

Tenby Dolphins Compete at 2007 Llanelli Open Meet.

Following hot on the heels of this year's West Wales Championships, the 2007 Llanelli Open Meet was held over the weekend of 10th and 11th March.

Considering the intensity of the previous competition it was pleasing to see a good number of our swimmers making the journey, and coming away with some solid results.

The club has also been in action at the 2nd round of this year's Dyfed Senior League, which was held at Pembroke leisure centre on 17th March.

Competition Results.

The Llanelli competition was attended by 13 of our most enthusiastic swimmers, together with Millie Dessent who was making her first appearance at an Open Meet. Well done Millie we hope you enjoyed it.



Action from the 7 Llanelli Open Meet.

The finalists and medal winners were as follows:

Eleri Canton, 5th 10-11 100m Fly and 6th 10-11 200m IM; Lewys Canton, 1st 13-14 100m & 200m Freestyle, and 3rd 13-14 100m Backstroke; Bethan Davie, 2nd 10-11 100m Breaststroke, 6th 10-11 200m Freestyle; Matt Davie, 6th 13-14 100m Fly, 2nd 13-14 200m IM, 4th 13-14 100m Breaststroke; Johnnie Delahunty, 4th 13-14 100m Fly; Lloyd Delahunty, 6th 11-12 200m IM, 4th 11-12 100m Backstroke; Mike Nicholas, 1st in 17/0

100m Breast, 200m Freestyle, 100m Backstroke, 100m Freestyle, 200m IM, 100m Fly, 50m Freestyle (Yes 7 gold!); Niamh Slack, 3rd 9/U 50m Freestyle, 2nd 9/U 100m IM, 3rd 9/U 50m Breaststroke; Matt Veale, 2nd 17/O 100m Backstroke, 100m Freestyle and 3rd in 100m Breaststroke, 200m Freestyle, 200m IM and 50m Freestyle; Holly Watkin-Rees, 2nd 14-15 100m Fly, 4th 14-15 100m Breaststroke and 50m Freestyle, 5th 14-15 100m Backstroke and 6th 200m IM.



Gemma Amos Swims in 200m Freestyle Event at the 2007 Llanelli Open

Well done to all of you who made it onto the podium, particularly Mike Nicholas who had a very good weekend. As did Matt Veale who also picked up a lot of medals and swam close to his PB's in the same age category. In the Delahunty family, Lloyd had the best of the weekend and showed that his continued hard work in training is really starting to produce consistently good results. Lewys Canton who only attended for one day had a very good Saturday winning two golds in very impressive style, and Eleri set a nice PB in her favourite 100m butterfly event. Bethan Davie who despite finishing second in her breaststroke event by just 0.4 seconds, set another good PB and inched ever closer to the UK National qualifying times. Matt Davie continued his run of strong swims and set good PB's in all his events once again. Niamh also continued her steady improvement setting good times in the events she entered. Well done everyone!



Lloyd Delahunty (far lane) battling for position in the 100m Breaststroke at the 2007 Llanelli Open Meet.

Regular readers of these reports will have surely noticed that the same names keep cropping up in the results. We are of course delighted with their continuing commitment and enthusiasm and hope that in the coming months more of our members will follow Millie's example and try out some Opens. They are a lot more fun, exciting and considerably more rewarding than the occasional trip to Pembroke!

Talking of which, the Senior Team travelled to the aforementioned leisure centre on Saturday 17th March to take part in the 2nd round of the Dyfed League.

This time we were up against teams from Aberaeron, Haverfordwest and Pembroke, and as usual the racing was fast and furious. We have a strong squad, and despite individual race successes none of the other teams were really able to compete over the full event. In the end Tenby came out on top by a very large margin, followed by Haverfordwest, Pembroke and Aberaeron.

Those who swam were:

Coral Lewis, Dan Brown, Angharad Lear, Elliot Hoad, Gemma Amos, Lewys Canton, Ffion Davies, Billy Truman, Syd Vickery, Samu Jaakola, Sophie Arthur, Niamh Slack, Henrik Jaakola, Elena Ciccotti, Johnnie Delahunty, Madison Vickery, Daniel Davies, Bethan Davie, Lloyd Delahunty, Sophie Stanford, Holly Watkin-Rees, Matt Veale, Andrew James, Matt Brown, Hari Truman, Ellie Wainwright, Jade Thomas, Rebekah Gwyther, Daniel Evans, Kasha Lanham, Nathan Clarke, Jack Lear, Matt Davie, Safiya Rooney,

Gareth Davie, Jacob Knox, Kira Hardy, Eleri Canton, Dominic Ciccotti, Henry Whittaker, Sam Lewis, Jessica Wainwright and Eleanor Brown.

We now move on to the finals which take place in Carmarthen on 31st where we will have to be on the very top of our game as we battle the best in the league for the overall title.

Forthcoming Events

- | | |
|--|---|
| 31 st March | Dyfed Senior League Final ages 9+, Carmarthen. Please check the notice board for selection details. |
| 5-9 th April | Welsh Age Group Championships, WNP, Swansea (Entries Closed). Tough event. Good luck to those having a go. |
| 21 st April | Dyfed junior League Round 1. |
| 12-13 th May | Swansea Valley Open Meet, Neath. This is a great competition for our younger swimmers to enter. |
| 18 th -20 th May | Swim Swansea Long Course Open Meet, WNP Swansea. This is the ideal long course introductory event for those wanting to swim in the 50m pool for the first time. |

As always keep checking the notice board regularly for more details, and always ask for advice if you are not sure what to enter.

Club News

The club swim shop will shortly be taking delivery of a new order of backpacks. These are in black and will feature the club logo on the front. See Pam for details.

If you are not sure about how to progress through our squad system, we have an information sheet explaining the details. A copy is posted on the notice board and others are available from Pam at the shop.