

Tenby Dolphins Update.

This week we have two more local swimming events to report on. The first round of 2008 Dyfed Junior League and the annual Pembrokeshire Team Championships.

League Competition Results.

The first round of the 2008 Dyfed Junior League took place in Pembroke on 19th April.

The Dyfed Junior League is a competition for swimmers from the various clubs across the Dyfed region aged 12 years and under as of 31st December. There are two preliminary rounds followed by an A and B final. In this first round gala Tenby were competing against swimmers from Haverfordwest, Pembroke and Amman Valley.

It is always good to make a positive start to the competition and secure maximum points to ensure a smooth progression to the final. However, for various reasons our Team Manager Steph Amos, was forced to make no fewer than 23 changes to her original team selection, so the coaching team were concerned that this event would be a bit of struggle.

Perhaps they were being a little over cautious because the last minute call ups and reserves swam exceptionally well, and in the end Tenby once again achieved a comfortable victory. The final gala results were as follows: Haverfordwest 103, Pembroke 135, Amman Valley 135 and Tenby 197.

The swimmers who competed in individual events were:

Nick Allen, Dominic Belli, Harry Cook, James Crowney-Richards, Carys Davies, Daniel Davies, Luke Dedoncker, Emily Dilks, Lydia Dilks, Daniel Evans, Hazel Fox, Carl Gwyther, Rebekah Gwyther, Kaitlyn Hicks, Eliot Hoad, Rebecca James, Sophia James, Jodie Jenkins, Kieran Johnson, Myles Johnson, Casie Paxton, Ben Rees, Jade Rowell, Hannah Saunders, Madison Vickery, Stephen Ward and Ashleigh Willars.

Loads of PB's set once again by a variety of swimmers. Well done to all of you and to the members of the team who swam in relays that we don't have full details of at the time of writing. You all made a great contribution to a good result.

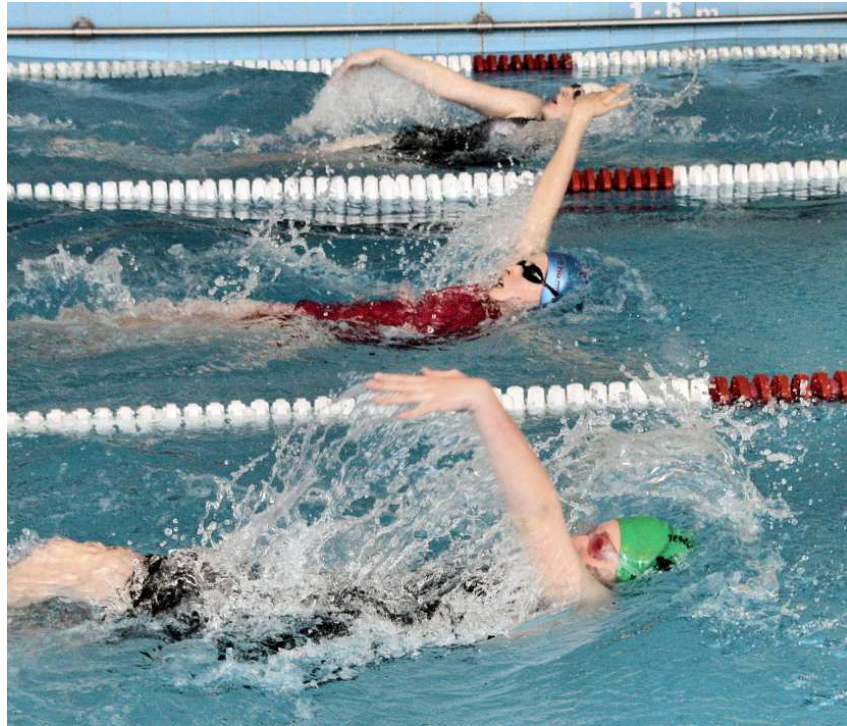
We look forward eagerly to the next round.

Competition Results.

Last weekend, on Sunday 27th April, Tenby Dolphins swam in the annual Pembrokeshire Team Championships, which was once again held at Pembroke Leisure Centre.

Teams from Haverfordwest, Milford Haven and Pembroke provided the opposition.

The format of the gala is a series of 100m individual events and relays split over 4 age group categories. This is a gala where swimmers from all levels of the club get involved, and the Tenby team comprised competitors aged from 9 to adult.



Syd Vickery battling for the lead in the 15/U 100m Backstroke.

Those who took part were: Hari Truman, Daniel Evans, Eleri Canton, Elliot Hoad, Elena Ciccotti, Johnnie Delahunty, Gemma Amos, Lewys Canton, Hannah Saunders, Beth Davie, Sam Lewis, Coral Lewis, Jacob Knox, Nicholas Allen, Gareth Davie, Syd Vickery, Madi Vickery, Jodie Jenkins, Henry Whittaker, Lloyd Delahunty, Holly Watkin-Rees, Sophie Stanford, Andrew James, Matt Davie, Niamh Slack and Dominic Ciccotti.



Henry Whittaker comes up for air in the 15/U 100m Breaststroke.

The gala turned out to be a very competitive affair with the Haverfordwest girls team and the Pembroke boys team pushing the Tenby swimmers all the way. In the boys competition Tenby won with a score of 77 from Pembroke on 74, Haverfordwest on 54 and Milford on 27. In the girls competition Tenby scored 87 to Haverfordwest on 74, Milford on 43 and Pembroke on 25. Tenby also won the overall trophy.

Well done to all the Tenby swimmers who took part.



Niamh Slack & Josh Thomas collect the overall winners trophy from club chairman Martyn James

Forthcoming Events

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| Sat 3 rd – Sun 4 th May | Swansea Valley Open, Neath. (13/U).
(Entries now closed) |
| Fri 16 th – Sun 18 th May | Swim Swansea Long Course Open, WNPS.
(Entries now closed) |
| Sun 25 th May | Pembrokeshire Sprints 8+ (Pembroke).
(Make sure you all enter this. It's fast and furious and really good fun! 25m or 50m races only - depending on age!) |
| Sat 31 st May | 2 nd Round Dyfed Junior League. |
| Sat 7 th June | Amman Valley Sprints, Llanelli. |

Club News

Firstly, many congratulations to Hannah Saunders who swam an excellent time in the 100m breaststroke in Pembroke last weekend and has now qualified for the Pembrokeshire County squad training program. Recording

an 11/U qualifying time when aged 10 is top swimming. Well done Hannah!



Hannah Saunders competes in the 11/U 100m freestyle relay.

It was also great to see Gemma Amos having a very good weekend, recording a nice PB in the 100m free, and also re-qualifying for the County squad. Nice one Gemma!

In our last report, we mentioned that Bethan Davie was off to a breaststroke clinic at the Welsh National Pool. Head Coach John Amos was also in attendance, and by all accounts it was a weekend full of valuable tips. John has already started incorporating the latest ideas into his coaching which is sure to benefit our budding breaststrokers in the coming weeks. (Hannah is obviously a very fast learner!)



Sophie Stanford swims in the open 100m breaststroke.

Actually quite a few of our older swimmers attend training camps and courses in the UK and further afield. As in previous years, Gemma Amos, Coral Lewis and Holly Watkin-Rees have been to a training camp held over the Easter holidays at Kelly College in Somerset, and within the last couple of weeks, Andrew James has been to Calella near Barcelona for a weeks long-course training in a 50m outdoor pool in the sun. Obviously these camps help, because Andrew looked very sharp during last weekends gala.

Our regional squad swimmers had the opportunity to take part in the latest regional training camp, which was held at the WNPS over the Easter holidays. Lewys Canton was unable to be there because he was at the time throwing himself down the side of some Canadian mountains, but Johnnie Delahunty and Bethan Davie were able to attend. Bethan's full attendance was disrupted by illness, but Johnnie made full use of the opportunity and enjoyed the experience of once again being coached by Austyn Shortman who was in charge of this particular camp.