

Welsh Open

Wales National Pool (Long Course)

5th – 7th March 2010

Club Performance:

16 Swimmers entered and swam

Fiona Kinsella, Allie Price, Colin Knowles, Simon Box, Sian Wilson, Paul Pycroft, Elaine Harrison, Richard Bennett, Rhian Andrews, Andrew Fawcett, Elsa Stewart, Rhys Smith, Andrew Parker, Anne Frost, Hannah Jones, Gordon Baxter

3 Swimmers entered and couldn't swim:

Mike Battersby, Walter Syrett, Richard Black

65 Individual swims – 5 Welsh Records

5 Team swims – 1 Welsh Record

Gold – 34 (including 3 team)

Silver – 20 (including 2 team)

Bronze – 10

Individual performance:

Fiona Kinsella – 3 Gold, 1 Bronze

Allie Price – 6 Gold, 5 Welsh Records

Colin Knowles – 2 Silver

Simon Box – 2 Gold

Sian Wilson – 1 Gold

Paul Pycroft – 2 Gold, 1 Silver, 3 Bronze

Elaine Harrison – 4 Silver, 1 Bronze

Richard Bennett – 3 Gold, 1 Silver, 1 Bronze

Rhian Andrews – 3 Silver, 1 Bronze

Andrew Fawcett – 5 Gold, 1 Silver

Elsa Stewart – 3 Gold, 2 Silver

Rhys Smith – 2 Gold, 3 Silver

Andrew Parker – 1 Bronze

Anne Frost – 2 Silver, 1 Bronze

Gordon Baxter – 2 Gold

Hannah Jones – 2 Gold, 1 Silver, 1 Bronze

Team swims – 3 Gold, 2 Silver, 1 Welsh Record (Allie, Fiona, Rhys and Andrew Parker)

Gala Details:

by Richard Bennett

This is the first Long Course Meet of the year and it is the first time Cardiff Masters and CLAMs swimming clubs have swum together under the banner of City Of Cardiff.

Cardiff Masters had a great weekend with 16 members taking part and ending up with 34 Gold medals, 20 Silver, 10 Bronze and 6 Welsh records.

Friday started with the 1500 Freestyle - Elaine Harrison, Rhian Andrews, Paul Pycroft and Richard Bennett were brave enough to take this on. Later in the afternoon in the Women's 200 IM Elaine raced again with Allie Price breaking her first of 5 Welsh Records (no change there then).

Saturday had three sessions and again the Club had a very successful day.

It was gold for Sian Wilson after swimming an excellent 50 Butterfly

In the women 50 M Backstroke Elsa Stewart and Allie received Gold medals and Anne Frost a Silver .

Andrew Fawcett and Gordon Baxter both got Gold in the 50 Freestyle - that's a good result for the OAPs.

Sunday started with a lot of stretching for those who had swum the previous days.

Colin Knowles was our most senior member collecting 2 Bronze Medals - well done Colin.

Simon Box and Andrew Fawcett took part in the 100 Backstroke both receiving Gold medals, Andrew swimming in under 2 mins then had a relay to race in which he won another Gold.

Hannah Jones swam very well to get two Gold medals in the 50 and 100 Breaststroke.

The relay team of Allie Price, Fiona Kinsella, Rhys Smith and Andrew Parker managed to break a Welsh Record with a time of 2:12.59 in the Mixed 200 Medley Relay – smashing the previous record (held by Cardiff Masters) by 4 hundredths of a second).

We had Terry John doing two jobs as usual officiating and keeping an eye on us all - thanks Terry.

We also had Nick Holmes as a timekeeper and all round official we would like to say thank you to him and all the people involved running and organizing the Meet.

It was an excellent turn out for the club and to come away with so many medals made it all worth while

Results:

Name	Year of Birth	Age at time of swim	Age group at time of swim	Competition	Venue	Year	Date	Course	Distance	Stroke	Time	Position	Achievement
Fiona Kinsella	22/11/1984	26	A	Welsh Open	Swansea	2010	07/03/10	Long	200	FR	02:21.16	1st	
Fiona Kinsella	22/11/1984	26	A	Welsh Open	Swansea	2010	07/03/10	Long	100	BR	01:23.27	3rd	
Fiona Kinsella	22/11/1984	26	A	Welsh Open	Swansea	2010	05/03/10	Long	100	Fly	01:13.07	1st	

Fiona Kinsella	22/11/1984	26	A	Welsh Open	Swansea	2010	05/03/10	Long	200	Fly	02:40.67	1st	
Allie Price	01/03/1965	45	E	Welsh Open	Swansea	2010	05/03/10	Long	100	FR	01:08.60	1st	Welsh record
Allie Price	01/03/1965	45	E	Welsh Open	Swansea	2010	06/03/10	Long	400	FR	05:21.50	1st	Welsh record
Allie Price	01/03/1965	45	E	Welsh Open	Swansea	2010	05/03/10	Long	50	BK	00:37.55	1st	
Allie Price	01/03/1965	45	E	Welsh Open	Swansea	2010	07/03/10	Long	100	BK	01:19.21	1st	Welsh record
Allie Price	01/03/1965	45	E	Welsh Open	Swansea	2010	07/03/10	Long	50	Fly	00:33.46	1st	Welsh record
Allie Price	01/03/1965	45	E	Welsh Open	Swansea	2010	05/03/10	Long	200	IM	02:48.03	1st	Welsh record
Colin Knowles	19/08/1934	76	K	Welsh Open	Swansea	2010	06/03/10	Long	100	BR	02:32.06	2nd	
Colin Knowles	19/08/1934	76	K	Welsh Open	Swansea	2010	07/03/10	Long	50	BR	01:01.46	2nd	
Simon Box	06/09/1983	27	A	Welsh Open	Swansea	2010	05/03/10	Long	50	BK	00:34.11	1st	
Simon Box	06/09/1983	27	A	Welsh Open	Swansea	2010	07/03/10	Long	100	BK	01:23.79	1st	
Simon Box	06/09/1983	27	A	Welsh Open	Swansea	2010	06/03/10	Long	50	Fly	00:32.81	4th	
Sian Wilson	12/12/1979	31	B	Welsh Open	Swansea	2010	05/03/10	Long	200	IM			Withdrew
Sian Wilson	12/12/1979	31	B	Welsh Open	Swansea	2010	07/03/10	Long	50	Fly	00:34.64	1st	
Paul Pycroft	13/09/1958	52	F	Welsh Open	Swansea	2010	06/03/10	Long	100	FR	01:07.27	1st	
Paul Pycroft	13/09/1958	52	F	Welsh Open	Swansea	2010	07/03/10	Long	200	FR	02:29.97	3rd	
Paul Pycroft	13/09/1958	52	F	Welsh Open	Swansea	2010	06/03/10	Long	400	FR	05:31.69	3rd	
Paul Pycroft	13/09/1958	52	F	Welsh Open	Swansea	2010	06/03/10	Long	800	FR	11:32.95	3rd	
Paul Pycroft	13/09/1958	52	F	Welsh Open	Swansea	2010	05/03/10	Long	1500	FR	22:25.66	2nd	
Paul Pycroft	13/09/1958	52	F	Welsh Open	Swansea	2010	05/03/10	Long	50	Fly	00:33.76	1st	
Elaine Harrison	01/10/1963	47	E	Welsh Open	Swansea	2010	07/03/10	Long	200	FR	03:06.07	2nd	
Elaine Harrison	01/10/1963	47	E	Welsh Open	Swansea	2010	05/03/10	Long	1500	FR	26:40.98	2nd	
Elaine Harrison	01/10/1963	47	E	Welsh Open	Swansea	2010	07/03/10	Long	100	BK	01:47.17	3rd	
Elaine Harrison	01/10/1963	47	E	Welsh Open	Swansea	2010	05/03/10	Long	50	Fly	00:52.60	2nd	
Elaine Harrison	01/10/1963	47	E	Welsh Open	Swansea	2010	05/03/10	Long	200	IM	03:52.03	2nd	
Richard Bennett	28/09/1965	45	E	Welsh Open	Swansea	2010	06/03/10	Long	50	FR	00:30.31	1st	
Richard	28/09/1965	45	E	Welsh Open	Swansea	2010	06/03/10	Long	100	FR	01:08.10	4th	

Bennett	5												
Richard Bennett	28/09/1965	45	E	Welsh Open	Swansea	2010	07/03/10	Long	200	FR	02:29.66	1st	
Richard Bennett	28/09/1965	45	E	Welsh Open	Swansea	2010	06/03/10	Long	400	FR	05:19.91	3rd	
Richard Bennett	28/09/1965	45	E	Welsh Open	Swansea	2010	06/03/10	Long	800	FR	11:07.10	1st	
Richard Bennett	28/09/1965	45	E	Welsh Open	Swansea	2010	05/03/10	Long	1500	FR	21:32.83	2nd	
Rhian Andrews	21/02/1969	41	D	Welsh Open	Swansea	2010	06/03/10	Long	50	FR	00:34.23	2nd	
Rhian Andrews	21/02/1969	41	D	Welsh Open	Swansea	2010	06/03/10	Long	100	FR	01:15.29	2nd	
Rhian Andrews	21/02/1969	41	D	Welsh Open	Swansea	2010	05/03/10	Long	1500	FR	22:51.75	2nd	
Rhian Andrews	21/02/1969	41	D	Welsh Open	Swansea	2010	07/03/10	Long	50	Fly	00:37.46	3rd	
Andrew Fawcett	17/10/1943	67	I	Welsh Open	Swansea	2010	06/03/10	Long	50	FR	00:39.30	1st	
Andrew Fawcett	17/10/1943	67	I	Welsh Open	Swansea	2010	05/03/10	Long	50	BK	00:55.93	2nd	
Andrew Fawcett	17/10/1943	67	I	Welsh Open	Swansea	2010	07/03/10	Long	50	Fly	00:50.92	1st	
Andrew Fawcett	17/10/1943	67	I	Welsh Open	Swansea	2010	07/03/10	Long	50	BR	00:54.71	1st	
Andrew Fawcett	17/10/1943	67	I	Welsh Open	Swansea	2010	06/03/10	Long	100	FR	01:35.22	1st	
Andrew Fawcett	17/10/1943	67	I	Welsh Open	Swansea	2010	07/03/10	Long	100	BK	01:59.88	1st	
Elsa Stewart	26/09/1954	56	G	Welsh Open	Swansea	2010	06/03/10	Long	50	FR	00:40.46	1st	
Elsa Stewart	26/09/1954	56	G	Welsh Open	Swansea	2010	05/03/10	Long	100	FR	01:30.35	2nd	
Elsa Stewart	26/09/1954	56	G	Welsh Open	Swansea	2010	06/03/10	Long	400	FR	07:10.25	1st	
Elsa Stewart	26/09/1954	56	G	Welsh Open	Swansea	2010	06/03/10	Long	800	FR	15:04.64	2nd	
Elsa Stewart	26/09/1954	56	G	Welsh Open	Swansea	2010	05/03/10	Long	50	BK	00:52.35	1st	
Rhys Smith	03/04/1981	29	A	Welsh Open	Swansea	2010	07/03/10	Long	200	FR	02:12.86	1st	
Rhys Smith	03/04/1981	29	A	Welsh Open	Swansea	2010	06/03/10	Long	400	FR	04:42.27	1st	
Rhys Smith	03/04/1981	29	A	Welsh Open	Swansea	2010	07/03/10	Long	50	Fly	00:29.56	2nd	
Rhys Smith	03/04/1981	29	A	Welsh Open	Swansea	2010	05/03/10	Long	100	Fly	01:05.47	2nd	
Rhys Smith	03/04/1981	29	A	Welsh Open	Swansea	2010	06/03/10	Long	200	Fly	02:28.89	2nd	
Andrew Parker	01/08/1980	30	B	Welsh Open	Swansea	2010	06/03/10	Long	50	FR	00:26.70	4th	
Andrew Parker	01/08/1980	30	B	Welsh Open	Swansea	2010	05/03/10	Long	100	FR			Withdrew

Andrew Parker	01/08/1980	30	B	Welsh Open	Swansea	2010	07/03/10	Long	50	Fly	00:29.40	3rd	
Anne Frost	26/08/1958	52	F	Welsh Open	Swansea	2010	06/03/10	Long	400	FR	08:26.07	5th	
Anne Frost	26/08/1958	52	F	Welsh Open	Swansea	2010	06/03/10	Long	50	FR	00:46.70	2nd	
Anne Frost	26/08/1958	52	F	Welsh Open	Swansea	2010	06/03/10	Long	100	FR	01:47.93	3rd	
Anne Frost	26/08/1958	52	F	Welsh Open	Swansea	2010	06/03/10	Long	50	BK	00:57.49	2nd	
Gordon Baxter	05/12/1954	56	G	Welsh Open	Swansea	2010	06/03/10	Long	50	FR	00:31.94	1st	
Gordon Baxter	05/12/1954	56	G	Welsh Open	Swansea	2010	06/03/10	Long	50	BK	00:40.04	1st	
Hannah Jones	28/10/1986	24	Senior	Welsh Open	Swansea	2010	06/03/10	Long	50	FR	00:33.77	2nd	
Hannah Jones	28/10/1986	24	Senior	Welsh Open	Swansea	2010	06/03/10	Long	100	FR	01:20.76	3rd	
Hannah Jones	28/10/1986	24	Senior	Welsh Open	Swansea	2010	07/03/10	Long	100	BR	01:40.36	1st	
Hannah Jones	28/10/1986	24	Senior	Welsh Open	Swansea	2010	07/03/10	Long	50	BR	00:44.77	1st	
Mixed	160-199			Welsh Open	Swansea	2010	06/03/10	Long	200	FR	02:14.75	2nd	Allie (39.39), Fiona (37.87), Rhys (29.06), Andrew (26.27)
Mixed	120-159			Welsh Open	Swansea	2010	06/03/10	Long	200	Med	02:12.59	2nd	Welsh record - Rhys(34.25), Paul(41.62), Andrew P(29.60), Richard(30.16)
Men	120-159			Welsh Open	Swansea	2010	07/03/10	Long	200	Med	02:15.63	1st	Rhys(34.25), Paul(41.62), Andrew P(29.60), Richard(30.16)
Women	120-159			Welsh Open	Swansea	2010	07/03/10	Long	200	Med	02:23.55	1st	Allie (37.64), Fiona (38.16), Sian (33.84), Rhian (33.91)
Men	160-199			Welsh Open	Swansea	2010	07/03/10	Long	200	FR	02:08.96	1st	Rhys(28.20), Richard(30.22), Simon(30.15), Andrew F(40.39)
Richard Black				Welsh Open	Swansea	2010	05/03/10	Long					Withdrew
Walter Syrett	21/07/1959	51	F	Welsh Open	Swansea	2010	05/03/10	Long	50	BR			Withdrew
Walter Syrett	21/07/1959	51	F	Welsh Open	Swansea	2010	05/03/10	Long	100	BR			Withdrew
Walter Syrett	21/07/1959	51	F	Welsh Open	Swansea	2010	05/03/10	Long	200	BR			Withdrew
Mike Battersby	03/05/1958	52	F	Welsh Open	Swansea	2010	21/02/10	Long	50	FR			Withdrew
Mike Battersby	03/05/1958	52	F	Welsh Open	Swansea	2010	21/02/10	Long	50	BK			Withdrew
Mike Battersby	03/05/1958	52	F	Welsh Open	Swansea	2010	21/02/10	Long	50	BR			Withdrew

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Mike Battersby	03/05/1958	52	F	Welsh Open	Swansea	2010	21/02/10	Long	200	IM			Withdrew
Mike Battersby	03/05/1958	52	F	Welsh Open	Swansea	2010	21/02/10	Long	400	IM			Withdrew
Mike Battersby	03/05/1958	52	F	Welsh Open	Swansea	2010	21/02/10	Long	800	FR			Withdrew