

Spring Results from Tenby Dolphins.

The past few weeks have as usual been busy for the enthusiastic members of the Tenby & District Swimming Club.

The first event in April was the much anticipated Dyfed League Final, which was followed on the subsequent weekend by the Welsh Age Group and Youth Championships where our more experienced swimmers took on the best in Wales. Towards the end of the month a large number of Tenby swimmers were selected to represent Pembrokeshire Aces in their bi-annual competition against Sundays Wells Swimming Club in Cork, Ireland. Finally, we squeezed in a Pembrokeshire Junior League gala against Milford Tigers!

Competition Results.

The 2006 **Dyfed League Final** took place in Llanelli on 8th April, and was attended by teams from Tenby, Llanelli, Carmarthen, Aberaeron, Aberystwyth and Pembroke.

As indicated by the performances of the teams in the two qualifying rounds, it was an immensely competitive struggle, with the overall result in doubt until quite near the end of the competition.

Tenby battled valiantly, with many of the team producing some really encouraging swims. However, the final analysis showed that Carmarthen were victorious with a winning margin of just 12 points over Tenby. Llanelli were 3rd and the continually improving Aberaeron team 4th.

Despite not being on the top step of the podium, Team Manager Steph Amos was pleased with the second place finish, especially as Carmarthen recalled all of their strongest swimmers who were omitted from the earlier rounds of the event. The winning points margin was very small, so Head Coach John Amos is confident that with continued hard work on technique and performance, there will be every opportunity of reversing the result next year.

The **Welsh Age Group and Youth Championship** took place in the National Pool Swansea over the weekend of 14th-17th April.

This is a really tough competition, where the best in Wales compete in the 50m pool. The competition also attracts the best Welsh swimmers who are resident in other parts of the UK and train with some of the top clubs and professional coaches, so to do well here is an outstanding achievement.

In total fifteen Tenby swimmers entered the competition. Some for experience, and others who were genuinely competing for honours. The Tenby entrants were:

Lewys Canton, Eleri Canton, Johnnie Delahunty, Lloyd Delahunty, Carl Amos, Gemma Amos, Coral Lewis, Matthew Brown, Daniel Brown, Danny

Brown, Jack Lear, Tasha Kinsey, Cheyne Lloyd, Holly Watkins-Rees and Andrew James.

As expected, despite swimming to the best of their abilities and producing some excellent personal best times, individually the Tenby team members found the competition very tough.

The competition is structured to encourage the swimmers to achieve fast times at all stages of the event. Despite holding the competition in an eight-lane pool there were only 4 "A" final places for 200m events and 6 for 100m events. They also hold "B" finals for the next 8 in 200m events and the next 6 in 100m events. With qualification for the finals being so difficult, reaching a final of any form in this competition is a significant achievement.

Those who achieved this significant milestone were: Mike Nicholas 1st 15-18Yrs 100m Backstroke; Danny Brown 2nd 13-14Yrs 100m Breaststroke, 2nd 13-14Yrs 200m Breaststroke and 5th 13-14Yrs 100m Freestyle; Andrew James 4th 13-14Yrs 100m Breaststroke; Johnnie Delahunty 5th 13/U 100m Freestyle and 7th 13/U 100m Backstroke; Daniel Brown 8th 13-14Yrs 100m Backstroke. Daniel also qualified for the 13-14Yrs 100m Freestyle "B" final, but did not swim. Especially well done to Mike and Danny, and congratulations to the other finalists.



Lewys Canton, Daniel Brown, Simon Johns and Danny Brown; winners of the 4 x 100m Medley and Freestyle Relays at the Welsh Championships.

Three members of the Tenby team, Lewys Canton, Daniel Brown and Danny Brown, swimming with Simon Johns of Fishguard also competed for

the Pembrokeshire Aces in the relay competition. The boys swam in 11-14Yrs team events and won both the 4x100m Medley and 4x100m Freestyle relays. A great result!

Thanks to John and Steph Amos for their efforts once again. No Easter Egg hunt for them this year!

Over the weekend of the 20th-23rd of April, selected members of the Tenby & District Swimming club travelled to Cork in Ireland with other members of the **Pembrokeshire Aces to take on the Sundays Wells Swimming Club**. In total 40 Pembrokeshire swimmers made the trip and according to all reports, they had a really good time.

The excited but very sleepy Pembrokeshire team caught the ferry from Fishguard at 2am in the morning of Friday 21st April, and made their way from Rosslare to Cork via coach. Upon arriving in Cork they were met and hosted by local families in groups of two. The swimmers were very well looked after and entertained by their hosts on the Friday evening, and arrived reasonably fresh for the gala which was held on the morning of the 22nd April. Taking into account that most of the team had very little sleep the day before, they did very well. They didn't win, but put on a good show, bearing in mind that for various reasons not all of the original squad selection were available to travel. Having attended a party in the evening after the gala, and spending one more night with their hosts, the team travelled back to Rosslare and all returned home safely on the ferry on the evening of 23rd April.

We look forward to taking on the Irish team again next year when it will Pembrokeshire's turn to host the event.

The final competition report we have is for a **Pembrokeshire Junior League** meet against Milford Tigers on 13th April. Neil Hensman, the Junior Squad coach selected a strong team, and once again all the junior swimmers did very well and Tenby had a comfortable victory.

This result was significant because following this win, Tenby were confirmed as winners of the 2006 Pembrokeshire Junior League. Great result everyone!

Forthcoming Events:

It was mentioned last time, but as usual there are loads of things going on!

The Swansea Valley Junior Open Meet (at Neath) is on 6-7th May. For competitors 13/U. 50m races for younger swimmers. Good luck to all entrants!

The Dyfed Junior League Round 2 in Carmarthen is on 13th May. Check the notice board for news of team selection.

The Swim Swansea Long Course Open is on 19-21st May. 50m pool. Junior competition for 10/U as well as senior events. (Entries now closed!).

The Amman Valley Sprints are on June 10th in Llanelli.

If all goes according to plan on 13th, Tenby should be attending the Dyfed Junior League Final on 25th June.

We have said it before, but if you have not tried them already why not give some of the Opens a go? More details on the club website and notice board at the leisure centre.

Club News

Well done to Eleri Canton, who after a fine swim at the Welsh Age Group and Youth Championships, achieved the necessary qualifying time to join the Pembrokeshire development squad. Eleri has been putting in a lot of hours over the past months to achieve this, so it's great to see the hard work paying off.

There is a club outing to a Pantomime in Swansea planned next January (2007). Demand for places has been phenomenal so far. For more details please see the notice board.



Members of the Pembrokeshire Aces Swimming Team on their way to Cork.



Members of the Pembroke Aces Swimming Team with some of their Irish hosts before their return journey from Cork in Ireland.