

Tenby Swimmers Enjoy Dolphins Club Championships.

It has been a few weeks since the last press report from Tenby Dolphins, but in the mean time everybody has carried on with the usual training regime and we had a lot of excitement at our annual Club Championships.

Also, last weekend, a small contingent from Tenby travelled to Swansea to take part in the Swim Wales Winter Long Course Open Meet.

Competition Results.

Such is the popularity of swimming in Tenby at the moment, the 2006 Tenby & District Swimming Club Championships had to be split over three days to accommodate all the entries. Proceedings commenced with Individual Medley and Freestyle events on Saturday 2nd, then followed with Backstroke and Butterfly on Sunday, and concluded with 200m Freestyle and Breaststroke during the normal Dolphins session on Monday evening.

A total of 101 of our swimmers entered at least one race in the Championship. With so many competitors taking part in a huge number of different events I am sure you will appreciate that it is not possible to include the details of every single race. Nevertheless, here are the swimmers who achieved podium positions:

In alphabetical order, the successful competitors were:

Carl Amos, Gemma Amos, Lauren Arthur, Sophie Arthur, Thomas Baker, Claudia Belli, Millie Belli, Lewis Bridle, Daniel Brown, Matt Brown, Eleri Canton, Lewys Canton, Dominic Ciccotti, Elena Ciccotti, Nathan Clarke, Bethan Davie, Gareth Davie, Carys Davies, Ffion Davies, Rhys Davies, Sarah Davies, Like Dedoncker, Johnnie Delahunty, Lydia Dilks, Daniel Evans, Jacob Griffiths, Sadie Griffiths, Carl Gwyther, Rebekah Gwyther, Elliot Hoad, Edward Hurle, Henrik Jaakola, Jonas Jaakola, Samu Jaakola, Andrew James, Edward James, Myles Johnson, Tom Kinnear, Jacob Knox, Jack Lear, Coral Lewis, Sam Lewis, Talia Merriman, Adam Muskett, Mike Nicholas, Casie Paxton, Georgia Pool, Chloe Rees, Jade Rowell, Hannah Saunders, Kiera Slack, Niamh Slack, Jade Thomas, Josh Thomas, Billy Truman, Hari Truman, Madison Vickery, Sydney Vickery, Jessica Wainwright, Heather Whittaker, Henry Whittaker.

Included in the above there were some notable performances. Within their given age groups, several swimmers recorder a clean sweep of gold medal positions. These were Elena Ciccotti, Johnnie Delahunty, Samu Jaakola, Coral Lewis, Hannah Saunders and Billy Truman. Well done indeed!

Maybe it is because the swimmers don't often compete in all the different race categories available at the Championships, but a study of the results shows that there were many very impressive new times set by a large part of the entry. Rebekah Gwyther sliced a mighty 32.5 seconds off her 200m Freestyle time, and Thomas Baker, Elliot Hoad, Casie Paxton, Niamh Slack and Henry Whittaker also reduced their personal bests by more than 20 seconds in one of the events they entered. Matt Brown, Rebekah

Gwyther, Billy Truman and Henry Whittaker, set new PB' s in every event they entered, as did Eleri Canton who had a great weekend and reduced all of her entry times by a huge margin. Great swimming by all of you!

As well as competing for honours in individual races, there were also age group trophies up for grabs. The age group trophy winners were:

7/U Billy Truman, Ffion Davies; 8/U Edward Hurle, Hannah Saunders; 9/U Lewis Bridle, Hari Truman & Niamh Slack (tie); 10/U Elliot Hoad, Rebekah Gwyther; 11/U Samu Jaakola, Eleri Canton; 12-13 Johnnie Delahunty, Elena Ciccotti; 14/O Mike Nicholas, Gemma Amos.

Congratulations to all of the above and to all the swimmers who took part. We hope you really enjoyed it, and trust that this has fired your enthusiasm and loads more of you will have a go at galas and open meetings in the coming year.

A full list of results is available on the Tenby Dolphins web site, together with a great collection of photos of the various medallists from the club championship.



7, 8 , 9 and 10 Years Age Group Trophy Winners at this years Tenby Dolphins Club Championships.



11, 12-13 and 14/O Age Group Trophy Winners at this years Tenby Dolphins Club Championships.

Over the weekend of the 15th to 17th December the Swim Wales Winter Long Course Open Meet was held at the National Pool in Swansea. A small group of our swimmers made the trip and represented Tenby/Pembrokeshire Aces in the competition. This was a competition with Age Group 200m races and Open events for the top competitors.

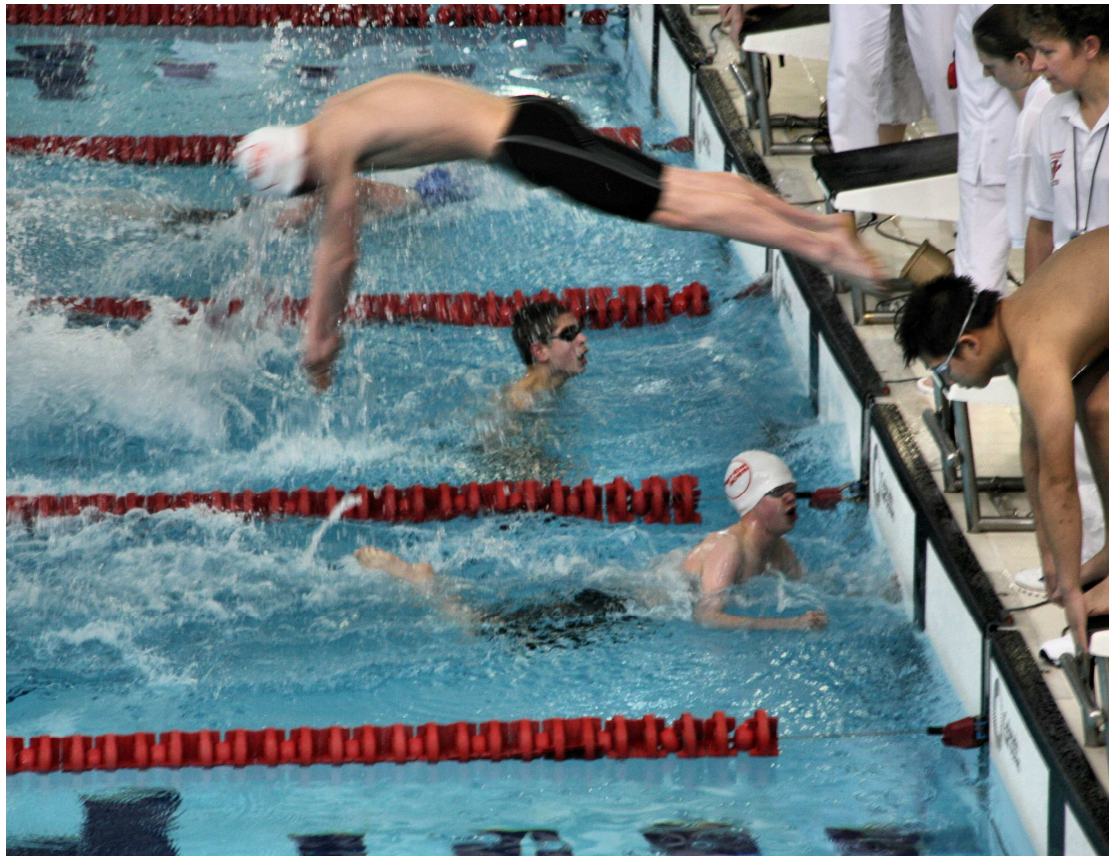
Danny Brown, who is still a club member in Tenby although he attends Kelly College, had a very good weekend. He was 1st in the 15/U 200m IM, 2nd in the 15/U 200m Breaststroke and 3rd in the 15/U 200m freestyle. A great performance considering that he is still only 14, and has another year before he is top of his age group for this event. Danny also entered the 100m and 200m Open Breaststroke, setting a good time in the 100m and qualifying for the final in the 200m. Great stuff Danny! We are all delighted to see your continuing success at this level.

The other Tenby swimmers were: Eleri Canton, Bethan Davie, Daniel Brown, Lewys Canton, Matt Davie, Johnnie Delahunty and Andrew James.

Andrew chose to compete in the Open events, and the remainder entered the Age Group competition. There was a bit of a mixed bag of results, but all in all the Tenby swimmers seem to be continuing to make good progress.

The highlight of the weekend for Johnnie, Matt, Lewys & Dan were the 14/U relay competitions held at the end of the afternoon sessions on Saturday and Sunday. On Saturday the boys produced a battling performance to come home in 2nd place behind a very strong City of

Cardiff team in the Medley relay, and on Sunday they had a fantastic race with a nail-biting finish, and picked up another silver medal behind the Cardiff team. After a dramatic race, anchor-man Daniel Brown stormed down the final 50m closing on the leader with every stroke. In the end it was a finger tip decision with City of Cardiff holding on for the win by a mere 0.11 seconds. A great performance by the boys as the winning team comprised 4 national standard competitors!



Johnnie Delahunty flies off the blocks as he takes over from Matt Davie in the 200m Freestyle Relay at the Swim Wales Winter Long Course Open Meet at the National Pool Swansea.



Lewys Canton, Johnnie Delahunty, Daniel Brown and Matt Davie. Double Silver Medalists in the 14/U Relays at the Swim Wales Winter Long Course Open Meet at the National Pool Swansea.

Forthcoming Events.

- 22nd December We have the club Christmas party at the Saundersfoot Sports Club (Tonight. Friday. 7 pm !). A fun night with annual club swimming award presentations, party games, disco, food, and great prize raffle. Don't miss it!!
- 6th January The Pembrokeshire Long Distance Championship. 800m and 1500m races at Pembroke Leisure Centre.
- 15-17th Jan Swim Wales Dragon Meet at the WNP Swansea. (Entries are now closed). Good luck to those making the trip.
- 27th January URDD Primary and Secondary Finals at the WNP Swansea.
- 15-18th Feb & 24-25th Feb West Wales Championships, Penlan, Swansea. This is the primary regional event for our area, and we expect all of the squad members to consider entering this championship. We had a good turn out and great results at the Pembrokeshire Championships, so now you need to move on to the next level and see how good you are compared to the rest of the region, not just the county! If in doubt ask any of the club officials

and we will advise you what to enter. Closing date is mid January, so don't delay!

10-11th March Llanelli Open Meet 2007.

Club News

There will be a reorganisation of squads and training sessions in the New Year, and we will be contacting you shortly with information about the changes.

Our dedicated and hard working coaching team deserve a rest, so we will be taking our usual break over the Christmas holidays. Consequently, there will be no club training sessions until Thursday 4th January. Have a great Christmas and see you in the pool in the New Year.