

## **Exciting Races at 2005 Tenby Dolphins Club Championships.**

This year the **Tenby Dolphins Club Championships** were held over three sessions on the 24<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup> November. This is a closed competition, only open to club members and all Tenby swimmers were encouraged to enter. Races were held for the full spectrum of age ranges for both boys and girls, and there were many exciting battles over the three days. As well as individual race winners, there were prizes awarded for the various age group winners, and swimmers were also awarded points to establish the overall boys and girls rankings.

### **Competition Results:**

On Thursday 24<sup>th</sup> November, the swimmers competed in Individual Medley (IM) and Freestyle races. For those under 11years old, the IM races were all over 100m, but those of 12 years and over are given a more demanding test and expected to compete over 200m.

The Individual Medley winners were as follows: Girls 100m IM: Jessica Wainwright (7/U), Niamh Slack (8/U), Rebekah Gwyther (9/U), Eleri Canton (10/U), Eleanor Brown (11/U). Boys 100m IM: Daniel Davies (7/U), Elliot Hoad (9/U), Samu Jaakola (10/U), Jake Jenkins (11/U). Girls 200m IM: Tasha Kinsey (12-13), Saskia Petersen (14 & over). Boys 200m IM: Daniel Brown (12-13), Matt Brown (14 & over).

As with the IM races, in the Freestyle events, the older swimmers have longer distances to compete over.

The race winners were as follows: Girls Freestyle: Maddi Vickery (25m, 7/U), Hari-Llyw Truman (25m, 8/U), Jade Thomas (50m, 9/U), Bethan Davie (50m, 10/U), Eleanor Brown (100m, 11/U), Tasha Kinsey (100m, 12-13), Coral Lewis (14 & over). Boys Freestyle: Daniel Davies (25m, 7/U), Daniel Evans (25m, 8/U), Elliot Hoad (50m, 9/U), Lloyd Delahunty (50m, 10/U), Jake Jenkins (100m, 11/U), Daniel Brown (100m, 12-13), Matt Brown (100m, 14 & over).

After a two day break, the competition resumed on Sunday 27<sup>th</sup> November, with the Backstroke and Butterfly events. Once again the races were over 25, 50 or 100m, depending on the age group.

The winners of the Butterfly races were as follows: Girls: Hannah Saunders (25m, 7/U), Hari-Llyw Truman (25m, 8/U), Jade Thomas (50m, 9/U), Bethan Davie (50m, 10/U), Eleanor Brown (100m, 11/U), Tasha Kinsey (100m, 12-13), Holly Watkins-Rees (100m, 14 & over). Boys: Daniel Davies (25m, 7/U), Henrik Jaakola (50m, 9/U), Lloyd Delahunty (50m, 10/U), Henry Whittaker (100m, 11/U), Daniel Brown (100m 12-13), Carl Amos (100m, 14 & over).

The backstroke winners were as follows: Girls: Hannah Saunders (25m, 7/U), Niamh Slack (25m, 8/U), Rebekah Gwyther (50m, 9/U), Bethan

Davie (50m, 10/U), Eleanor Brown (100m, 11/U), Tasha Kinsey (100m, 12-13), Holly Watkins-Rees (100m, 14 & over). Boys: Daniel Davies (25m, 7/U), Daniel Evans (25m, 8/U), Elliot Hoad (50m, 9/U), Samu Jaakola (50m, 10/U), Jake Jenkins (100m, 11/U), Daniel Brown (100m, 12-13), Matt Brown (100m, 14 & over).

To close out the championships, some longer distance 200m Freestyle races and then Breaststroke events were held on Monday 28<sup>th</sup> November.

200m Freestyle race winners were: Girls: Niamh Slack (9/U), Eleanor Brown (10-11), Tasha Kinsey (12-13), Coral Lewis (14 & over). Boys: Henrik Jaakola (9/U), Lloyd Delahunty (10-11), Daniel Brown (12-13), Matt Brown (14 & over).

Breaststroke race winners were: Girls: Maddi Vickery (25m, 7/U), Hari-Llyw Truman (25m, 8/U), Rebekah Gwyther (50m, 9/U), Bethan Davie (50m, 10/U), Kira Hardy (100m, 11/U), Tasha Kinsey (100m, 12-13), Saskia Petersen (100m, 14 & over). Boys: Daniel Davies (25m, 7/U), Adam Muskett (25m, 8/U), Elliot Hoad (50m, 9/U), Samu Jaakola (50m, 10/U), Henry Whittaker (100m, 11/U), Daniel Brown (100m, 12-13), Matt Brown (100m, 14 & over).

As mentioned earlier, points were awarded for finishing positions in the individual races, so each swimmer accrued an individual points total as the competition progressed.

The final analysis revealed that the overall age group winners for the girls were: Saskia Petersen (14 & over), Tasha Kinsey (12-13), Eleanor Brown (11/U), Bethan Davie (10/U), Rebekah Gwyther (9/U), Niamh Slack (8/U) and Madison Vickery (7/U). For the boys the age group winners were: Matthew Brown (14 & over), Daniel Brown (12-13), Henry Whittaker (11/U), Lloyd Delahunty (10/U), Elliot Hoad (9/U), Daniel Evans (8/U) and Daniel Davies (7/U).

Unlike some swimming galas which can be all day events, the format of three shorter sessions spread over several days seemed to be a popular choice amongst swimmers and parents.

Overall the swimmers performed very well, and once again many set personal best times in the various races. For a number of our younger or less experienced swimmers, this was their first opportunity to take part in a gala, and despite some natural initial nervousness all had a lot of fun.

The coaching team, ably lead as always by John and Steph Amos, report that they are very pleased with the progress made by swimmers throughout the club, and look forward in anticipation to developing the skills of the squads even further.

Very well done to all who took part!



Boys 10/U 100m Backstroke medallists left to right; Lloyd Delahunty, Samu Jaakola, Sam Lewis and Dominic Ciccotti.



Girls 11/U 100m Backstroke medallists left to right; Sadie Griffiths, Eleanor Brown, Lauren Arthur and Holly Jones.

Prior to the Tenby Dolphins Club Championships, a number of the younger club members took part in the **Pembrokeshire Urdd Junior Schools Swimming Gala**. This forms part of the annual Urdd swimming competition which takes place across all the counties of Wales, with the winners of the regional events meeting for the Grand Final at the Welsh National Pool in Swansea in the New Year.

The Pembrokeshire event took place at the Tenby Leisure Centre on 23<sup>rd</sup> November, and involved swimmers from Junior Schools throughout the county. We are told that this was the most successful event of it's type so far, with 339 children from 29 different schools taking part.

We are delighted to report that the hard work put in by Tenby's swimmers and coaches was rewarded with some excellent results, and the club will be well represented at the National Finals once again.

Representing their individual schools, the successful Tenby club swimmers were:

(Tenby Junior's) - Bethan Davie, Yr 5&6 Breaststroke; Bethan Davie, Casie Paxton, Sydney Vickery and Jade Thomas, Yr 5&6 Freestyle Relay and Medley Relay.

(Saundersfoot) - Edward Hurle, Yr 3&4 Backstroke; Daniel Davies, Yr 3&4 Breaststroke; Henrik Jaakola, Yr 3&4 Butterfly; Edward Hurle, Daniel Davies, Henrik Jaakola and Adam Muskett, Yr 3&4 Freestyle Relay and Medley Relay; Jake Jenkins, Yr 5&6 Backstroke; Samu Jaakola, Yr 5&6 IM; Jake Jenkins, Jacob Griffiths, and Samu Jaakola Yr 5&6 Medley Relay.

(St Teilo's) - Hari-Llyw Truman, Yr 3&4 Backstroke; Hari-Llyw Truman, Niamh Slack and Sarah Davies, Yr 3&4 Freestyle Relay and Medley Relay.

(Stepaside) - Rebekah Gwyther, Yr 3&4 Breaststroke and Freestyle.

(Orielson) - Sam Lewis, Yr 5&6 Butterfly.

With so many of the club's swimmers making the finals we will hopefully see a good haul of medals heading back to Pembrokeshire in January. Well done to all the above and good luck in the Finals!!

To find out more about the competition, and the seed times of the other finalists, why not check out the Urdd website. ([www.Urdd.org](http://www.Urdd.org)).

### **Club News.**

Following some outstanding swims at the recent Tenby Dolphins Club Championships, we are very pleased to report that Lloyd Delahunty and Samu Jaakola have now achieved the necessary times to join the Pembrokeshire Development Squad. They are already hard at work!

Cheyne Lloyd and Jacob Griffiths also improved their PB's sufficiently to move up to the Tenby Senior Squad, and Thomas Baker, Heather Morgan, Chloe Rees and Lewis Bridle have progressed from the Dolphin sessions on Fridays to the Junior Squad training on Mondays and Thursdays.

Congratulations to you all. Keep up the good work!

**Forthcoming Events.**

The ever popular annual club Christmas Party is almost upon us and will be taking place at the Saundersfoot Sports Club on Thursday 22<sup>nd</sup> from 18:30.

It is sure to be a great evening, and we look forward to seeing all the club members there.