

Welsh Capital Masters

Cardiff International Pool (Long Course)

9th May 2009

Club Performance:

25 Swimmers – Colin Knowles, Tony Davies, Anna Walker, Andrew Fawcett, Rhys Smith, Elsa Stewart, Elaine Harrison, Anne Frost, Dave Cooper, Karen Harris, Clare Parry, Gareth Harris, Andrew Gott, Allie Price, Kate Williams, Martin Neal, Richard Lawford, Hannah Jones, Anna Stokes, Rhian Andrews, Nikki Wiltshire, Charles Thackaberry, Gordon Baxter, Richard Black, Gareth Morgan.

106 Individual swims

26 Team swims

Gold – 23 (incl 10 team)

Silver – 25 (incl 7 team)

Bronze – 28 (incl 7 team)

3 Welsh Records

Gala Details:

By Andrew Gott

The 9th Welsh Capital Masters was the second time the event was run at the club's new home at the International Pool in Cardiff Bay. Having been training at the pool now for well over a year, it settled the nerves slightly to be in familiar surroundings.

The day started early with everyone browsing through their race day programmes to work out the order of their individual events. Sometimes (as in my case) checking and re-checking through it to make sure all entered events were accounted for. Following that, it was into the pool to get the blood circulating and those muscles warmed up, alongside the other 250 competitors who had come from far and wide to take part in the day's events. Although numbers were noticeably less than last year's gala, it was good to see some of the club's new members taking part and we did have entrants who had travelled from as far as Italy and Switzerland. A sure sign that this was a big event not to be missed.

At 10am, the first race competitors took to the blocks to await the starter's orders. And then we were off. The day ran smoothly and there was a very pleasant and friendly atmosphere between all of the competitors, teams and supporters involved. The final event was a team relay which drew an end to the day's proceedings a short while after 6pm.

Once again, Terry was rarely seen stood still, what with flying about here, there and everywhere making sure the day swum as smoothly as possible. It is thanks to Terry; Bruce, who marshalled everyone into the correct lanes; the officials, and all of those who helped out on the day, that the event went extremely well and was considered to be a great success for the second year running.

Overall our club members entered 106 individual events, winning 53 individual medals – 13 gold, 18 silver and 21 bronze.

We also entered 26 teams in the relay events, resulting in 10 first places, 7 second places and 7 third places.

Everyone who took part did incredibly well and all should be very pleased with their performances. Special mention though to the following individuals; Allie Price who won 5 golds, 1 silver and took 2 Welsh records for both the 50m and 100m Fly. Anna Walker with 2 golds, 2 silvers and 2 bronzes. Clare Parry with 1 gold, 1 silver and 2 bronzes and a Welsh record in the 100m freestyle. Nikki Wiltshire with 1 gold, 2 silvers and 2 bronzes.

Kate Williams with 1 gold, 1 silver and 1 bronze. Martin Neal with 1 gold, 1 silver and 1 bronze. Tony Davies and Rhys Smith who both won 1 gold each.

A big thank you to Terry and all the committee for their mammoth efforts in the planning and running of the event. I'm sure all of the organising well in advance of the event and on the day itself was no small task and I know their hard work was appreciated by all.

The day didn't simply end at the pool, as afterwards there was an evening of entertainment upstairs in Terra Nova down in the Bay. I think everyone enjoyed the live music we had and all were suitably impressed by the Birthday cake presented to Terry. All in all, a nice way to round off a very energetic, but nevertheless, enjoyable day. Congratulations to all who took part and we look forward to seeing you all (and more) next year.

Rhian Andrews	100	Fly	01:24.83	4th
Rhian Andrews	100	FR	01:13.92	3 rd
Rhian Andrews	50	Fly	00:36.38	4th
Rhian Andrews	50	FR	00:33.30	3rd
Gordon Baxter	50	BK	00:39.66	3rd
Gordon Baxter	50	FR	00:32.94	5th
Richard Black	50	BK	00:34.58	2nd
Richard Black	50	BR	00:34.88	3rd
Richard Black	50	Fly	00:31.81	2nd
Richard Black	100	BR	01:22.25	2nd
Richard Black	50	FR	00:28.77	4th
David Cooper	100	FR	01:11.16	6th
David Cooper	50	FR	00:31.60	8th
Tony Davies	100	Fly	01:37.42	5th
Tony Davies	200	IM	03:22.77	6th
Tony Davies	100	BK	01:36.51	1st
Tony Davies	100	FR	01:15.92	7th
Tony Davies	50	Fly	00:36.99	9th
Tony Davies	50	FR	00:33.42	9th
Andrew Fawcett	50	BK	00:53.80	4th
Andrew Fawcett	100	BK	02:00.50	3rd
Anne Frost	50	BK	00:55.85	2nd
Anne Frost	50	BR	DQ	
Anne Frost	50	Fly	01:08.07	2nd
Anne Frost	50	FR	00:49.57	7th
Andrew Gott	50	BK	00:40.88	2nd
Andrew Gott	100	Fly	01:27.51	4th
Andrew Gott	200	IM	03:08.79	5th
Andrew Gott	50	BR	00:42.77	5th
Andrew Gott	50	Fly	00:36.30	8th
Andrew Gott	50	FR	00:32.11	8th
Gareth Harris	100	FR	01:31.08	6th
Gareth Harris	50	FR	00:37.13	6th
Karen Harris	50	BK	00:45.76	2nd
Karen Harris	100	FR	01:19.06	6th
Karen Harris	50	FR	00:35.83	6th
Elaine Harrison	400	FR	06:42.04	3rd
Elaine Harrison	50	BK	00:48.40	3rd
Elaine Harrison	100	Bk	01:46.42	3rd
Elaine Harrison	100	FR	01:27.54	5th
Elaine Harrison	200	FR	03:13.00	4th
Elaine Harrison	50	FR	00:39.95	5th
Hannah Jones	50	BR	00:43.64	2nd
Hannah Jones	100	FR	01:18.74	7th
Hannah Jones	100	BR	01:41.49	4th
Hannah Jones	50	FR	00:35.42	4th
Colin Knowles	50	BR	00:58.31	2nd

Colin Knowles	100	BR	02:28.69	2nd	
Richard Lawford	50	BK	00:40.20	6th	
Richard Lawford	50	BR	00:40.94	7th	
Richard Lawford	100	FR	01:11.37	5th	
Richard Lawford	50	Fly	00:38.84	7th	
Richard Lawford	100	BR	NS		
Richard Lawford	50	FR	NS		
Gareth Morgan	50	FR	00:36.61	10th	
Martin Neal	400	FR	06:20.61	1st	
Martin Neal	100	Fly	01:54.50	3rd	
Martin Neal	100	BK	01:38.97	4th	
Martin Neal	100	FR	01:25.92	7th	
Martin Neal	200	FR	03:06.22	2nd	
Martin Neal	50	Fly	00:51.15	8th	
Clare Parry	400	FR	05:58.51	3rd	
Clare Parry	100	FR	01:15.98	3rd	Welsh Record
Clare Parry	200	FR	02:48.60	2nd	
Clare Parry	50	FR	00:35.32	1st	
Allie Price	50	BK	00:38.51	1st	
Allie Price	100	Fly	01:14.65	1st	Welsh Record
Allie Price	200	IM	02:49.94	1st	
Allie Price	100	BK	01:19.59	1st	
Allie Price	50	Fly	00:33.66	2nd	Welsh Record
Allie Price	50	FR	00:31.03	1st	
Rhys Smith	400	FR	DQ		
Rhys Smith	100	Fly	01:06.35	1st	
Rhys Smith	200	IM	NS		
Rhys Smith	100	BK	NS		
Rhys Smith	200	FR	NS		
Rhys Smith	50	Fly	00:30.30	3rd	
Elsa Stewart	200	IM	03:53.97	3rd	
Elsa Stewart	100	BK	01:52.50	4th	
Elsa Stewart	100	FR	01:32.54	4th	
Elsa Stewart	200	FR	03:29.53	3rd	
Elsa Stewart	100	BR	01:57.87	2nd	
Elsa Stewart	50	FR	00:42.63	6th	
Anna Stokes	400	FR	06:06.95	3rd	
Anna Stokes	100	FR	01:14.49	4th	
Anna Stokes	50	Fly	00:39.05	3rd	
Anna Stokes	100	BR	NS		
Charles Thackaberry	100	FR	01:36.05	7th	
Charles Thackaberry	50	FR	00:42.66	7th	
Anna Walker	400	FR	05:18.78	1st	
Anna Walker	50	BK	00:38.67	4th	
Anna Walker	200	IM	02:43.75	3rd	
Anna Walker	50	BR	00:38.48	2nd	
Anna Walker	100	FR	01:07.48	1st	
Anna Walker	100	BR	01:23.71	3rd	
Anna Walker	50	FR	00:31.24	2nd	
Kate Williams	400	FR	06:14.91	2nd	
Kate Williams	100	BK	01:36.68	3rd	
Kate Williams	100	BR	01:42.19	1st	
Kate Williams	50	FR	00:35.72	4th	

Nikki Wiltshire	50	BK	00:43.13	3rd	
Nikki Wiltshire	200	IM	03:11.00	2nd	
Nikki Wiltshire	100	BK	01:32.64	1st	
Nikki Wiltshire	100	FR	01:16.69	2nd	
Nikki Wiltshire	50	Fly	00:39.25	3rd	
Nikki Wiltshire	50	FR	00:36.05	4th	
Women's Team	200	FR	02:18.96	1st	120-159
Women's Team	200	FR	02:11.99	1st	160-199
Women's Team	200	FR	02:46.86	3rd	160-199
Women's Team	200	Med	02:51.86	2nd	120-159
Women's Team	200	Med	02:28.66	1st	160-199
Women's Team	200	Med	03:25.63	3rd	160-199
Men's Team	200	FR	02:25.37	1st	100-119
Men's Team	200	FR	02:52.58	2nd	120-159
Men's Team	200	FR	02:12.90	1st	200-239
Men's Team	200	FR	02:40.58	3rd	200-239
Men's Team	200	Med	01:55.12	1st	100-119
Men's Team	200	Med	01:56.95	1st	120-159
Men's Team	200	Med	02:12.96	1st	200-239
Men's Team	200	Med	02:34.85	3rd	200-239
Mixed Team	200	FR	02:21.68	2nd	100-119
Mixed Team	200	FR	02:24.21	3rd	100-119
Mixed Team	200	FR	02:00.19	1st	120-159
Mixed Team	200	FR	02:09.27	3rd	160-199
Mixed Team	200	FR	02:39.24	4th	160-199
Mixed Team	200	FR	02:24.67	2nd	200-239
Mixed Team	200	Med	02:44.34	2nd	100-119
Mixed Team	200	Med	02:45.28	2nd	100-119
Mixed Team	200	Med	02:16.44	1st	160-199
Mixed Team	200	Med	02:35.78	4th	160-199
Mixed Team	200	Med	02:58.24	2nd	200-239

Mixed Team 200 Med 03:01.99 3rd 200-239