

More Competition Success for Tenby Dolphins.

Over the past few weeks a selection of swimmers from Tenby & District Swimming Club have been in action at a variety of interesting competitions.

The 2007 Llanelli Sprints have taken place, as has the annual RAOB gala for our younger team members. In addition, Round 1 of this year's Speedo League took Place in Weston-super-Mare, and some of our swimmers took part in a long course competition in Crawley.

Competition Results.

The 2007 Llanelli Sprint meet took place on 6th October 2007, and a small team of Tenby swimmers entered this event, namely:

Gemma Amos, Lauren Arthur, Sophie Arthur, Johnnie Delahunty, Andrew James, Edward James, Rebeccah James, Jacob Knox and Holly Watkin Rees.

Your reporter was not on hand to witness the action, but by all accounts there were some very good performances from those who took part. Indeed the results speak for themselves. Johnnie Delahunty won 3 gold medals and a bronze in the 50m sprints, and then went on to win the 200m IM final for the 14 yrs boys. He also set PB's in all his events. Andrew James won a gold, silver and 2 bronze medals in sprints and then also recorded a good victory in the IM final for his age group.

Holly Watkin-Rees also had a good day winning 2 gold, a silver and bronze in her events and set PB's in everything. (That low intensity training regime is clearly paying off!!). Gemma Amos was another swimmer who had a good day and clearly enjoyed the event format. Gemma picked up a silver in the 50m butterfly with a nice PB in the 50m backstroke, and then pulled off a good silver in the IM final. Sophie Arthur picked up 2 bronze medals, whilst sister Lauren Arthur picked up a bronze in the 50m breaststroke in a genuinely fast time. We really hope you can transfer that pace to a 100m swim in the next few weeks Lauren!

Our youngest entrants, Edward James, Rebeccah James, and Jacob Knox missed out on the medals this time, but all set some great new PB's. We are very pleased that you made the trip and hope that you will be joined by more of our swimmers at the next event.

Hot on the heels of the Llanelli Sprints, the 2007 RAOB gala took place in Pembroke on 7th October.

This is a Tenby Dolphins team competition for swimmers of age 10 and under. We have a lot of enthusiastic members in this age bracket and it was a difficult task for team manager Steph Amos to make the appropriate team selection. There are quite a number of events both for individuals and team relays. At the time of writing, the full team list is unavailable, but those swimmers who took part in individual events were:

Nicholas Allen, Lewis Bridle, Gareth Davie, Carys Davies, Ffion Davies, Luke Dedoncker, Dan Evans, Sam Foley, Jacob Knox, Talia Merriman, Adam Muskett, Jade Rowell, Kiera Slack, Niamh Slack, Billy Truman, Hari Truman, Madison Vickery, Jessica Wainwright and Francesco Zaraschi. Our apologies to the relay swimmers we have not listed above.

It was a very exciting gala, and there was once again a real battle with some of the other local teams. In the end however the Tenby team pulled ahead to win the silverware once again. Well done everyone who took part.

The Tenby club was well represented in the Pembrokeshire Team that took part in the first round of this year's Speedo League competition. For those who have not heard of it before, this is an annual league competition for swimmers from clubs across the whole of the UK. Pembrokeshire are in the Div 1 of the Western Region, and at this 1st Round gala were up against City of Cardiff B, Poole, Dinnaton, Bristol North and Tiverton. We are please to report that the Pembrokeshire team came out on top. The Tenby contingent who made the trip were:

Gemma Amos, Sophie Arthur, Dan Brown, Eleanor Brown, Lewys Canton, Elena Ciccotti, Bethan Davie, Matt Davie, Johnnie Delahunty, Lloyd Delahunty, Rebekah Gwyther, Elliot Hoad, Andrew James, Angharad Lear, Coral Lewis, Sam Lewis, Sophie Stanford and Holly Watkin-Rees.

Well done everyone we are looking forward to Round 2.



The Pembrokeshire Team that travelled to Weston-super-Mare to take part in Round 1 of the 2007 Speedo League Competition.

Whilst many of the club's swimmers were busy at the Llanelli Sprints and the RAOB gala, Bethan and Matt Davie, together with Jayne Clarke from Fishguard, had travelled to Crawley in West Sussex to take part in the Crawley Early Bird meet in the 50m K2 pool.

It was a relaxed early season meet with a lot of top quality competitors in attendance from predominantly the SE of the UK. Despite being out of age, both swam well and set some good PB's over the course of the weekend.



Matt Davie powers down the pool at the Crawley Early Bird Meet.

Forthcoming Events

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| 27 th -28 th Oct. | Pembrokeshire Age Group Swimming Championships, Pembroke. Good luck to all who have entered. |
| 3 rd Nov. | Neath & Neath Valley Open. Also good luck to those of you have entered this competition. |
| 4 th Nov. | Tudor Shield relay gala in Pembroke. Check notice board for selection. |
| 10 th Nov. | Speedo League Round 2. |
| 18 th Nov. | Tenby Club Championships. |
| 23 rd -25 th Nov. | Swim Wales Winter meet incorporating Welsh Schools Championships. (Entries now closed). |
| 8 th Dec. | Speedo League Round 3 (Div 1 Final). |
| 14 th -16 th Dec. | Plymouth Leander LC Meet at Millfield, Street, Somerset. Quite a few Pembs. swimmers are entering so please let us know if you would like to add your name to the list. |

Club News

As reported elsewhere in a previous edition of the Tenby Observer, former Tenby swimmer Danny Brown, has been selected to join the British Junior Olympic team on the run up to 2012. Many congratulations from all of us at Dolphins on your continuing success.

You will have noticed that the Tenby pool will be closing for several weeks from the end of November until the New Year to undergo vital refurbishment work. (Please see notices at the Leisure Centre for more details). There will be no club swimming during this period, so swimmers wishing to continue their training should see head coach John Amos or team manager Steph Amos regarding options available at the other Pembrokeshire clubs.

As the pool will be closed for several weeks we would like to remind parents that any Christmas orders should be placed at the club shop well in advance of our last session to ensure timely delivery.