

## **Dolphins in Good Form at Swansea Valley Junior Open Meet.**

Another week, another open meeting! Once again the swimmers from Tenby & District Swimming Club have been in action at a regional swimming competition.

Held over the weekend of 6<sup>th</sup>-7<sup>th</sup> May, the event was the 2006 Swansea Valley Junior Open Meeting; the venue being the 6 lane, 25m pool at Neath Leisure Centre.

The competition was open to swimmers aged 13 and under, and a small Tenby contingent of 14 club members took on some strong competition from 29 other swimming clubs from across south Wales and beyond.

### **Competition Results.**

The Swansea Valley Junior Open was split into 4 sessions spread over the 2 days of the competition. As is often the case at swimming galas, the first events of each session were the longer distance races such as the 200m and 400m Freestyle and 200m Individual Medley.

Tenby were off to a flying start, with Lewys Canton and Johnnie Delahunty winning their individual age group categories in the 200m Freestyle event. These two continued their fine form all weekend and came away with the same medal collection at the end of the competition. Namely, 5 gold and 1 silver medal each. Great swimming guys!

This was obviously great motivation to the rest of the team and several other swimmers picked up medals along the way. Those achieving podium finishes were:

Gemma Amos, 13Yrs, (2<sup>nd</sup> 200m Freestyle, 2<sup>nd</sup> 100m Freestyle, 3<sup>rd</sup> 100m Breaststroke); Eleri Canton, 10Yrs, (3<sup>rd</sup> 400m Freestyle); Lewys Canton, 13Yrs, (1<sup>st</sup> 200m Freestyle, 1<sup>st</sup> 100m Backstroke, 2<sup>nd</sup> 400m Freestyle, 1<sup>st</sup> 100m Freestyle, 1<sup>st</sup> 200m Individual Medley, 1<sup>st</sup> 100m Butterfly); Bethan Davie, 10Yrs, (1<sup>st</sup> 50m Breaststroke); Matt Davie, 13Yrs, (3<sup>rd</sup> 400m Freestyle, 3<sup>rd</sup> 100m Freestyle, 3<sup>rd</sup> 200m Individual Medley, 2<sup>nd</sup> 100m Butterfly, 2<sup>nd</sup> 100m Breaststroke); Johnnie Delahunty, 12Yrs, (1<sup>st</sup> 200m Freestyle, 1<sup>st</sup> 100m Freestyle, 1<sup>st</sup> 400m Freestyle, 1<sup>st</sup> 100m Backstroke, 1<sup>st</sup> 200m Individual Medley, 2<sup>nd</sup> 100m Butterfly); and Jack Lear, 12Yrs, (3<sup>rd</sup> 100m Freestyle, 2<sup>nd</sup> 200m Freestyle, 1<sup>st</sup> 100m Breaststroke).

Of the 96 individual heats and finals that the Tenby swimmers competed in, no less than 51 personal best times (PB's) were set. In fact all of the Tenby entrants set at least one good PB during the course of the weekend, which shows that the all round improvements continue apace.

Notable PB's were set by Lewys and Johnnie in the 100m Freestyle, as they edge ever closer to the magical 1 minute barrier for this event. It wont be long before one of these two dips to a sub-60 second figure. Our

long distance specialist, Eleri Canton, made more big improvements in the 10Yrs. 400m and 200m events. Bethan Davie, who is generally more comfortable with the sprint races, also produced a good PB in the 200m I.M.. Thomas Baker made big improvements in the 12Yrs. 100m Breaststroke and Freestyle, and Matt Davie had a strong race in the 13Yrs. 100m Breaststroke. Missing first place in the final by just 1/10 of a second, but nevertheless setting an impressive new PB on the way. Finally it was great to see Gemma starting to reduce her times again. Well done to everyone!



Tenby competitors enjoying themselves at Swansea Valley Open Meet 2006:  
Back Row left to right, Lloyd Delahunty, Lewys Canton, Gemma Amos, Johnnie Delahunty, Matt Davie. Front row left to right, Bethan Davie, Sadie Griffiths, Eleri Canton, Samu Jaakola and Henrik Jaakola. (Missing from Photo: Jack Lear, Thomas Baker, Josh Thomas and Jacob Griffiths).

With such a small entry Tenby did very well in the overall points competition. Up to the start of the final session we were actually in first place amongst the visiting clubs, but despite best efforts Carmarthen and Llanelli pushed us down to 4<sup>th</sup> place by the conclusion.

Our squad sessions are full to capacity, so lets see some more of the Junior and senior swimmers venture outside Pembrokeshire from time to time and take on the rest!

### **Forthcoming Events:**

Events on the horizon are:

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

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

The Pembrokeshire Sprints are coming up on 28<sup>th</sup> May at Pembroke Pool. Details on the notice board. All encouraged to enter!!

The Amman Valley Sprints are on June 10<sup>th</sup> in Llanelli. (Entries now closed!).

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

We'll say it again. 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.