

Dolphins Continue Successful Season.

This week we have reports on the 2007 Swim Swansea Junior Open Meet, that took place at Penlan leisure centre recently, together with a run down on how the Tenby Dolphin swimmers fared at the 2007 Pembrokeshire Age Group Championships.

Competition Results.

Over the weekend of 20th/21st October, 12 of our club members travelled to Swansea to take part in the 2007 Swim Swansea Junior Open. Those who made the trip were:

Daniel Davies, Ffion Davies, Lydia Dilks, Carl Gwyther, Rebekah Gwyther, Elliot Hoad, Jack Parkinson, Jade Rowell, Hannah Saunders, Kiera Slack, Niamh Slack and Madison Vickery.

Collectively, our Tenby swimmers had a very good weekend, and many swam to some fantastic new PB's. There was also considerable success in terms of podium places with the following swimmers picking up individual awards:

Daniel Davies, 2nd 9yrs 25m Freestyle, 2nd 9yrs 25m Breaststroke, 3rd 9yrs 25m Backstroke; Ffion Davies, 2nd 8/U 25m Freestyle, 2nd 8/U 25m Breaststroke, 2nd 8/U 25m Butterfly; Hannah Saunders, 1st 9yrs 25m Breaststroke, 2nd 9yrs 25m Freestyle, 2nd 9 yrs 25m Backstroke; Madison Vickery, 3rd 9yrs 25m Breaststroke.

This is a very good medal haul at such a big meet, so well done everyone. Our swimmers all entered this gala under the Pembrokeshire Aces banner where they competed in several relay events with their colleagues from the other Pembrokeshire clubs. They enjoyed some success, and finished 3rd overall in the points table. Great swimming!

The major event on the Pembrokeshire Swimming Calendar for a large number of our county based swimmers is the annual Pembrokeshire Age Group Championships which took place at Pembroke Leisure Centre over the weekend of 27th and 28th October.

The five Pembrokeshire swimming clubs were well represented, although team honours were not at stake as the swimmers battled for individual glory. For the younger swimmers in particular, these championships are an important measure of how they are progressing relative to their peers. It is also a chance for them to try and set times good enough for them to progress to higher squads within their clubs or perhaps even reach the county standard.

Over the course of the two days, our Tenby swimmers acquitted themselves very well, and many came away with great new PB's (personal bests) and a nice collection of shiny medals. Head Coach John Amos was very pleased to see how well some of our younger swimmers are progressing with many managing to improve their times in successive weeks. Quite an achievement.



Lauren Watkins demonstrating excellent technique in the 7/U 25m Backstroke at the 2007 Pembs Age Group Championships.

As we have mentioned, the club members collected loads of medals between them. Consequently we cannot list the overall results here, so please check the club notice board and web site for more details. However, several of our swimmers produced some other noteworthy performances. Namely, Hannah Saunders who took a clean sweep of 5 golds and Bethan Davie who won a clean sweep of 8 golds in their respective age groups



Jade Rowell swims in the 8yr 25m Backstroke at the 2007 Pembs Age Group Championships.

Coral Lewis set a new record in the 13/O 200m Backstroke, Andrew James set a new record in the 13/O 200m Breaststroke and also dipped under the existing mark in the 13/O 200m Freestyle. In this event however, Lewys Canton went one better setting a new record time of 2:03.21. Ffion Davies set a new best time in the 8yr 25m Breaststroke, and Bethan Davie set new records in the 12yr 100m Freestyle and 12yr 100m Breaststroke. Also, Lloyd, Sam and Bethan are now record holders in several of the 12/u 200m stroke categories as this was a new age group classification introduced this year. Well done to everyone who swam at the gala.



Harry Cooke makes a splash in the 8yr 25m Backstroke at the 2007 Pembs Age Group Championships.

Forthcoming Events

- 3rd Nov. Neath & Neath Valley Open. Good luck to those of you have entered this competition.
- 4th Nov. Tudor Shield relay gala in Pembroke. Check notice board for selection details.
- 10th Nov. Speedo League Round 2. At the Kingswood Leisure Centre, Bristol. Check notice board to see if you have been selected for the county team!

- 11th Nov. Pembrokehire Senior League. Pembroke. Check notice board for selection details..
- 18th-19th Nov. Tenby Club Championships.
- 23rd-25th Nov. Swim Wales Winter meet incorporating Welsh Schools Championships. (Entries now closed).
- 8th Dec. Speedo League Round 3 (Div 1 Final).
- 14th-16th 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

All in all the Pembrokehire Age Groups were very successful with some sparkling swims from our club members. However, we were a little lower on entries than we would have expected considering that this is the premier annual county swimming competition. Those of you who failed to enter this time please ensure that you do so at the club championships that are coming up in a few weeks! We have more than 130 swimmers in the club, so we want to see most of you taking part unless you have a very good reason not to attend! Those of you who are just starting out don't be nervous it's a fun event so please come and have a go.

If you who want to follow up on how the Pembrokehire team is doing in this year's Speedo League competition, check out the Speedo League website for more details of the Round 1 results. Currently Pembrokehire are top of Western Division 1 with the next round coming up in Bristol on 10th November.

Don't forget the pool is closing on 26th November for refurbishment for 6 weeks! As we mentioned previously, if you want to find out about training with the other Pembrokehire Clubs in this period then please ask John Amos for details.