

# Millfield 2011

Saturday 15<sup>th</sup> January 2011

Millfield School – Street

Long Course

## Club Performance:

4 swimmers - Allie Price, Fiona Kinsella, Richard Bennett, Gareth Cocks

4 individual swims

4 Gold

.1 Welsh Record

## Individual Performance:

### Gala details:

By Allie Price

4 swimmers from Cardiff Masters decided to enter the 800 and 1500 Time Trial event held by the South West Region in Millfield on Saturday 15 January. The event format for the 1500m has been changed and now includes the 800m Freestyle and the 400 IM and also incorporates the age group Girls 800m Freestyle and the Boys 1500m Freestyle.

Fiona and Allie both entered the Mixed Masters 800m Freestyle, both agreed not an event that they would normally do in a competition, but both thought this would be an opportunity to swim this event competitively.

Fiona swam a good race and finished third overall, first in her age group in 11.01.69. Allie finished 4<sup>th</sup> overall and first in her age group in a new Welsh Masters 45-49 record of 11.06.23.

Richard and Gareth swam the Mixed 1500m Freestyle. Gareth led from the start and produced an excellent swim in his first Masters outing in 19.47.18. Richard finished 2<sup>nd</sup> overall and first in his age group in 21.23.10, which was just outside his personal best.

## Results:

Fiona Kinsella	22/11/1984	27	A	Millfield	Millfield	2011	15/01/11	Long	800	FR	11:01.60	1st	
Allie Price	01/03/1965	46	E	Millfield	Millfield	2011	21/11/10	Long	800	FR	11:06.23	1st	Welsh Record
Gareth Cocks	18/02/1989	22	Senior	Millfield	Millfield	2011	21/11/10	Long	1500	FR	19:47.17	1st	
Richard Bennett	28/09/1965	46	E	Millfield	Millfield	2011	21/11/10	Long	1500	FR	21:23.10	1st	