

Tenby Dolphins Continue Busy Schedule.

Over the past few weeks, the ever enthusiastic members of the Tenby and District Swimming Club have once again been active in a number of open meetings and swimming galas.

In chronological order we have had the 2006 Llanelli Open Meet, the Dyfed Senior League (Round 2), the Dyfed Junior League (Round 1) and finally a Pembrokeshire Junior League Meet.

Competition Results.

Following on from the West Wales Championships, the next "big" gala available for the Tenby contingent was the **2006 Llanelli Open Meet**. The competition, which was held over the weekend of 11th / 12th March, attracted 17 T&DSC entrants, who competed in a selection of individual events over the two days of the competition.

The Tenby swimmers who took part in this event were: Carl Amos, Matthew Brown, Daniel Brown, Lewys Canton, Matt Davie, Nathan Clarke, Johnnie Delahunty, Jack Lear, Lloyd Delahunty, Sam Lewis, Coral Lewis, Tasha Kinsey, Gemma Amos, Eleanor Brown, Eleri Canton, Bethan Davie and Niamh Slack.

At the time of the competition, the club members were just getting back into regular training following the pool closure, and some were still recovering from the exertions of the West Wales Championships, so it was great to see so many great swims produced once again.

The majority of the Tenby swimmers produced some excellent new personal best times, with the stars of the event on this occasion being Sam Lewis and Johnnie Delahunty. Sam, who was competing in the 10/U boys category, swam in 5 events and recorded 2nd (50m Fly), 1st (50m Breaststroke), 2nd (50m Backstroke), 3rd (100m IM), 1st (50m Freestyle). Johnnie made the final in 4 out of the 5 events he entered, and in the final of the 12/U boys 100m Freestyle he cruised home in 1st place in a new championship record time. Well done to both!

Quite a few of the Tenby team were "out-of-age" in this competition. Basically this means that they were swimming at the bottom of a two year age range category, and consequently were up against swimmers quite a bit older than themselves. With the rate of development of these young athletes, this can be a significant handicap, so in this case when reaching a final is a bit of a long-shot, the primary goal is always to try to beat your previous personal best time.

As mentioned above, many of the team achieved their targets, notably Niamh Slack, Matt Davie and Nathan Clark, who all made some significant improvements.

The next event after the Llanelli Open was the **Dyfed Senior League (Round 2)**, which took place amidst the building works at the Pembroke Leisure Centre on Saturday 18th March.

Tenby had prevailed at the Round 1 competition in Carmarthen back in February, so much was expected here.

Up against teams from Aberystwyth, Aberaeron, Amman Valley and Cardigan, the Tenby swimmers produced a totally dominant performance and won 47 out of the 61 events completed. The final scores were Tenby 272, Aberaeron 180, Aberystwyth 144, Amman Valley 140 and Cardigan 124.

A great result for the team once again, and we look forward with eager anticipation to the final which will be held in Llanelli at the beginning of April.

After the Senior League meet, a younger cross section of the Tenby swimmers took part in **Round 1 of the Dyfed Junior League** in Carmarthen on 25th March. The Dyfed Junior League is for swimmers aged 12 and under, and Team Manager Steph Amos selected a large squad to give as many of the younger members as possible a taste of a bigger competition.

Also, to make things a bit more interesting, Steph matched swimmers with events they don't normally chose as a preference. You might have expected this to put the team under a bit of pressure, but despite the valiant efforts of the other teams and an initial close battle with Haverfordwest, Tenby gradually pulled away for a comfortable victory.

The final scores on this occasion were Tenby 239, Haverfordwest 195, Aberystwyth 191, Pembroke 140 and Cardigan 91

To close out the reports of galas for this press release we have some details of the **Pembrokeshire Junior League** gala between Tenby and Pembroke which took place on Monday 27th March at Tenby Leisure Centre. These local events can be completed in about an hour because with only two teams competing the boys and girls races can be held simultaneously in the 4 lane pool. In this case the gala replaced the normal Monday night Junior Squad Session.

The young Tenby team comprised of swimmers aged 10 & under was this time skilfully selected by Junior Squad Coach Neil Hensman. Neil obviously knows his swimmers well, because the team produced a great performance once again, and came home first in 29 of the 33 races. Well done to all of you!

Forthcoming Events

As usual there are stacks of things going on!

The Dyfed Senior League Final is on 8th April in Llanelli. Carmarthen and Llanelli will no doubt put out very strong teams, so it's going to be exciting. Check Notice board and website for team selection news!

The WASA Age Group and Youth Championships is on 14-17th April. (Entries now closed).

On 20-23rd April the Pembs Aces are making their bi-annual visit to Ireland. Look out Cork!!

The Pembrokeshire Team Championships takes place on 30th April.

The Swansea Valley Junior Open Meet (at Neath) is on 6-7th May. For competitors 13/U. 50m races for younger swimmers. (Closing date for entries on 8th April).

The Swim Swansea Long Course Open is on 19-21st May. 50m pool. Junior competition for 10/U as well as senior events. (Closing date for entries on 17th April).

Why not give some of the Opens a go? More details on the club website and notice board at the leisure centre.

Club News

Congratulations are in order for Jade Thomas, Henrik Jaakola and Elliot Hoad who have all recently achieved their Tenby Senior Squad qualifying times. Well done to the three of you! Everyone is now doing so well it's getting very crowded at the top!!!

Congratulations are also in order for Daniel Brown, Tasha Kinsey and Andrew James who recently represented Wales at the National Schools competition in Edinburgh. By all accounts you performed very well against particularly tough competition, and are certain to motivate our younger members who will be keen to emulate your success.

Finally, it's great to see two of our top senior swimmers, and valuable team members, Kasha Lanham and Jamie Nicholas back in the pool. We appreciate that there are always other distractions, but are really delighted to see that you guys are finding the time to fit in the training once again!