

## **Tenby Swimmers race at 2007 Swim Swansea Long Course Meet.**

There never seems to be a free weekend for the more competitive members of the Tenby Dolphins swimming squads. No sooner had the dust settled on this year's Swansea Valley Open in Neath, when it was time for a large contingent of our enthusiastic swimmers to head off to Swansea for the annual Swim Swansea Long Course Open Meet.

This competition is the last long course event held in the 50m Welsh National Swimming Pool, before the deadline for achieving the necessary qualification times for those wishing to compete at the highest level of the sport in the UK. (Read on for more exciting news on this subject!). This open meet is also the only long course (50m) event in the Welsh swimming calendar where it is not necessary for the younger swimmers to have a qualifying time. Consequently it is an ideal introductory event for long course swimming, and several of our younger members took advantage of this and tried it out for the first time.

### **Competition Results.**

This gala is split into two separate age group sections spread over three days of competition. Commencing on Friday 18<sup>th</sup> May, each morning a series of events were held for swimmers aged 11/O, and each afternoon a separate series of races were staged for swimmers aged 10/U. For those swimming in the afternoon, it was a matter of producing an all out effort in a single HDW race (Heat Declared Winner) for the various stroke and distance categories. However, the format for the older swimmers reflects that of any standard large swimming competition in that a series of morning heats preceded finals in the evening. This can make it a very long day for those who are successful in the morning heats.

The swimmers making the trip to Swansea were:

Gemma Amos, Coral Lewis, Sam Lewis, Nathan Clarke, Matt Davie, Bethan Davie, Lewis Canton, Josh Thomas, Elliot Hoad, Lloyd Delahunty, Niamh Slack, Hari Truman, Billy Truman, Madison Vickery, Rebekah Gwyther, Hannah Saunders, Daniel Davies and Ffion Davies.

Over the course of the three day event, the Tenby contingent had varying degrees of success, but overall there were some very encouraging results. The notable performances and those achieving podium positions, in no particular order were:

Sam Lewis, 1<sup>st</sup> in 11/U 100m Backstroke, 3<sup>rd</sup> in 11/U 100m Freestyle, 4<sup>th</sup> 11/U 100m Butterfly; Nathan Clarke, 3<sup>rd</sup> in 14/U 100m Backstroke, 3<sup>rd</sup> in 14/U 200m Backstroke, 3<sup>rd</sup> in 14/U 200m Freestyle; Rebekah Gwyther, 3<sup>rd</sup> in 10/U 200m Breaststroke; Matt Davie, 2<sup>nd</sup> 14/U 400m IM, 2<sup>nd</sup> 14/U 400m Freestyle, 2<sup>nd</sup> 14/U 400m Butterfly, 2<sup>nd</sup> 14/U 200m Breaststroke, 3<sup>rd</sup> 14/U 100m Breaststroke, 4<sup>th</sup> 14/U 100m Freestyle, 4<sup>th</sup> 14/U 200m IM; Bethan Davie, 1<sup>st</sup> in 11/U 200m Breaststroke, 1<sup>st</sup> 11/U 100m Breaststroke, 5<sup>th</sup> 11/U 100m Freestyle, 5<sup>th</sup> 11/U 200m IM; Lewis Canton, 2<sup>nd</sup> in 14/U 200m Freestyle, 2<sup>nd</sup> 14/U 100m Freestyle, 3<sup>rd</sup> 14/U 400m Freestyle. (Our

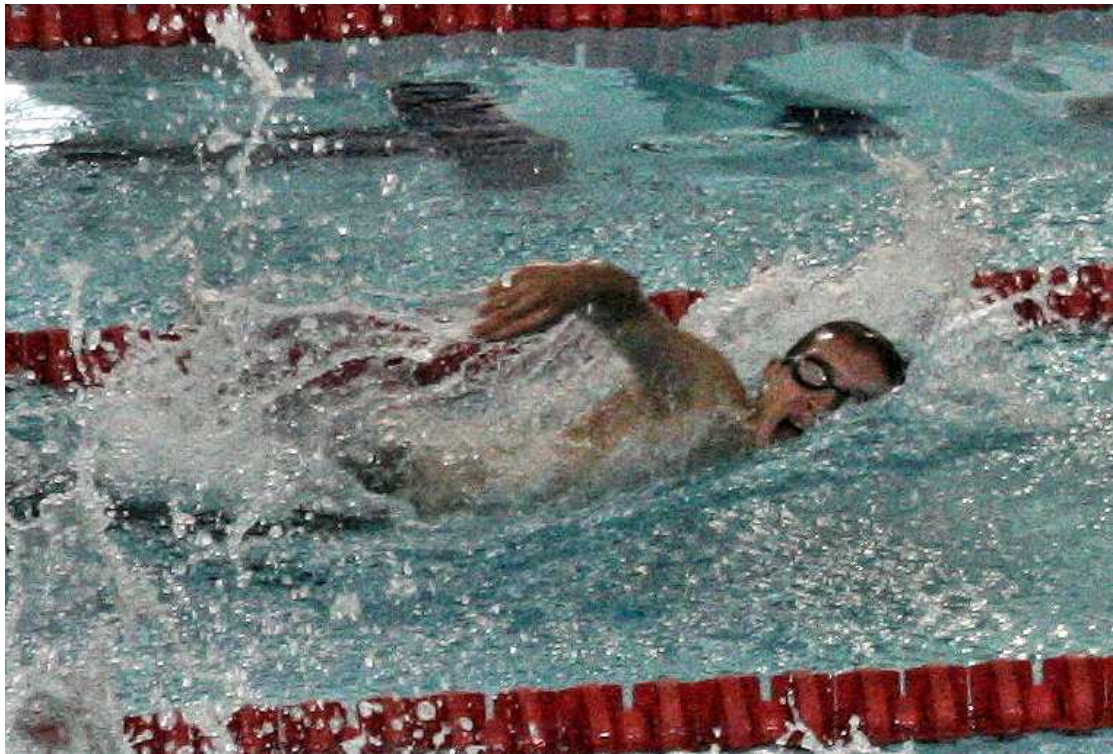
apologies if we have failed to mention someone, but full results not available at time of writing!)

As well as this the 10/U girls entered the relay events on both days of the weekend and won a silver and bronze medal. Nice swimming!

Disguised within the list of results above is the exciting news that despite finishing 2<sup>nd</sup> in the 14/U 200m Freestyle, Lewis Canton swam to an awesome new PB and dipped below the necessary time to qualify for the British Championships in Sheffield in July. Very well done Lewis it was a tremendous race with a nail-biting clock-watching finish. Our on-the-spot reporter was certainly on the edge of the seat with the rest of the Tenby contingent at the end of that one! As an extra fillip Lewis also achieved the necessary time to join the South West Wales Regional Squad, so it was doubly successful swim. (We hear that mum & dad are already arguing about who is going to drive to Swansea on Wednesdays for the extra training! Maybe they'll settle on a bus pass!)



Lewis Canton makes a great start on his way to a NQT in the boys 14/U 200m Freestyle, at the Swim Swansea LC Open 2007.

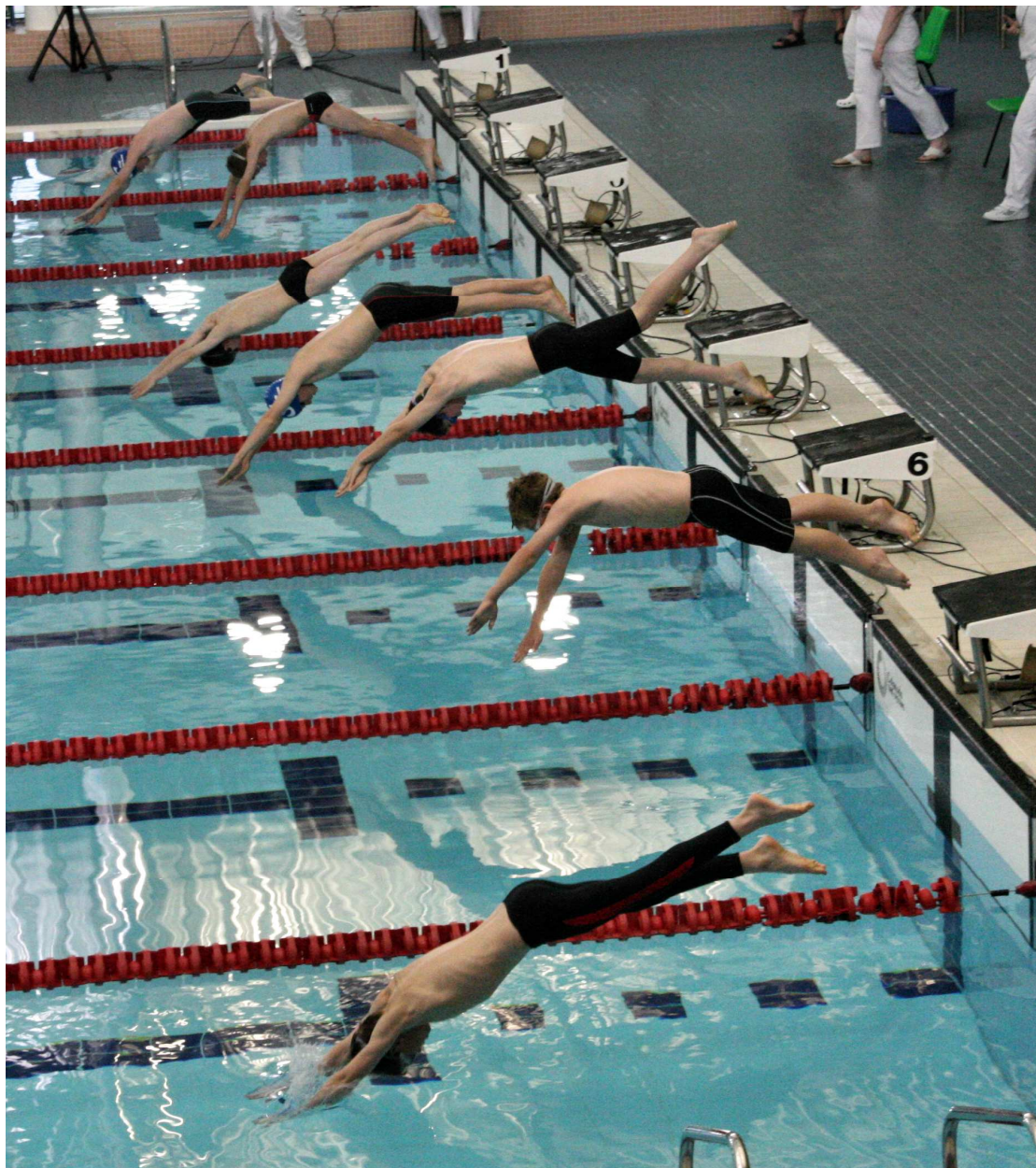


Lewis Canton powers down the pool at the Swim Swansea LC Open.

The last two weeks has been a bit of a purple patch for Tenby's top swimmers, with both Lewis and Bethan now qualified for the British Championships. Very conveniently the qualification rounds for their individual events happen to be scheduled to occur after each other on the second day of the championships! How did they manage that? Anyway, watch this space for more news as the big event approaches!

We have one further qualifying gala taking place on the 18<sup>th</sup> June, and a few of our top-dogs are entering to see if they can make the grade, or improve on what they have already done. We wish you the very best.

The achievements of our top swimmers will also surely motivate our younger members to go on to mimic their success. Indeed, some of our other swimmers deserve a bit more of a mention particularly those who were experiencing their first taste of a long course event. Slack coped. By all accounts Niamh, Harry, Hannah, Madison, Billy, Daniel, Ffion and Rebekah also responded to the big stage in some style, and posted some really impressive results.



Elliot Hoad (nearest) and Josh Thomas (partially hidden in L1) start a race at the Swim Swansea LC Open.

We are particularly excited about this input of new swimmers to this race format as the club as whole is placing a big emphasis on trying to develop our younger swimmers to reach their full potential. Head Coach John Amos was in attendance to monitor the performances of the young-guns and was very pleased with what he saw over the weekend. Well done all of you who had a go. Those of you with aspirations to reach the top who did not enter should also consider broadening your horizons at the earliest opportunity as you receive a huge benefit from exposure to competition at this level.

There will be more about this in coming article, but Swim Wales have a talent development program in place with the intention that the best talent in Wales is spotted at an early stage. To get yourselves in the Welsh ranking system, you need to enter the open meets you are advised

to attend. Just ask any of the regular club faces at the pool for more details. Also, swimmers should chat to Bethan and Lewis who we are sure will be glad to tell you more about how the different squad systems work over the coming months.

### **Forthcoming Events**

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| 27 <sup>th</sup> May                       | Pembrokeshire Sprints at Pembroke Leisure Centre.<br>We have a huge Tenby entry for this, so we are looking forward to some big performances from the members. Good Luck Everyone. Lets bring home a pile of medals and some new Pembrokeshire records. |
| 9 <sup>th</sup> June                       | Amman Valley Sprints. Llanelli.   |
| 18 <sup>th</sup> /19 <sup>th</sup> June    | Last Chance qualifier at the WNP Swansea. Those near the mark will be giving it one last big try.   |
| 23 <sup>rd</sup> June                      | Dyfed Junior League Round 2, Tenby.   |
| 1 <sup>st</sup> July                       | Dyfed Junior League Final, TBA.   |
| 23 <sup>rd</sup> -26 <sup>th</sup> July    | ASA Age Group National Championships, Sheffield.  |
| 27 <sup>th</sup> - 1 <sup>st</sup> Jul/Aug | ASA Youth Championships, Sheffield.   |
| 2 <sup>nd</sup> -5 <sup>th</sup> Aug       | Welsh Summer Nationals, WNP, Swansea.<br>This is the last chance to post a good and get yourself up the rankings before the Welsh Squads for 2007/2008 are announced. Check to see if you qualify and go for it!  |

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 new order for the "Named" club hats has been sent in, and we will advise everyone as soon as we take delivery. Perhaps you will all be unrecognisable as soon as the Dyfed League Final in a few weeks?

Not much extra to add to what has already been written above, but we would like to reiterate our congratulations to Lewis on an excellent performance.



Lewis Canton and Bethan Davie with Simon Johns and Jane Clarke of Fishguard. The 4 Pembrokeshire swimmers who have qualified for the ASA Age Group and Youth National Swimming Championships to be held in Sheffield in July.

With our two qualifiers and Jane Clarke and Simon Johns from Fishguard also having made the grade, this is probably Pembrokeshire's most successful year ever in terms of production of National Qualifiers. Let's hope we can replicate it many times in the future, and that Tenby can continue to make a valid contribution!

Just as an aside, this report was emailed to Tenby from Madrid, having been prepared at 35,000 ft over France and Spain in a very cramped airline seat, squashed between a very nervous Spanish tourist and a rather large grumpy German businessman. The things we "sports journalists" have to through for our art!