

## **More Gala Success for Tenby Dolphins.**

The swimmers of Tenby & District Swimming Club have been taking part in yet more galas in the last couple of weeks.

The weekend of 10<sup>th</sup> June saw a small contingent make the trip to the Amman Valley Sprint Meet, which is held each year in Llanelli. This was followed by a triangular team competition for the Pembroke Junior Shield at Pembroke Leisure Centre on 18<sup>th</sup> June.

### **Competition Results.**

Gemma Amos, Lewys Canton, Eleri Canton, Cheyne Lloyd, Mike Nicholas, Niamh Slack and Holly Watkins-Rees, made the trip to Llanelli to take part in the Amman Valley Sprints.

Consistent top performer Lewys swam very well again, and came home with 1 Bronze and 4 Gold medals. He won the 13yrs 50m Butterfly, Freestyle and Backstroke, and the 100m Individual Medley (I.M.). Picking up a Bronze in the 50m Breaststroke, the stroke he least prefers, was a very good effort.

Mike Nicholas won the 16/O 50m Breaststroke and Backstroke, and was second in the 50m Butterfly and the I.M.. Gemma Amos finished in Bronze medal position in the 13yrs 50m Freestyle. Niamh Slack won Silver in the 9/U 50m Butterfly and Bronze in the 50m Backstroke and I.M.. The final member of the group who made it to the podium was Holly Watkins-Rees who finished second in the 14yrs 50m Butterfly and third in the 50m Breaststroke and I.M.

Well done to all the medallists above and also to Cheyne Lloyd who set 5 good new personal best times in the events he entered. Eleri Canton has recently had her 11<sup>th</sup> birthday and was competing in the 11yrs age group for the first time. This is always difficult, but nevertheless she swam well and was close to her PB's in several events.

On Sunday 18<sup>th</sup> June, a junior team entered the Junior Shield competition at Pembroke Leisure Centre. They were up against teams from Pembroke and Fishguard. The Tenby team, made up of swimmers of 12 years and under, swam very well throughout. After completing the 50 events that comprised the gala, Tenby were first overall with a total of 117 points. Fishguard Flyers, who it must be said are improving all the time, finished in second place with 92 points. Pembroke, who also produced some good individual swims came third with a respectable 77 points.

The Tenby Team as a whole swam very well and produced a good all round performance, and several individuals achieved some excellent new PB's. Sadie Griffiths improved her times in both the 100m Breaststroke and Backstroke by over 6 seconds. Henry Whittaker also cut 6 seconds off his 100m Breaststroke time, and Henrik Jaakola continued to make significant improvements in the events he entered. The most impressive new PB of the day was set by Niamh Slack who chopped a huge 11.9 seconds off her 100m Freestyle entry time. Wow!

Many of the other members of the team also set new PB's, and it was encouraging to see everyone really battling for success even if they weren't on top form on the day. Very well done to the entire team. The competition are improving so keep on training hard if you want to stay in front!



Mr Francis Bunker, Pembroke & District Team Coach, presenting Tenby team members Sadie Griffiths and Henry Whittaker with the Pembroke Junior Shield.

### **Forthcoming Events**

This weekend we have two very exciting events:

On Saturday 24<sup>th</sup> June, Wales' Commonwealth Gold and Olympic Bronze medallist David Davies is coming to Tenby to hold a special training session with Tenby and District club members. A lucky group of swimmers selected on the basis of age and experience will take part in the session.

Those members of our junior squad who meet and train with a champion swimmer, will surely be highly motivated for the event that takes place on Sunday 25<sup>th</sup> June at Llanelli.

Tenby have qualified for the Dyfed Junior League Final, and a strong team has been selected for the event. We were just pipped-at-the-post in the Senior event, so lets see if we can go one better this time. Good luck to all those selected!

One more big event over the summer.

On 4<sup>th</sup>-6<sup>th</sup> August the WASA Regional Championships will take place at the Welsh National Pool in Swansea. The closing date is coming up fast, so check the notice board at the pool this week for details! It is a fantastic venue so why not have a go?

### **Club News**

Tenby senior swimmers, who are also part of the Pembrokeshire Development Squad, have for the past two weeks been benefiting from the coaching skills of Mr Martyn Woodroffe, the Swimming Development Coach for Welsh Swimming, who has been holding an intensive local training camp.

Special sessions were held at Tenby, Haverfordwest, Milford Haven and Fishguard, and the squad members report that they have thoroughly enjoyed the experience and have picked up some useful tips that they can continue to work on and incorporate into their training regimes over the coming months.

Also, the members of the Pembrokeshire Development Squad will be pleased to learn that the new squad tops will shortly be available!

Finally, it seems some team members will do anything to get their name in print! Not having entered any galas recently, Andrew James decided the only thing to do was take up a new extreme sport...freestyle horsebox riding! Apparently, wearing only a pair of loud Bermudan shorts and a smile, you hang onto the back of a horsebox, and then fling yourself off it head-first just as it reaches bone-breaking speed. We are very pleased to report that despite gloomy first impressions Andrew bounced rather than broke. By all accounts our thrill-seeker is not planning a repeat performance, although he has been spotted wandering around muttering about base-jumping in recent days. Must be concussion! Glad you are on the mend Andrew - Stick to swimming!