

Welsh Capital Masters 2010

Saturday 8th May 2010

Cardiff International Pool

Club Performance:

33 swimmers - Allie Price, Fiona Kinsella, Richard Bennett, Ceri Thomas, Clare Parry, Colin Knowles, Jessie Blain, Paul Pycroft, Elaine Harrison, Rhian Andrews, Bill Wilson, Andrew Fawcett, Elsa Stewart, Rhys Smith, Tony Davies, Anne Frost, Lorraine Crook, Margaret Weare, Marie Concannon, Tom Stewart, Dan Carr, Martin Neal, Andrew Gott, Faris Dean, Shaun Connor, Charles Thackaberry, Malcolm Wilson, Gareth Harris, Karen Harris, Dave Cooper, Lizzie Swaffield, Mike Battersby, Sian Wilson.

126 individual swims

25 team swims

37 Gold (including 12 team)

41 Silver (including 6 team)

26 Bronze (including 5 team)

3 individual Welsh Records

6 team Welsh Records

2 team British Records

Individual Performance:

Allie Price – 5 Gold, 1 Silver, 3 Welsh Records

Fiona Kinsella – 5 Gold, 1 Silver

Ceri Thomas – 4 Silver

Clare Parry – 2 Gold, 1 Silver

Colin Knowles – 1 Bronze

Jessie Blain – 1 Gold

Paul Pycroft – 2 Silver, 1 Bronze

Richard Bennett - 2 Gold, 1 Silver

Rhian Andrews – 2 Silver

Bill Wilson – 1 Silver

Andrew Fawcett – 1 Gold

Elsa Stewart – 1 Bronze

Rhys Smith – 5 Silver

Tony Davies – 1 Bronze

Anne Frost – 1 Gold, 1 Bronze
Lorraine Crook – 1 Silver
Margaret Weare – 2 Silver, 1 Bronze
Marie Concannon – 1 Silver
Sian Wilson – 1 Bronze
Tom Stewart – 2 Gold, 1 Silver, 3 Bronze
Dan Carr – 1 Silver
Martin Neal – 2 Silver, 1 Bronze
Andrew Gott – 1 Gold, 2 Silver, 3 Bronze
Faris Dean – 1 Silver, 1 Bronze
Shaun Connor – 1 Silver, 3 Bronze
Charles Thackaberry – 1 Bronze
Malcolm Wilson – 3 Gold, 1 Silver
Karen Harris – 1 Silver
Dave Cooper – 2 Silver, 1 Bronze
Mike Battersby – 2 Gold, 1 Silver

Gala details:

Another year, another competition successfully organised by Cardiff Masters. The committee had been planning diligently all year, led by then Chair Martin Neal, and they did a fantastic job. It was another well run event, with praise from visiting swimmers and more than one person coming up to say thanks and well done.

Visiting clubs included Out to Swim, who came from London, Reading, Kettering, Stroud, Gloucester, City of Derby and Cork Masters.

There were some hotly competed relays, with plenty of entries from visiting teams, including Cork and Out to Swim, but of course the majority of entries came from the home club.

Cardiff Masters swimmers were out in force as ever – Fiona Kinsella had a great gala, with five first places and one silver, across fly, free, IM and breaststroke, which looked pretty impressive – and on top of that she competed

in the relays. Also looking impressive was Tom Stewart – with one gold, a silver and three bronzes across 50 and 100m in freestyle, back and butterfly.

Good performances too from Clare Parry, with a silver in the 100 back and a gold in the 100 free, and Rhian Andrews with two second placings in the 400m and the 100m freestyle, and a bronze in the 50m butterfly.

Newer swimmers Jessie Blain and Faris Dean also made a mark, with Faris getting a silver in the 50m fly and a bronze in the 50m freestyle, and a gold for Jessie in the 50 breaststroke. Andrew Gott also helped up our medal tally, with an impressive six medal finishes: gold in the 50m back, silver in the 50m fly and free and bronze in the 200 IM, 50 and 100m breaststroke.

Former Cardiff Masters swimmer and committee Chair Richard Lawford made a comeback in South Wales for his new club Silver City Blues, which incidentally, is a brilliant name for a swimming club. It was nice to see Richard get a gold in the 50m breaststroke, and he joined us in the pub afterwards and was his usual jocular self.

Top Male overall went to Ted Evans of City of Derby, with Tom Stewart in sixth place and Andrew Gott in joint seventh. Well done gentlemen.

Top female went to Julie Crayford of Clams, with Fiona in third place and Allie in fifth.

There were the usual relay hiccups when marshalling a large number of Cardiff Masters Swimmers into several teams, including Allie swimming the first leg for her own team, then hoofing it back down to swim again for my team.

Terry had found us a replacement swimmer, there had been some confusion (I thought she wasn't needed) and so we were a swimmer down as the race began. Oops. Thanks Allie.

Most impressively of all, our 400m Freestyle team of Ceri Thomas, Allie Price, Sian Wilson and Rhian Andrews are now World Record holders!

400m relays are new standards, as the records didn't previously exist, so all in all,

There were 7 GB and 7 European records set.

There were also 4 World Records broken – all previously held by US teams. Two went to Gloucester Masters, one to Clams and the aforementioned dream team above won one for us.

Well done everyone.

The afterparty do at Terranova was also fabulous, with a good band playing and lots of people there. I'm afraid by ten I was fit to drop, so I can't report any salacious gossip I'm afraid. Well done to all the volunteers, including the committee, timekeepers and to Terry for his hard work. Also thank you to Tamsin and Leanne, the sports massage therapy students from UWIC, who came along at very short notice and in a couple of hours raised just over £100 for LATCH, the Children's Cancer Charity. Well done ladies for all your hard work – many swimmers appreciated it!

Results:

Name	Year of Birth	Age at time of swim	Age group at time of swim	Competition	Venue	Year	Date	Course	Distance	Stroke	Time	Place	Achievement				
Fiona Kinsella	22/11/1984	26	A	WCM	CIP	2010	08.05.10	Long	400	FR	05:11.72	2nd					
Fiona Kinsella	22/11/1984	26	A	WCM	CIP	2010	08.05.10	Long	100	Fly	01:13.17	1st					
Fiona Kinsella	22/11/1984	26	A	WCM	CIP	2010	08.05.10	Long	200	IM	02:45.72	1st					
Fiona Kinsella	22/11/1984	26	A	WCM	CIP	2010	08.05.10	Long	100	FR	01:07.14	1st					
Fiona Kinsella	22/11/1984	26	A	WCM	CIP	2010	08.05.10	Long	50	Fly	00:32.63	1st					
Fiona Kinsella	22/11/1984	26	A	WCM	CIP	2010	08.05.10	Long	100	BR	01:24.81	1st					
Allie Price	01/03/1965	45	E	WCM	CIP	2010	08.05.10	Long	50	BK	00:36.20	1st					
Allie Price	01/03/1965	45	E	WCM	CIP	2010	08.05.10	Long	100	Fly	01:15.83	1st	Welsh Record				
Allie Price	01/03/1965	45	E	WCM	CIP	2010	08.05.10	Long	200	IM	02:48.38	2nd					
Allie Price	01/03/1965	45	E	WCM	CIP	2010	08.05.10	Long	100	BK	01:19.33	1st					
Allie Price	01/03/1965	45	E	WCM	CIP	2010	08.05.10	Long	50	Fly	00:33.19	1st	Welsh Record				
Allie Price	01/03/1965	45	E	WCM	CIP	2010	08.05.10	Long	50	FR	00:31.20	1st	Welsh Record				
Ceri Thomas	15/10/1965	45	E	WCM	CIP	2010	08.05.10	Long	400	FR	05:41.79	2nd					
Ceri Thomas	15/10/1965	45	E	WCM	CIP	2010	08.05.10	Long	100	Fly	01:27.32	2nd					

Rhys Smith	03/04/1981	29	A	WCM	CIP	2010	08.05.10	Long	100	Fly	01:10.33	2nd						
Rhys Smith	03/04/1981	29	A	WCM	CIP	2010	08.05.10	Long	200	IM	02:45.12	2nd						
Rhys Smith	03/04/1981	29	A	WCM	CIP	2010	08.05.10	Long	100	FR	01:05.87	4th						
Rhys Smith	03/04/1981	29	A	WCM	CIP	2010	08.05.10	Long	200	FR	02:19.62	2nd						
Rhys Smith	03/04/1981	29	A	WCM	CIP	2010	08.05.10	Long	50	Fly	00:30.96	2nd						
Tony Davies	01/01/1984	26	A	WCM	CIP	2010	08.05.10	Long	200	FR	02:55.12	4th						
Tony Davies	01/01/1984	26	A	WCM	CIP	2010	08.05.10	Long	50	Fly	00:36.43	5th						
Tony Davies	01/01/1984	26	A	WCM	CIP	2010	08.05.10	Long	50	FR	00:33.58	3rd						
Anne Frost	26/08/1958	52	F	WCM	CIP	2010	08.05.10	Long	400	FR	08:25.79	1st						
Anne Frost	26/08/1958	52	F	WCM	CIP	2010	08.05.10	Long	50	BR	01:12.50	4th						
Anne Frost	26/08/1958	52	F	WCM	CIP	2010	08.05.10	Long	100	BK	02:11.69	3rd						
Lorraine Crook	01/01/1954	56	G	WCM	CIP	2010	08.05.10	Long	400	FR	07:44.49	4th						
Lorraine Crook	01/01/1954	56	G	WCM	CIP	2010	08.05.10	Long	100	Fly	02:04.16	2nd						
Lorraine Crook	01/01/1954	56	G	WCM	CIP	2010	08.05.10	Long	200	IM	04:19.76	5th						
Lorraine Crook	01/01/1954	56	G	WCM	CIP	2010	08.05.10	Long	200	FR	03:48.61	6th						
Margaret Weare	01/01/1944	66	I	WCM	CIP	2010	08.05.10	Long	400	FR	09:36.01	3rd						
Margaret Weare	01/01/1944	66	I	WCM	CIP	2010	08.05.10	Long	50	BK	01:06.25	3rd						
Margaret Weare	01/01/1944	66	I	WCM	CIP	2010	08.05.10	Long	200	IM	05:07.75	2nd						
Margaret Weare	01/01/1944	66	I	WCM	CIP	2010	08.05.10	Long	200	FR	04:43.77	4th						
Marie Concannon	14/07/1982	28	A	WCM	CIP	2010	08.05.10	Long	400	FR	05:44.20	5th						
Marie Concannon	14/07/1982	28	A	WCM	CIP	2010	08.05.10	Long	200	IM	03:13.91	4th						
Marie Concannon	14/07/1982	28	A	WCM	CIP	2010	08.05.10	Long	100	BK	01:27.25	2nd						
Sian Wilson	12/12/1979	31	B	WCM	CIP	2010	08.05.10	Long	200	IM	02:53.87	4th						
Sian Wilson	12/12/1979	31	B	WCM	CIP	2010	08.05.10	Long	100	BK	01:31.32	4th						
Sian Wilson	12/12/1979	31	B	WCM	CIP	2010	08.05.10	Long	50	Fly	00:34.47	3rd						
Tom Stewart	29/04/1986	24	Senior	WCM	CIP	2010	08.05.10	Long	50	BK	00:34.59	3rd						
Tom Stewart	29/04/1986	24	Senior	WCM	CIP	2010	08.05.10	Long	100	BK	01:14.68	1st						
Tom Stewart	29/04/1986	24	Senior	WCM	CIP	2010	08.05.10	Long	100	FR	01:02.69	2nd						
Tom Stewart	29/04/1986	24	Senior	WCM	CIP	2010	08.05.10	Long	200	FR	02:24.93	1st						
Tom Stewart	29/04/1986	24	Senior	WCM	CIP	2010	08.05.10	Long	50	Fly	00:34.20	3rd						
Tom Stewart	29/04/1986	24	Senior	WCM	CIP	2010	08.05.10	Long	50	FR	00:28.56	3rd						
Dan Carr	23/06/1983	27	A	WCM	CIP	2010	08.05.10	Long	50	BK	00:45.30	2nd						
Dan Carr	23/06/1983	27	A	WCM	CIP	2010	08.05.10	Long	100	FR	01:23.65	6th						
Dan Carr	23/06/1983	27	A	WCM	CIP	2010	08.05.10	Long	50	FR	00:37.07	4th						
Martin Neal	12/02/1979	31	B	WCM	CIP	2010	08.05.10	Long	50	BK	00:45.77	2nd						
Martin Neal	12/02/1979	31	B	WCM	CIP	2010	08.05.10	Long	100	BK	01:37.15	2nd						
Martin Neal	12/02/1979	31	B	WCM	CIP	2010	08.05.10	Long	100	FR	01:26.63	3rd						

Martin Neal	12/02/1979	31	B	WCM	CIP	2010	08.05.10	Long	200	FR	03:06.85	4th						
Andrew Gott	25/04/1980	30	B	WCM	CIP	2010	08.05.10	Long	50	BK	00:40.80	1st						
Andrew Gott	25/04/1980	30	B	WCM	CIP	2010	08.05.10	Long	200	IM	03:10.93	3rd						
Andrew Gott	25/04/1980	30	B	WCM	CIP	2010	08.05.10	Long	50	BR	00:43.29	3rd						
Andrew Gott	25/04/1980	30	B	WCM	CIP	2010	08.05.10	Long	50	Fly	00:36.23	2nd						
Andrew Gott	25/04/1980	30	B	WCM	CIP	2010	08.05.10	Long	100	BR	01:37.43	3rd						
Andrew Gott	25/04/1980	30	B	WCM	CIP	2010	08.05.10	Long	50	FR	00:33.94	2nd						
Faris Dean	01/01/1975	35	C	WCM	CIP	2010	08.05.10	Long	50	Fly	00:46.72	2nd						
Faris Dean	01/01/1975	35	C	WCM	CIP	2010	08.05.10	Long	50	FR	00:34.69	3rd						
Shaun Connor	01/01/1969	41	D	WCM	CIP	2010	08.05.10	Long	50	Fly	00:35.99	4th						
Shaun Connor	01/01/1969	41	D	WCM	CIP	2010	08.05.10	Long	50	BK	00:40.78	3rd						
Shaun Connor	01/01/1969	41	D	WCM	CIP	2010	08.05.10	Long	200	IM	03:15.36	2nd						
Shaun Connor	01/01/1969	41	D	WCM	CIP	2010	08.05.10	Long	100	BK	01:34.65	3rd						
Shaun Connor	01/01/1969	41	D	WCM	CIP	2010	08.05.10	Long	50	FR	00:31.97	3rd						
Charles Thackaberry	08/07/1962	48	E	WCM	CIP	2010	08.05.10	Long	50	BK	00:55.31	3rd						
Charles Thackaberry	08/07/1962	48	E	WCM	CIP	2010	08.05.10	Long	100	FR	01:34.93	9th						
Charles Thackaberry	08/07/1962	48	E	WCM	CIP	2010	08.05.10	Long	50	FR	00:40.34	6th						
Malcolm Wilson	20/05/1953	57	G	WCM	CIP	2010	08.05.10	Long	50	BK	00:35.76	1st						
Malcolm Wilson	20/05/1953	57	G	WCM	CIP	2010	08.05.10	Long	100	BK	01:20.22	1st						
Malcolm Wilson	20/05/1953	57	G	WCM	CIP	2010	08.05.10	Long	200	FR	02:44.03	1st						
Malcolm Wilson	20/05/1953	57	G	WCM	CIP	2010	08.05.10	Long	50	FR	00:31.18	2nd						
Gareth Harris	01/01/1960	50	F	WCM	CIP	2010	08.05.10	Long	50	BR	00:51.15	4th						
Gareth Harris	01/01/1960	50	F	WCM	CIP	2010	08.05.10	Long	100	FR	01:27.92	6th						
Gareth Harris	01/01/1960	50	F	WCM	CIP	2010	08.05.10	Long	100	BR	DQ							
Gareth Harris	01/01/1960	50	F	WCM	CIP	2010	08.05.10	Long	50	FR	00:36.77	8th						
Karen Harris	01/01/1968	42	D	WCM	CIP	2010	08.05.10	Long	100	BK	01:40.58	2nd						
Karen Harris	01/01/1968	42	D	WCM	CIP	2010	08.05.10	Long	100	FR	01:21.12	5th						
Karen Harris	01/01/1968	42	D	WCM	CIP	2010	08.05.10	Long	50	FR	00:36.14	6th						
Dave Cooper	01/01/1955	55	G	WCM	CIP	2010	08.05.10	Long	100	FR	01:13.50	2nd						
Dave Cooper	01/01/1955	55	G	WCM	CIP	2010	08.05.10	Long	200	FR	02:51.83	2nd						
Dave Cooper	01/01/1955	55	G	WCM	CIP	2010	08.05.10	Long	50	FR	00:31.79	3rd						
Lizzie Swaffield	01/01/1982	28	A	WCM	CIP	2010	08.05.10	Long	100	FR	01:28.56	6th						
Lizzie Swaffield	01/01/1982	28	A	WCM	CIP	2010	08.05.10	Long	50	FR	00:39.27	4th						
Mike Battersby	03/05/1958	52	F	WCM	CIP	2010	08.05.10	Long	400	FR	06:04.28	4th						
Mike Battersby	03/05/1958	52	F	WCM	CIP	2010	08.05.10	Long	50	BK	00:40.35	2nd						
Mike Battersby	03/05/1958	52	F	WCM	CIP	2010	08.05.10	Long	50	BR	00:38.91	1st						
Mike Battersby	03/05/1958	52	F	WCM	CIP	2010	08.05.10	Long	100	FR	01:19.03	5th						
Mike Battersby	03/05/1958	52	F	WCM	CIP	2010	08.05.10	Long	100	BR	01:32.43	1st						
Mike Battersby	03/05/1958	52	F	WCM	CIP	2010	08.05.10	Long	50	FR	00:33.94	6th						
Mixed	100-119			WCM	CIP	2010	08.05.10	Long	200	FR	02:01.55	1st			Tom	Fiona	Rhys	Sian

														00:28.74	00:31.13	00:28.85	00:32.83
Mixed	120-159			WCM	CIP	2010	08.05.10	Long	200	FR	02:22.45	2nd		Marie	Andrew G	Jessie	Martin N
														00:34.13	00:32.09	00:36.81	00:39.42
Mixed	120-159			WCM	CIP	2010	08.05.10	Long	200	FR	02:35.10	3rd		Dan	Shaun	Elaine	Lizzie
														00:38.09	00:33.69	00:42.84	00:40.48
Mixed	160-199			WCM	CIP	2010	08.05.10	Long	200	FR	02:15.64	3rd		Rhian A	Bill	Kate	Dave C
														00:37.22	00:48.93	00:33.63	00:32.26
Mixed	160-199			WCM	CIP	2010	08.05.10	Long	200	FR	DQ			Karen	Hannah	Paul P	Charles
Mixed	200-239			WCM	CIP	2010	08.05.10	Long	200	FR	02:15.97	1st		Gareth H	Allie	Ceri	Malcolm
														00:36.62	00:33.03	00:35.48	00:30.84
Mixed	200-239			WCM	CIP	2010	08.05.10	Long	200	FR	02:23.20	2nd		Clare	Elsa	Mike B	Richard B
														00:35.68	00:41.11	00:35.63	00:30.78
Mixed	100-119			WCM	CIP	2010	08.05.10	Long	200	Med	03:04.23	2nd		Tom	Hannah	Jessie	Andrew G
														00:36.07	01:12.07	00:39.80	00:36.29
Mixed	120-159			WCM	CIP	2010	08.05.10	Long	200	Med	02:42.14	1st		Shaun	Tony	Marie	Kate
														00:41.54	00:47.11	00:36.96	00:36.53
Mixed	120-159			WCM	CIP	2010	08.05.10	Long	200	Med	03:08.93	3rd		Martin N	Dan	Elaine	Lizzie
														00:47.09	00:43.99	00:59.02	00:38.83
Mixed	200-239			WCM	CIP	2010	08.05.10	Long	200	Med	03:09.58	1st		Karen	Elsa	Bill	Charles
														00:47.76	00:58.03	00:41.53	00:42.26
Men	120-159			WCM	CIP	2010	08.05.10	Long	200	Med	02:19.07	2nd		Tom	Andrew G	Rhys	Rich
														00:34.45	00:43.72	00:30.43	00:30.47
Men	120-159			WCM	CIP	2010	08.05.10	Long	200	Med	02:49.66	3rd		Dan	Tony	Shaun	Martin N
														00:45.96	00:45.40	00:38.84	00:39.46
Men	200-239			WCM	CIP	2010	08.05.10	Long	200	Med	02:33.47	1st		Malcolm	Mike	Paul P	Bill
														00:36.83	00:48.79	00:33.95	00:33.90
Men	120-159			WCM	CIP	2010	08.05.10	Long	200	FR	02:21.01	1st		Dan	Tony	Faris	Martin N
														00:39.70	00:35.56	00:35.03	00:30.92
Men	120-159			WCM	CIP	2010	08.05.10	Long	200	FR	02:22.09	2nd		Tom	Andrew G	Charles	Shaun
														00:29.86	00:33.89	00:43.97	00:34.37
Men	200-239			WCM	CIP	2010	08.05.10	Long	400	FR	04:50.85	2nd		Mike	Richard	Paul P	Dave
														01:17.18	01:09.39	01:11.07	01:13.21
Women	120-159			WCM	CIP	2010	08.05.10	Long	200	FR	02:10.96	1st		Allie	Fiona	Sian	Rhian
														00:33.61	00:32.02	00:32.04	00:33.29
Women	120-159			WCM	CIP	2010	08.05.10	Long	200	FR	02:36.91	3rd		Karen	Lizzie	Hannah	Marie
														00:36.03	00:36.47	00:49.98	00:36.23
Women	200-239			WCM	CIP	2010	08.05.10	Long	200	FR	02:29.19	1st	Welsh Record	Clare	Elsa	Ceri	Elaine
														00:34.76	00:38.79	00:35.11	00:40.53
Women	120-159			WCM	CIP	2010	08.05.10	Long	200	Med	02:23.88	1st		Allie	Fiona	Sian	Rhian
														00:37.30	00:38.90	00:34.45	00:33.23

Women	120-159			WCM	CIP	2010	08.05.10	Long	200	Med	02:53.14	5th		Karen	Lizzie	Jessie	Marie
														00:45.96	00:53.07	00:39.98	00:34.13
Women	200-239			WCM	CIP	2010	08.05.10	Long	200	Med	02:56.30	1st		Clare	Elsa	Ceri	Elaine
														00:42.44	00:55.87	00:38.53	00:39.46
Women	160-199			WCM	CIP	2010	08.05.10	Long	400	FR	04:52.08	1st	GB Record	Ceri	Allie	Sian	Rhian
														01:16.51	01:10.14	01:13.15	01:12.28
Women	160-199			WCM	CIP	2010	08.05.10	Long	400	Med	05:36.88	1st	GB Record	Clare	Allie	Fiona	Ceri
														01:31.67	01:34.95	01:12.92	01:17.34