

Welsh Capital Masters

9th April 2005

WIS, Cardiff – Short Course

Club Performance:

21 swimmers

Paul Pycroft, Anna Walker, Kate Williams, Jane Harvey,
Anthony Raven, Heidi Arnot, Anne Frost, Ann Wardell,
Stephen Maskell, Martin Neal, Geoff Jones, Paul Sweeting,
Cristyn Williams, Tony Roblin, Melanie Trickett, William Wilson,
Jane Fletcher, Colin Knowles, Mike Battersby,
Neil Millard, Ruth Amundson

70 individual swims

18 relay teams

33 gold medals (7 relay)

22 silver (4 relay)

14 bronze (5 relay)

Individual Performance:

Jane Harvey	5 Gold
Anna Walker	4 Gold
Geoff Jones	3 Gold, 2 Silver
Heidi Arnot	3 Gold
Stephen Maskell	3 Gold
Ann Wardell	2 Gold, 1 Silver, 1 Bronze
William Wilson	2 Gold
Paul Sweeting	1 Gold, 1 Silver, 2 Bronze
Cristyn Williams	1 Gold, 1 Silver
Martin Neal	1 Gold, 2 Bronze
Anne Frost	1 Gold, 1 Bronze
Kate Williams	3 Silver, 1 Bronze
Colin Knowles	3 Silver
Paul Pycroft	2 Silver, 2 Bronze
Anthony Raven	2 Silver
Mike Battersby	2 Silver
Ruth Amundson	1 Bronze

Gala details:

Superb turnout from the club.

Everything ran smoothly considering many late withdrawals
on the official's and swimmer's sides.

Good entry all round

Good turnout at the after gala reception.

Paul Pycroft	200	IM	02:54.80	5th
Paul Pycroft	50	Fly	00:33.58	2nd
Paul Pycroft	100	FR	01:06.59	4th
Paul Pycroft	100	BR	01:31.83	3rd
Paul Pycroft	100	IM	01:19.04	3rd
Paul Pycroft	100	Fly	01:21.60	2nd
Paul Pycroft	50	FR	00:30.12	5th
Anna Walker	200	IM	02:36.68	1st
Anna Walker	100	BR	01:19.07	1st
Anna Walker	100	IM	01:12.62	1st
Anna Walker	50	BR	00:37.69	1st

Kate Williams	200	IM	03:10.01	2nd
Kate Williams	100	FR	01:17.51	3rd
Kate Williams	100	IM	01:26.38	2nd
Kate Williams	50	FR	00:34.15	2nd
Jane Harvey	200	IM	03:05.10	1st
Jane Harvey	50	Fly	00:38.24	1st
Jane Harvey	100	BR	01:27.81	1st
Jane Harvey	100	IM	01:24.45	1st
Jane Harvey	50	BR	00:39.68	1st
Anthony Raven	50	BK	00:40.22	2nd
Anthony Raven	50	FR	00:33.60	2nd
Heidy Arnot	50	BK	00:35.45	1st
Heidy Arnot	100	BK	01:19.21	1st
Heidy Arnot	50	FR	00:32.96	1st
Anne Frost	50	BK	00:59.35	1st
Anne Frost	50	FR	00:47.43	3rd
Ann Wardell	50	BK	01:00.86	2nd
Ann Wardell	100	BR	02:14.99	1st
Ann Wardell	50	BR	00:57.76	1st
Ann Wardell	50	FR	00:51.15	3rd
Stephen Maskell	100	FR	00:59.47	1st
Stephen Maskell	50	Fly	00:34.11	1st
Stephen Maskell	50	FR	00:27.36	1st
Martin Neal	100	FR	01:25.36	3rd
Martin Neal	200	FR	03:07.62	1st
Martin Neal	50	FR	00:39.96	3rd
Geoff Jones	100	FR	01:09.18	2nd
Geoff Jones	50	Fly	00:35.78	2nd
Geoff Jones	100	IM	01:19.24	1st
Geoff Jones	50	BR	00:40.95	1st
Geoff Jones	50	FR	00:30.18	1st
Paul Sweeting	100	FR	01:21.44	3rd
Paul Sweeting	100	BR	01:44.97	1st
Paul Sweeting	50	BR	00:47.43	2nd
Paul Sweeting	50	FR	00:34.46	3rd
Cristyn Williams	100	FR	01:35.99	4th
Cristyn Williams	100	BR	01:54.70	2nd
Cristyn Williams	50	BR	00:46.93	1st
Cristyn Williams	50	FR	00:41.41	5th
Tony Roblin	100	FR	01:25.06	6th
Tony Roblin	50	FR	00:37.34	9th
William Wilson	100	FR	01:13.09	1st
William Wilson	50	FR	00:32.04	1st
Melanie Trickett	100	FR	01:07.69	1st
Melanie Trickett	100	BK	01:25.92	3rd
Jane Fletcher	100	FR	01:49.82	1st
Jane Fletcher	50	Fly		DQ
Jane Fletcher	100	BR		DQ
Jane Fletcher	50	BR	00:53.62	2nd
Jane Fletcher	50	FR		DQ
Mike Battersby	100	BR	01:25.49	2nd
Mike Battersby	50	BR	00:37.97	2nd
Mike Battersby	50	FR	00:31.44	6th

Colin Knowles	100	BR	02:10.12	2nd		
Colin Knowles	50	BR	00:51.72	2nd		
Colin Knowles	50	FR	00:56.40	2nd		
Neil Millard	50	BR		DQ		
Neil Millard	50	FR	00:35.38	4th		
Ruth Amundson	50	FR	00:42.30	2nd		
Mixed 'A'	200	Med	02:16.65	1st	Stephen Maskell, Geoff Jones, Melanie Trickett, Anna Walker	100 - 119
Mixed 'B'	200	Med	03:10.45	3rd	Anthony Raven, Tony Roblin, Anne Frost, Ann Wardell	160 - 199
Mixed 'C'	200	Med	02:27.33	2nd	Kate Williams, Jane Harvey, Mike Battersby, Darren Jenkins	120 - 159
Mixed 'D'	200	Med	02:35.89	1st	Paul Pycroft, William Wilson, Heidi Arnot, Jane Fletcher	160 - 199
Mixed 'A'	200	FR	01:57.89	1st	Stephen Maskell, Geoff Jones, Melanie Trickett, Anna Walker	100 - 199
Mixed 'B'	200	FR	02:40.48	3rd	Anthony Raven, Tony Roblin, Anne Frost, Ruth Amundson	160 - 199
Mixed 'C'	200	FR	02:09.20	1st	Kate Williams, Jane Harvey, Mike Battersby, Darren Jenkins	160 - 199
Mixed 'D'	200	FR	02:29.40	2nd	Paul Pycroft, William Wilson, Heidi Arnot, Jane Fletcher	160 - 199
Mens 'A'	200	Med	02:40.86	2nd	Martin Neal, Neil Millard, Paul Pycroft, William Wilson	160 - 199
Mens 'B'	200	Med	02:40.92	3rd	Cristyn Williams, Mike battersby, Geoff Jones, Tony Roblin	160 - 199
Mens 'C'	200	Med	02:47.86	4th	Paul Sweeting, Stephen Maskell, Anthony Raven, Colin Knowles	160 - 199
Mens 'A'	200	FR	02:17.20	2nd	Martin Neal, Neil Millard, Paul Pycroft, William Wilson	160 - 199
Mens 'B'	200	FR	02:19.58	3rd	Cristyn Williams, Mike battersby, Geoff Jones, Tony Roblin	160 - 199
Mens 'C'	200	FR		DQ	Paul Sweeting, Stephen Maskell, Anthony Raven, Colin Knowles	160 - 199
Womens 'A'	200	Med	02:53.86	3rd	Melanie Trickett, Anne Frost, Anna Walker, Jane Fletcher	120 - 159
Womens 'B'	200	Med	02:46.77	1st	Kate Williams, Ann Wardell, Heidi Arnot, Jane Harvey	160 - 199
Womens 'A'	200	FR	02:08.93	1st	Kate Williams, Anna Walker, Melanie Trickett, Jane Harvey	100 - 119
Womens 'B'	200	FR	03:28.35	1st	Heidi Arnot, Anne Frost, Ann Wardell, Jane Fletcher	160 - 199