.78
Event 24 Men 70-74 50 SC Meter Freestyle		
1 Stagg, Les	72 Clams	39.65
2 Knowles, Colin	70 Cardiff Mast	52.12
Event 25 Women 19-24 50 SC Meter Freestyle		
1 White, Vicki	21 Cardiff Mast	30.52
2 Inwood, Susie	21 Cardiff Mast	31.86
3 Morales, Emma-Jayne	21 Cardiff Mast	32.05
4 Shawe, Joanna	23 Clams	33.12
Event 25 Women 25-29 50 SC Meter Freestyle		
1 Malein, Erika	25 Clams	31.04
2 Williams, Kate	25 Cardiff Mast	34.19
3 Thomas, Jasmin	25 Carm Masters	34.74
4 Ridgeway, Rachel	26 Clams	34.86
5 Colins, Amanda	25 Clams	39.53
6 Holt, Carys	25 Cardiff Mast	41.26

Welsh Capital Masters Swim Meet 2004

Event 25 Women 35-39 50 SC Meter Freestyle

1 Williams, Alyson	39 Clams	32.39
2 Vickery, Karen	39 Tenby	33.60
3 Burns, Jenny	37 Bridgend Cty	36.50
4 Smith, Janet	36 Cardiff Mast	37.49
5 Gane, Jacqui	37 Bournem'th D	37.82
6 Willis, Alison	37 Cardiff Mast	39.84

Event 25 Women 40-44 50 SC Meter Freestyle

1 Jones, Sandra	40 Gloucester M	32.56
2 Keen, Delia	43 Carm Masters	44.80

Event 25 Women 50-54 50 SC Meter Freestyle

1 Inwood, Pauline	52 Co Derby	35.79
2 Ferris, Gillian	50 Gloucester M	38.16
3 Crook, Lorraine	50 Caldicot	43.65

Event 25 Women 55-59 50 SC Meter Freestyle

1 Newman, Carole	55 Gloucester M	40.95
2 Jenner, Margaret	55 Carm Masters	45.83
3 Bewley, Rikki	58 Bushrangers	1:10.57

Event 25 Women 60-64 50 SC Meter Freestyle

1 Baptist, Gail	64 Hereford	38.67
2 Palmer, Valerie	62 Caldicot	52.18
3 Weare, Margaret	60 Caldicot	55.29

Event 25 Women 65-69 50 SC Meter Freestyle

1 Wardell, Ann	66 Cardiff Mast	52.35
-- Gwilt, Janet	65 Glucstr M	DQ

Event 26 Mixed 76-99 200 SC Meter Freestyle Relay

1 Clams 'A'	1:52.92
(29.79 56.94 1:27.98 1:52.92)	
2 Cardiff Masters 'A'	1:55.76
(30.77 57.91 1:29.06 1:55.76)	
3 Clams 'B'	2:00.14
(54.46 1:27.11 2:00.14)	
4 Cardiff Masters 'B'	2:15.39
(28.53 1:05.17 1:37.53 2:15.39)	

Event 26 Mixed 100-119 200 SC Meter Freestyle Relay

1 Cardiff Masters 'D'	2:26.34
(35.42 1:27.04 1:58.22 2:26.34)	

Event 26 Mixed 120-159 200 SC Meter Freestyle Relay

1 Tenby 'C'	1:57.15
(28.62 59.97 1:33.09 1:57.15)	
2 Carmarthen Masters 'A'	2:20.12
(35.49 1:14.36 1:26.71 2:20.12)	
3 Cardiff Masters 'C'	2:20.53
(41.34 1:13.93 1:49.14 2:20.53)	
4 Clams 'D'	2:24.04
(35.06 1:12.21 1:53.04 2:24.04)	
5 Tenby 'D'	2:35.69
(37.24 1:21.09 1:41.04 2:35.69)	

Event 26 Mixed 160-199 200 SC Meter Freestyle Relay

1 Tenby 'E'	2:11.16
(29.47 1:07.19 1:41.70 2:11.16)	
2 Caldicot 'A'	2:46.03
(44.93 1:39.16 2:14.93 2:46.03)	

Event 26 Mixed 200-239 200 SC Meter Freestyle Relay

1 Clams 'C'	2:07.05
(31.23 1:05.33 1:37.63 2:07.05)	
2 Cardiff Masters 'E'	3:03.00
(35.84 1:16.27 2:10.16 3:03.00)	

Event 26 Mixed 240-279 200 SC Meter Freestyle Relay

1 Clams 'E'	3:24.90
(1:24.82 2:03.34 2:45.09 3:24.90)	

Event 27 Men 76-99 200 SC Meter Freestyle Relay

1 Clams 'A'	1:47.79
(27.99 55.06 1:22.10 1:47.79)	

Event 27 Men 100-119 200 SC Meter Freestyle Relay

1 Cardiff Masters 'A'	1:55.73
(29.51 59.38 1:27.43 1:55.73)	

Event 27 Men 120-159 200 SC Meter Freestyle Relay

1 Cardiff Masters 'B'	2:08.77
(30.75 1:03.66 1:40.74 2:08.77)	

Event 27 Men 160-199 200 SC Meter Freestyle Relay

1 Tenby 'A'	1:47.13
(28.59 56.43 1:23.99 1:47.13)	
2 Gloucester Masters 'A'	1:48.54
(28.48 55.35 1:23.03 1:48.54)	
3 Clams 'B'	2:25.43
(32.39 1:09.39 1:50.93 2:25.43)	

Event 27 Men 240-279 200 SC Meter Freestyle Relay

1 Clams 'C'	2:17.03
(31.45 1:10.65 1:47.11 2:17.03)	

Event 28 Women 76-99 200 SC Meter Freestyle Relay

1 Clams 'A'	2:06.51
(29.76 1:03.04 1:35.50 2:06.51)	
2 Cardiff Masters 'A'	2:14.10
(35.65 1:06.31 1:42.71 2:14.10)	

Event 28 Women 100-119 200 SC Meter Freestyle Relay

1 Clams 'B'	2:09.73
(32.64 1:06.86 1:39.25 2:09.73)	

Event 28 Women 120-159 200 SC Meter Freestyle Relay

1 Tenby 'A'	2:20.07
(33.85 1:12.25 1:46.94 2:20.07)	
2 Cardiff Masters 'B'	2:36.57
(32.99 1:25.34 2:00.71 2:36.57)	
3 Carmarthen Masters 'A'	2:45.46
(38.86 1:22.77 1:39.93 2:45.46)	

Event 28 Women 200-239 200 SC Meter Freestyle Relay

1 Gloucester Masters 'A'	2:43.80
(42.22 1:32.91 2:11.19 2:43.80)	
2 Clams 'C'	3:23.17
(1:27.70 2:05.67 3:23.17)	