

# Welsh Capital Masters

29<sup>th</sup> March 2003

## Club Performance:

18 swimmers

Sarah James, Jane Fletcher, Claire Reid, Francesca Skinner,  
Elaine Harrison, Clare Parry  
Anthony Raven, Richard Lawford, Colin Knowles, Steve Stone,  
Geoff Jones, Matthew Hockridge, Darron Monaghan, Steve Morgan,  
Bill Wilson, Gareth Morgan, Damien Holder, Andrew Berriman

Other people swam as part of relay teams.

53 individual swims

22 relay teams

18 gold medals (1 relay)

10 silver (2 relay)

13 bronze.(2 relay)

## Individual Performance:

Matthew Hockridge	4 Gold
Darron Monaghan	3 Gold, 1 Bronze
Clare Parry	2 Gold (2 Welsh Records)
Sarah James	2 Gold
Colin Knowles	2 Gold
Steve Stone	1 Gold, 2 Silver, 2 Bronze
Richard Lawford	1 Gold, 2 Silver
Geoff Jones	1 Gold
Francesca Skinner	1 Gold, 1 Bronze
Elaine Harrison	2 Silver, 1 Bronze
Steve Morgan	1 Silver, 1 Bronze
Anthony Raven	1 Silver
Jane Fletcher	2 Bronze
Bill Wilson	1 Bronze
Andrew Berriman	1 Bronze
Damien Holder	1 Bronze

## Gala details:

2 Welsh Records – superb. Great turnout from the club. Everything ran smoothly considering may late withdrawals on the official's side. Good entry all round. Good evening do at the squash club.

Sarah James	50	BR	00:37.62	1st	
Sarah James	200	FR	02:25.07		
Sarah James	100	BR	01:21.29	1st	
Geoff Jones	100	FR	01:08.92	1st	
Geoff Jones	100	IM	01:22.08	4th	
Geoff Jones	50	FR	00:30.21	4th	
Jane Fletcher	100	BR	01:59.53	3rd	
Jane Fletcher	50	FR	00:57.60	3rd	
Claire Reid	50	BK	00:42.98	4th	
Claire Reid	50	FR	00:37.64		
Darron Monaghan	100	FR	01:00.68	1st	
Darron Monaghan	100	BR	01:12.69	1st	
Darron Monaghan	100	IM	01:09.74	3rd	
Darron Monaghan	50	BR	00:33.96	1st	
Darron Monaghan	50	FR	00:27.74		
Steve Morgan	50	BK	00:40.34	4th	
Steve Morgan	100	FR	01:13.72	3rd	
Steve Morgan	200	FR	02:50.24	2nd	
Francesca Skinner	100	FR	01:11.05	4th	
Francesca Skinner	50	Fly	00:36.11	1st	
Francesca Skinner	50	FR	00:32.67	3rd	
Matthew Hockridge	200	IM	02:44.66	1st	
Matthew Hockridge	50	Fly	00:31.10	1st	
Matthew Hockridge	100	IM	01:12.35	1st	
Matthew Hockridge	100	BK	01:14.27	1st	
Bill Wilson	50	Fly	00:38.90		
Bill Wilson	100	IM	01:27.62	3rd	
Bill Wilson	50	FR	00:31.46		
Anthony Raven	50	BK	00:39.36	2nd	
Anthony Raven	50	Fly	00:34.71	4th	
Anthony Raven	100	IM	01:22.90		
Anthony Raven	50	FR	00:31.22		
Andrew Berriman	100	FR	01:04.23	4th	
Andrew Berriman	200	FR	02:23.61	3rd	
Andrew Berriman	50	FR	00:30.08		
Richard Lawford	50	Fr	00:28.50	2nd	
Richard Lawford	100	IM	01:13.71	2nd	
Richard Lawford	50	BR	00:36.95	1st	
Elaine Harrison	200	IM	03:35.77	2nd	
Elaine Harrison	50	BK	00:44.98	3rd	
Elaine Harrison	100	FR	01:22.54	2nd	
Gareth Morgan	100	FR	01:23.81		
Gareth Morgan	50	Fly	00:42.45		
Steve Stone	100	FR	01:15.60	3rd	
Steve Stone	50	Fly	00:36.78	3rd	
Steve Stone	100	IM	01:33.69	2nd	
Steve Stone	50	BR	00:42.86	1st	
Steve Stone	50	FR	00:30.82	2nd	
Clare Parry	200	FR	02:39.21	1st	Welsh Record
Clare Parry	100	BK	01:25.04	1st	Welsh Record
Colin Knowles	50	BR	00:49.02	1st	
Colin Knowles	100	BR	02:02.94	1st	
Damien Holder	200	FR	02:42.82	3rd	