

UK Championship Success for Tenby Dolphins Swimmers.

Those of you who read our press articles to keep up to date with the progress and achievements of our Tenby swimmers will have realised that over the last couple of weeks the ASA National Age Group and Youth Championships have been taking place in the 50m (long course) pool at the Ponds Forge International Sports Centre in Sheffield.

The three Tenby based club members who had qualified for this prestigious event, Andrew James, Lewys Canton and Bethan Davie made the relatively long trip north to take on the best swimmers in the UK. They were joined by former Dolphin Danny Brown who represented Kelly College at the Youth Championships.

Competition Results.

The first 4 days of the competition from 23rd to 27th July were for the Age Group swimmers, namely girls of 11, 12 and 13 and boys of 11, 12, 13 and 14. Lewys and Bethan took part in this phase of the competition, and Andrew, who is 15, swam on 29th July during the Youth section of the championships.

Lewys took part in the 14 yrs 100m and 200m freestyle events. He produced a battling performance in the 200m and then swam to a nice long course PB (personal best) time in the 100m. Andrew qualified for the 15/16 yrs 200m breaststroke in Sheffield and he swam a controlled race and finished with a good 2.3 second improvement in his long course time.

The level of competition at the championships is of course very high, and although neither Andrew or Lewys advanced to the finals, they had a fantastic experience and have surely learned a great deal which will help advance their swimming in the future. Also, they can now both justifiably say they have "been there and got the tee shirt!" Well done guys!

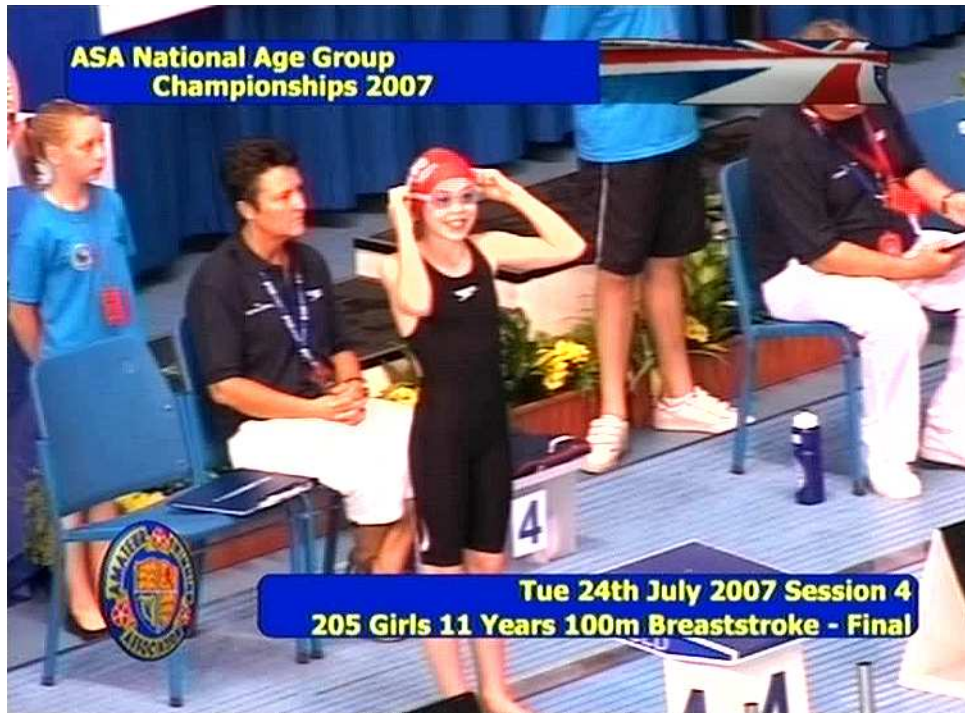
Top swimmer Danny Brown of Kelly College in Devon, who has qualified for and swum at these championships on previous occasions, had a very good week. His most notable performance being a final place in the 15/16yrs 100m breaststroke with a qualification time of 1:07.86 which also promotes Danny to the Welsh National Youth Squad. A fantastic achievement Danny. Awesome time!

Double Welsh Champion, Bethan arrived at the championships with a high national ranking in the two events for which she had qualified, so we had high hopes that she would be able to qualify for the finals in at least one.

In the heats of her first and favourite event, the 11 yrs 100m breaststroke which took place on 24th July, she set a 4.1 second PB. She qualified in 3rd place for the final which pleasingly matched her pre-event ranking. The final itself, which took place later that evening was a tremendous battle. All the swimmers set off hard, and after the first 50m Bethan turned in only 5th place. However, she remained calm, held her stroke together and

powered back down the last 50m to touch in third place and pick up a fantastic bronze medal! What a swim!

The following day, Bethan swam in the 200m breaststroke, and in the heats she once again produced a good long course PB and qualified for the final. The previous days excitement took its toll, and this time she came home outside the medals in 9th place. Nevertheless to make the final in both events and win a medal was above expectations, and we are all naturally delighted with her achievements.



Bethan Davie prepares for the start of the 11 yrs 100m Breaststroke Final at the ASA National Age Group Championships at Sheffield, where she won a bronze medal.



Bethan receives her bronze medal from Robert Margetts, the President of the Amateur Swimming Association.

All you younger swimmers take note of the example set by Danny, Lewys, Andrew and Bethan this year. If you work hard you can achieve a great deal of success at a high level in this sport at a relatively young age, so keep at it!

Forthcoming Events.

We are in the middle of the Swim Wales Summer Nationals at the Wales National Pool Swansea this week. Full report to follow soon.

After that it is generally quiet over the rest of the summer holidays.

15th September Pembrokeshire Gala in Aberystwyth.

29th September Dyfed Fastwater Meet, Llanelli.

Club News

As we mentioned in our previous article, the club training continues over the summer holidays. Enjoy yourselves, but don't ease off too much because you will find it hard to pick up the pace again later on!!

Don't forget we are taking orders for the already very popular new black club polo shirts. If you would like one (swimmers/parents/supporters), please fill in your details on the order form located on the notice board at the Leisure Centre.