

Welsh Open

Wales National Pool (Long Course)

27th Feb – 1st Mar 2009

Club Performance:

18 Swimmers – Heidy Arnot, Mike Battersby, Richard Bennett, Marie Concannon, Tony Davies, Anne Frost, Tim Griffin, Rhys Smith, Elsa Stewart, Malcolm Wilson, Elaine Harrison, Allie Price, Joe Connor, Paul Pycroft, Rhian Andrews, Colin Knowles, Kate Williams, Clare Parry.

76 Individual swims

9 Team swims

Gold – 26 (including 4 team)

Silver – 16 (including 3 team)

Bronze – 16 (including 1 team)

8 Welsh Records

Heidy Arnot – 2 gold

Mike Battersby – 4 silver, 1 bronze

Richard Bennett – 2 silver, 1 bronze

Marie Concannon – 1 bronze

Tony Davies – 1 bronze

Anne Frost – 1 gold, 1 silver, 2 bronze

Rhys Smith – 5 gold, 1 silver

Elsa Stewart – 1 gold, 1 silver, 3 bronze

Malcolm Wilson – 1 gold, 1 silver, 1 Welsh Record

Elaine Harrison – 1 silver, 2 bronze

Allie Price – 6 gold, 6 Welsh Records

Joe Connor – 1 bronze

Paul Pycroft – 2 gold, 1 silver, 1 Welsh Record

Rhian Andrews – 1 bronze

Colin Knowles – 2 gold

Kate Williams – 1 silver, 1 bronze

Clare Parry – 2 gold

Gala Details:

by Allie Price

17 members of Cardiff Masters competed in the 2009 Welsh Open held in Swansea over three days. Club members swam in 67 individual swims and 9 team relays gaining an impressive haul of 26 gold medals, 16 silver and 16 bronze. We even surpassed our medal tally from 2008.

The first session was the 1500 FR and there was a good entry from the club, 5 competing from the club and winning 2 individual golds, 1 silver and 1 bronze.

There were many notable performances over the weekend, but special mention must go to Allie Price and Rhys Smith. Allie swam in 6 individual events and 3 relays, winning 6 individual gold medals and setting 6 new Welsh Records, including setting a new Welsh Record at 800 FR on the way to setting a new Welsh Record in the 1600 FR (yes, I did an extra 100 as the timekeeper and an official decided to have a chat and forgot to ring the bell and change the lap markers)!!

Rhys swam in 6 individual events, winning 5 gold and 1 silver medal, just being edged for his 6th gold in the 50 Fly by Andy Parker. Mention also to Malcolm Wilson (1 gold and 1 silver) who broke his 200 BK Welsh record that he set at the same meet last year and also to Heidy Arnot winning 2 golds in the 50 FR and 50 BK – it was nice to see Heidy back competing after struggling with her back all winter. Paul Pyecroft also set a new Welsh Record in the 400 FR.

Other fantastic performances came from Paul Pyecroft (2 gold and 1 silver), Mike Battersby (4 silver and 1 bronze), Clare Parry (2 gold), Elsa Stewart (1 gold, 1 silver and 3 bronze), Anne Frost (1 gold, 1 silver and 2 bronze), Colin Knowles (2 gold), Richard Bennett (2 silver and 1 bronze), Kate Williams (1 silver and 1 bronze), Elaine Harrison (1 silver and 2 bronze), Marie Concannon (2 bronze), Rhian Andrews (1 bronze), Tony Davies (1 bronze), Joe Connor (1 bronze).

Special mention to our coach, Terry who swam a great backstroke leg in the medley relay – Terry feels that the 50 BK could be his event and is now in hard training for next year!

Our relay teams also performed well, winning 4 gold medals, 3 silver and 1 bronze and 1 disqualification.

All in all a good weekend and some great results.

Heidy Arnot	50	BK	00:35.30	1st
Heidy Arnot	50	FR	00:31.58	1st
Mike Battersby	50	BK	00:39.88	3rd
Mike Battersby	200	IM	03:00.69	2nd
Mike Battersby	200	BR	03:15.80	2nd
Mike Battersby	50	FR	00:32.57	7th
Mike Battersby	800	FR		SCR
Mike Battersby	100	BR	01:27.56	2nd
Mike Battersby	50	BR	00:39.09	2nd
Richard Bennett	100	FR	01:08.71	4th
Richard Bennett	1500	FR	22:05.94	2nd

Richard Bennett	400	FR	05:32.60	3rd
Richard Bennett	800	FR		SCR
Richard Bennett	200	FR	02:35.20	2nd
Marie Concannon	100	FR	01:12.74	6th
Marie Concannon	50	BK	00:39.50	3rd
Marie Concannon	50	FR	00:32.59	4th
Marie Concannon	400	FR	05:49.04	3rd
Tony Davies	100	FR	01:19.15	5th
Tony Davies	400	FR	06:22.73	3rd
Tony Davies	50	FR	00:33.43	5th
Anne Frost	100	FR	01:47.04	3rd
Anne Frost	50	BK	00:58.38	2nd
Anne Frost	50	FR	00:47.22	3rd

Anne Frost	400	FR	08:31.51	1st	
Tim Griffin	1500	FR		DNS	
Rhys Smith	200	Fly	02:25.01	1st	
Rhys Smith	1500	FR	18:25.63	1st	
Rhys Smith	100	Fly	01:03.62	1st	
Rhys Smith	400	FR	04:34.23	1st	
Rhys Smith	800	FR		SCR	
Rhys Smith	400	IM		SCR	
Rhys Smith	50	Fly	00:28.84	2nd	
Rhys Smith	200	FR	02:08.44	1st	
Elsa Stewart	50	BK	00:51.25	3rd	
Elsa Stewart	400	FR	07:10.02	3rd	
Elsa Stewart	50	FR	00:41.22	3rd	
Elsa Stewart	800	FR	15:16.47	6th	
Elsa Stewart	50	Fly	00:54.00	2nd	
Elsa Stewart	50	BR	00:55.81	1st	
Malcolm Wilson	100	FR		SCR	
Malcolm Wilson	200	BK	02:54.17	1st	Welsh Record
Malcolm Wilson	50	BK		SCR	
Malcolm Wilson	50	FR	00:30.74	2nd	
Elaine Harrison	1500	FR	26:28.05	3rd	
Elaine Harrison	200	IM	03:49.38	5th	
Elaine Harrison	400	FR	06:39.09	5th	
Elaine Harrison	200	BK	03:49.16	5th	
Elaine Harrison	50	FR	00:39.88	6th	
Elaine Harrison	100	BK	01:46.15	3rd	
Elaine Harrison	200	FR	03:06.08	2nd	
Elaine Harrison	50	BR	00:53.73	6th	
Allie Price	1500	FR	22:06.05	1st	Welsh 800 & 1500 Record
Allie Price	400	FR	05:32.37	1st	Welsh Record
Allie Price	100	BK	01:18.14	1st	
Allie Price	100	BR	01:33.72	1st	Welsh Record
Allie Price	50	Fly	00:33.80	1st	Welsh Record
Allie Price	50	BR	00:41.40	1st	Welsh Record
Joe Connor	1500	FR	24:15.50	5th	
Joe Connor	400	FR	06:01.95	3rd	
Joe Connor	200	BK		DQ	
Joe Connor	50	FR	00:33.80	6th	
Paul Pycroft	100	Fly	01:18.62	2nd	
Paul Pycroft	400	FR	05:28.35	4th	Welsh Record
Paul Pycroft	800	FR	11:36.80	1st	
Paul Pycroft	50	Fly	00:33.31	1st	
Rhian Andrews	100	Fly		SCR	
Rhian Andrews	50	Fly	00:37.54	3rd	
Colin Knowles	200	BR		DNS	
Colin Knowles	50	FR	00:58.10	1st	
Colin Knowles	100	BR		DNS	
Colin Knowles	50	BR	01:00.61	1st	
Kate Williams	200	FR	02:54.05	2nd	

Kate Williams	50	BR	00:46.59	3rd	
Clare Parry	200	FR	02:47.10	1st	
Clare Parry	100	BK	01:29.87	1st	
Mixed Team	200	FR	02:31.91	1st	200-239
Mixed Team	200	FR	02:16.83	1st	160-199
Mixed Team	200	FR	02:05.94	2nd	120-159
Mixed Team	200	Med		DQ	200-239
Mixed Team	200	Med	02:19.70	3rd	120-159
Women's Team	200	FR	02:23.20	1st	160-199
Women's Team	200	Med	02:46.43	1st	160-199
Men's Team	200	Med	02:18.76	2nd	160-199
Men's Team	200	FR	02:06.15	2nd	160-199