

# **ASA Masters 2010**

29<sup>th</sup> – 31<sup>st</sup> October 2010  
Pond's Forge, Sheffield

## **Club Performance:**

7 swimmers - Allie Price, Fiona Kinsella, Rhian Andrews, Ceri Thomas, Elaine Harrison, Colin Knowles, Andrew Parker

30 individual swims

1 team swim (with 2 members of clams)

5 Individual Welsh Records

1 Team Welsh Record

## **Gala details:**

### **Sheffield – Day 1**

It's been a long year, but finally the most important meet of the year (apart from our own and the Welsh Sprints) had arrived. 9 swimmers from Cardiff Masters and CLAMS entered the event under the banner City of Cardiff. From Cardiff Masters, Rhian Andrews, Fiona Kinsella, Allie Price, Ceri Thomas, Elaine Harrison, Colin Knowles (who we didn't know was there until we saw him in the foyer on day 2) and Andrew Parker and from CLAMS, Anne Williams and Julie Crayford. We were also joined by Valerie Palmer and Denise Cuer from Caldicot.

### **Session One**

Our very own long distance Queen, Rhian Andrews, was our sole entrant into the 1500m F/C, the very first event. Rhian swam an excellent race in a time of 21:51.48 finishing in a credible 4<sup>th</sup> place in the 40-44 yr age group and setting a new Welsh Record.

### **Session Two**

You can always tell when the meet is well and truly underway when you can't get into the warm up pool as there are so people trying to warm up – Friday night was no exception! Allie's swim was first on the programme that night and she swam the 200m Backstroke for the first time and also with goggles, as it is difficult to judge the wall at Sheffield. Allie swam 2:45.38 to finish 2<sup>nd</sup> in her age group (45-49yr). Fiona swam the 100m Fly in an excellent 1.12.22 finishing 9<sup>th</sup> in a very good field (25-29yr), while Julie won her age group in 1.31.08 (60-64yr). Elaine (45-49) swam the 50m breaststroke in a near PB of 50.26, whilst Anne Williams swam 44.11 in her first competitive race for over 5 years (50-54yr). Julie swam her second race of the night winning silver in the 50m breaststroke in 43.54. Colin swam 58.27 for the 50m breaststroke finishing 4<sup>th</sup> (75-79yr).

### **Day Two Session Three**

Elaine swam the 50m backstroke in the first of three sessions clocking 46.99. Anne Williams had her second swim of the meet in the 100m breaststroke and produced an excellent time of 1.37.81. Julie swam the 400 IM and 100 breaststroke in this session and won gold in the IM and silver in the breaststroke. Colin got a bronze medal in the 100m breaststroke in 2.25.14.

### **Session Four**

7 took to the pool for this session after a leisurely morning!! Rhian, Ceri and Fiona were first up to swim the 200m Freestyle. Rhian and Ceri were in the same heat and both swam Masters age group PB's, Ceri swimming 2.34.46 to finish 5<sup>th</sup> (45-49yr) and Rhian swimming 2.38.01 to finish 11<sup>th</sup> in her age group. Fiona swam a PB finishing 9<sup>th</sup> in 2.20.80. Next up

were Allie and Elaine both swimming the 200 IM and both competing in the same age group. Elaine swam 3.45.31 and Allie 2.44.24 which was a PB and also won her, her first short course title. Julie also swam the 200 IM and finished first in 3.19.80. Andrew, our sole male competitor swam the 50m Freestyle in a season's best of 25.71. Andrew finished 5<sup>th</sup> in his age group (30-34 yr) out of a field of 29 swimmers!! Colin also the 50m Freestyle finishing 8<sup>th</sup> in a credible 54.44.

### **Session Five**

Due to the relays, there has been an extra session added to the Saturday programme and the 'girls' decided it was all worth entering the 400m Freestyle. Elaine was first up and swam 6.38.90 – Elaine was a little tired, but had been swimming all day. Ceri and Rhian were again in the same heat a little later on and again both swam PB's – Ceri swam a great race and recorded 5.23.83 with Rhian swimming 5.38.69. Allie then swam a couple of heats later and swam 5.13.97 a new Welsh Record and got 3<sup>rd</sup> in her age group with Ceri 5<sup>th</sup>. Rhian came 7<sup>th</sup> in her age group – a great result for all girls. Fiona then followed up these swims with a brilliant 4.59.56 a Masters PB and one of her goals of getting under 5 mins coming into the meet.

All the group then had a great meal at Mammias and Leonies Italian Restaurant – which comes highly recommended and we all think is taken over by Masters swimmers' over the course of the weekend of the ASA Nationals.

### **Day Three - Session Six**

The morning schedule commenced with the 800m Freestyle and Elaine, Rhian and Ceri were all swimming in this event. Elaine swam a great race bettering her individual 400m Freestyle time at the half way point and finishing in 13.20.69. Ceri and Rhian were again in the same heat, it just made it harder when writing down splits!!! Ceri swam 11.22.66 a new Welsh Record finishing 4<sup>th</sup> and Rhian swam 11.32.56 finishing 5<sup>th</sup> in a new PB.

The ladies 200+ medley relay was next up. The team line up was Allie, Anne, Julie and Ceri. Allie led off in 35.35, Anne kept up the challenge swimming 43.29, followed by Julie's excellent 37.58. Cardiff and Derby were racing neck and neck and Ceri put in a brilliant performance (after her 32 lengths half an hour earlier) of 32.54 touching home in 2.28.78 a new Welsh Record by over 30 seconds to win the Gold medal. It was a great team effort. Well done everyone!!

Allie and Julie both swam in the 100IM – Allie swimming a season's PB and a new Welsh Record of 1.15.69 just missing out on the gold to take silver and Julie swimming 1.30.71 to take silver. Julie then took part in the 200m Fly and swam 3.35.10 to take the gold medal.

### **Session Seven**

The final session of the programme and Andrew, Anne, Julie, Fiona, Elaine and Allie were all back in the pool.

The Ladies 200m Breaststroke got under way and Anne and Julie swimming in the same heat both produced great swims with Anne swimming 3.35.45 and Julie winning gold in her age group in a fast 3.35.72. Fiona attacked her swim and went through the first 100m in 1.23.1, eventually swimming well under 3 minutes in 2.57.83, a great result.

Andrew, Elaine, Fiona, Julie and Allie were back in the pool for the 50m Fly and also swam well. Andrew swam 28.94 coming 8<sup>th</sup> in a strong field. Julie produced a great swim coming 2<sup>nd</sup> in her age group in 38.61. Elaine and Allie swimming in the same age group swam 53.16 and 33.06, Allie finishing 3<sup>rd</sup> in a seasons best, which was also a new Welsh Record. Fiona swam 33.04.

The final individual ladies event was the 100m backstroke which saw Elaine swim 1.43.87 and Allie a personal best of 1.16.74 finishing 2<sup>nd</sup> in her age group.

The weekend was great fun, the event was run very smoothly and a big thank you must go to the officials and timekeepers who did a really good job. The swimming is of a very high standard and there is a great atmosphere especially when the relays are taking place!! A special thank you should also go to the intrepid band of supporters who joined us in Sheffield – Mr and Mrs Parker, Mike, Hayley and Tim.

**Results:**

Name	Year of Birth	Age at time of swim	Age group at time of swim	Competition	Venue	Year	Date	Long or Short	Distance	Stroke	Time	Position	Achievement
Fiona Kinsella	22/11/1984	26	A	ASA's	Sheffield	2010	29/10/10	Short	50	Fly	00:33.04	14th	
Fiona Kinsella	22/11/1984	26	A	ASA's	Sheffield	2010	29/10/10	Short	200	FR	02:20.80	9th	
Fiona Kinsella	22/11/1984	26	A	ASA's	Sheffield	2010	29/10/10	Short	200	BR	02:57.83	8th	
Fiona Kinsella	22/11/1984	26	A	ASA's	Sheffield	2010	29/10/10	Short	100	Fly	01:12.92	9th	
Fiona Kinsella	22/11/1984	26	A	ASA's	Sheffield	2010	29/10/10	Short	400	FR	04:59.56	9th	
Andrew Parker	01/08/1980	30	B	ASA's	Sheffield	2010	29/10/10	Short	50	FR	00:25.71	5th	
Andrew Parker	01/08/1980	30	B	ASA's	Sheffield	2010	29/10/10	Short	50	Fly	00:28.94	8th	
Andrew Parker	01/08/1980	30	B	ASA's	Sheffield	2010	29/10/10	Short	100	IM	01:07.70	9th	
Elaine Harrison	01/10/1963	47	E	ASA's	Sheffield	2010	29/10/10	Short	400	FR	06:39.90	12th	
Elaine Harrison	01/10/1963	47	E	ASA's	Sheffield	2010	29/10/10	Short	800	FR	13:20.69	8th	
Elaine Harrison	01/10/1963	47	E	ASA's	Sheffield	2010	29/10/10	Short	50	BK	00:46.99	10th	
Elaine Harrison	01/10/1963	47	E	ASA's	Sheffield	2010	29/10/10	Short	100	BK	01:43.87	9th	
Elaine Harrison	01/10/1963	47	E	ASA's	Sheffield	2010	29/10/10	Short	50	BR	00:50.26	9th	
Elaine Harrison	01/10/1963	47	E	ASA's	Sheffield	2010	29/10/10	Short	50	Fly	00:53.16	7th	
Elaine Harrison	01/10/1963	47	E	ASA's	Sheffield	2010	29/10/10	Short	200	IM	03:45.31	9th	
Colin Knowles	19/08/1934	76	K	ASA's	Sheffield	2010	29/10/10	Short	50	FR	00:54.44	8th	
Colin Knowles	19/08/1934	76	K	ASA's	Sheffield	2010	29/10/10	Short	50	BR	00:58.27	4th	
Colin Knowles	19/08/1934	76	K	ASA's	Sheffield	2010	29/10/10	Short	100	BR	02:25.40	3rd	
Allie Price	01/03/1965	45	E	ASA's	Sheffield	2010	29/10/10	Short	400	FR	05:13.97	3rd	Welsh Record
Allie Price	01/03/1965	45	E	ASA's	Sheffield	2010	29/10/10	Short	100	BK	01:16.74	2nd	
Allie Price	01/03/1965	45	E	ASA's	Sheffield	2010	29/10/10	Short	200	BK	02:45.38	2nd	
Allie Price	01/03/1965	45	E	ASA's	Sheffield	2010	29/10/10	Short	50	Fly	00:33.06	3rd	Welsh Record
Allie Price	01/03/1965	45	E	ASA's	Sheffield	2010	29/10/10	Short	100	IM	01:15.69	2nd	Welsh Record
Allie Price	01/03/1965	45	E	ASA's	Sheffield	2010	29/10/10	Short	200	IM	02:44.24	1st	
Ceri Thomas	15/10/1965	45	E	ASA's	Sheffield	2010	29/10/10	Short	200	FR	02:34.46	5th	
Ceri Thomas	15/10/1965	45	E	ASA's	Sheffield	2010	29/10/10	Short	400	FR	05:23.83	5th	
Ceri Thomas	15/10/1965	45	E	ASA's	Sheffield	2010	29/10/10	Short	800	FR	11:22.66	4th	Welsh Record
Rhian Andrews	21/02/1969	41	D	ASA's	Sheffield	2010	29/10/10	Short	1500	FR	22:07.54	4th	Welsh Record

