

## **Tenby Dolphins In Action Again.**

As we keep reiterating this time of the year is the most busy for Tenby Dolphins with very little free time between the competitions. Since our last report, the team has been competing in two local galas in Pembroke, and several of our swimmers have been involved in more distant competitions at Neath and the Second Round of the Speedo League competition. Also, as representatives of their individual schools many of our club members have taken part in the Pembrokeshire rounds of the 2007/2008 Urdd swimming gala.

### **Competition Results.**

On Saturday 3<sup>rd</sup> November 8 of our swimmers travelled to the Neath & Neath Valley Open Meet. Namely: Gemma Amos, Bethan Davie, Gareth Davie, Matt Davie, Andrew James, Coral Lewis, Sam Lewis and Safiya Rooney.

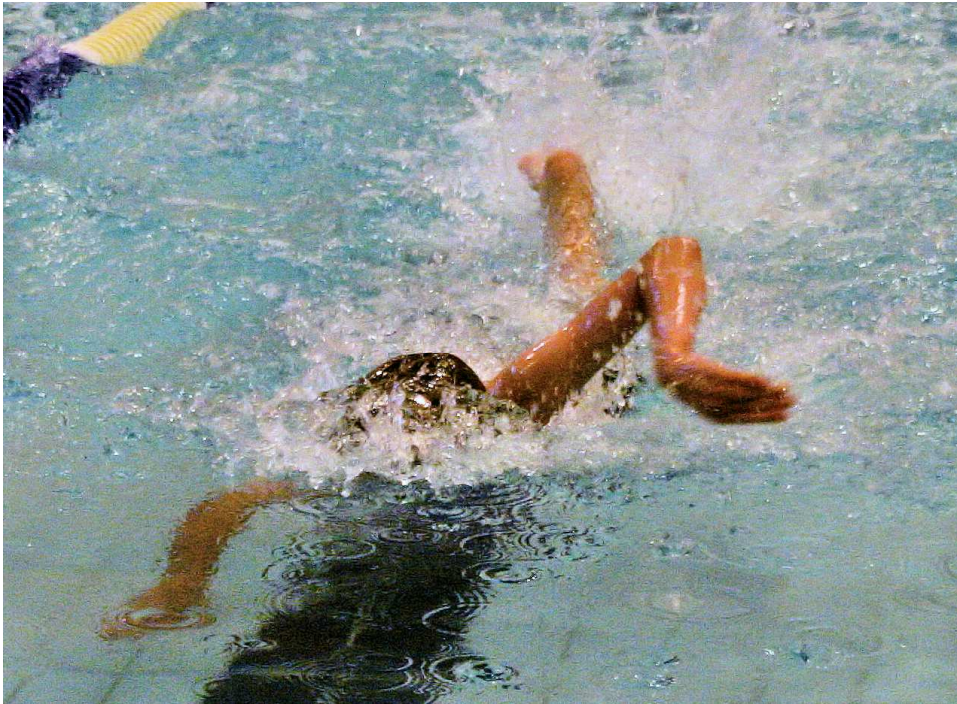
This is a popular competition because it offers a variety of events in a short time frame, and is a combination Level 3 & Level 1 meet. Swimmers who are 13 and under can compete in a series of 50m races and a 100m IM final. They are also free to enter several 200m events with the older competitors who are striving to achieve various squad qualifying times.



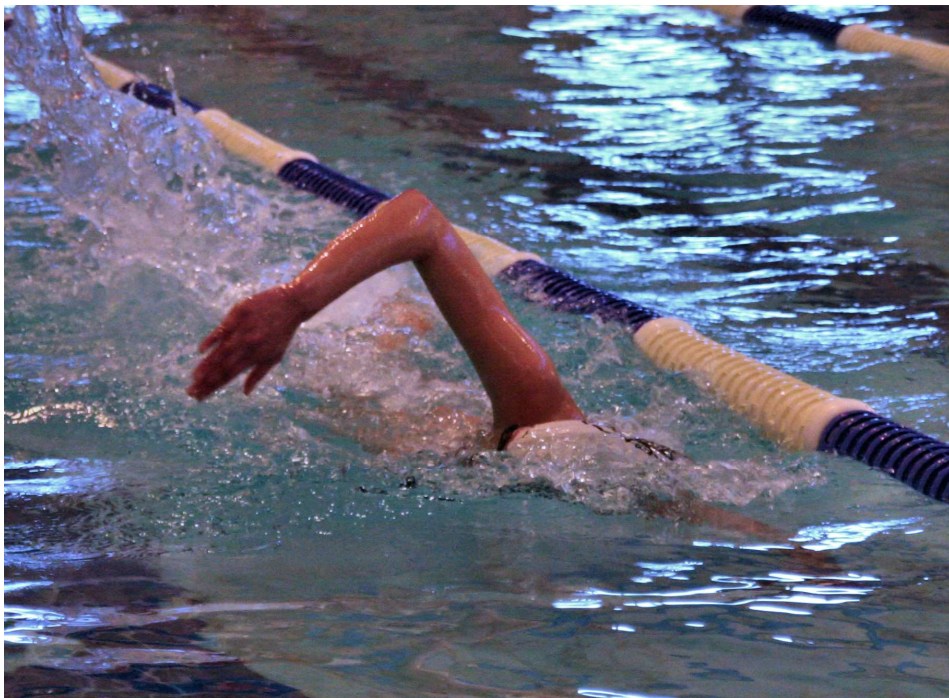
Andrew James swims to victory in the 200m Breaststroke at the 2007 Neath & Neath Valley Open Meet.

Our swimmers acquitted themselves well. Sam Lewis won all the 50m events in his age group and the IM final so came home with 5 gold medals. Well done Sam! Andrew James picked up 3 golds in the 200m freestyle, 200m IM and 200m breaststroke, and Matt Davie won the 200m IM in his age group. Coral and Bethan were also medallists, but didn't quite manage to reach the top step of the podium on this occasion despite setting some great new times.

As we have come to expect, there was a good clutch of PB's spread across the swimmers, and all in all it was a good day's work!



Sam Lewis on his way to one of 5 golds at the 2007 Neath & Neath Valley Open Meet.



Coral Lewis competes at the 2007 Neath & Neath Valley Open Meet.



Gareth Davie swims at the 2007 Neath & Neath Valley Open Meet.

On Sunday 4<sup>th</sup> of November a Tenby team travelled to Pembroke to compete in the annual Tudor Shield Competition. This is a team relay competition and was contested by the usual Pembrokeshire clubs. After a close battle Tenby emerged as the winners to retain the trophy for another season.

The Pembrokeshire County swim team travelled to the Kingswood Leisure Centre at Soundwell in Bristol to take part in Round 2 of the Speedo League Competition.

This time the Pembrokeshire team was up against opposition from Stroud, Glamorgan Valleys, Soundwell, Dawlish and Dinnaton. The Pembrokeshire team did not enjoy quite the same level of success as in the first round, but nevertheless after a strong team performance they once again won the gala. This now puts them in second place in Division One of the Western League on gala points, but tied in first place on league points with Kelly College and Chard. With the top eight teams to compete for double league points in the final round at the long course pool in Millfield on December the 2007 competition is once again promising to draw to an exciting conclusion. The Pembrokeshire team have been in similar positions for the last two seasons, but have on each occasion narrowly missed out on promotion. Lets hope they go one better this year!

The 207 Pembrokeshire Senior League competition was held in Pembroke on 11<sup>th</sup> November. Up until last year this competition was held between the clubs over several weeks, but now a composite one day competition is held. Teams from Fishguard, Pembroke, Haverfordwest, Tenby and Milford Haven took part.

The Tenby swimmers who swam in individual events were: Lauren Arthur, Lewis Bridle, Daniel Brown, Eleri Canton, Lewys Canton, Elena Ciccotti, Daniel Davies, Ffion Davies, Johnnie Delahunty, Lloyd Delahunty, Daniel Evans, Rebekah Gwyther, Henrik Jaakola, Samu Jaakola, Andrew James, Jacob Knox, Angharad Lear, Coral Lewis, Samuel Lewis, Hannah Saunders, Niamh Slack, Sophie Stanford, Billy Truman, Hari-Llyw Truman, Madison Vickery, Sydney Vickery, Jessica Wainwright, Holly Watkin-Rees and Henry Whittaker.

The Tenby team came out on top, but there was a close battle between Fishguard and Haverfordwest for second place. In the end the final order was Tenby 12pts, Fishguard 10pts, Haverfordwest 8pts, Pembroke 6pts and Milford Haven 4pts. Well done to all the swimmers who took part.

The Pembrokeshire qualifying rounds for this year's Urdd swimming competition have also taken place in the last couple of weeks. We don't have the full results for the senior school swimmers, but can report that representing their individual junior schools, the following club swimmers have qualified for the finals at the Wales National Pool Swansea in the New Year.

Ffion Davies Yr 3/4 Butterfly, Daniel Davies Yr 3/4 Breaststroke, Henrik Jaakola Yr 5/6 Butterfly & IM, Rebekah Gwyther Yr 5/6 Breaststroke and IM. Well done to the four of you and also to the club members who are part of the various teams from St Teilos, Saundersfoot and Tenby Juniors who have made it through in the relay events. The final is sure to be an exciting event.

### **Forthcoming Events**

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| 23 <sup>rd</sup> -25 <sup>th</sup> Nov. | Swim Wales Winter meet incorporating Welsh Schools Championships. (Entries now closed). |
| 8 <sup>th</sup> Dec.                    | Speedo League Round 3 (Div 1 Final).  |
| 14 <sup>th</sup> -16 <sup>th</sup> Dec. | Plymouth Leander LC Meet at Millfield, Street, Somerset. (Entries now closed).          |
| 11 <sup>th</sup> -13 <sup>th</sup> Jan. | New Year Dragon Meet. Wales National Pool Swansea.                                      |
| 19 <sup>th</sup> -20 <sup>th</sup> Jan. | National Urdd Swimming Gala. Wales National Pool Swansea.                               |

### **Club News**

Our big club news this week is that at the recent Sport Pembrokeshire awards ceremony that took place at Folly Farm, John Amos our extremely hard working and dedicated club coach won the award for 2007 Pembrokeshire Sports Coach of the year. A fantastic achievement John. Well deserved and a great advertisement for swimming in club and county. Congratulations from all the members.

Finally, don't forget that the Tenby Leisure Centre pool will be closed for a period of approx six weeks from 26<sup>th</sup> November (This weekend!). If you

wish to carry on swimming during this period please contact John & Steph Amos for details of the options available.