

## **Warrington Dolphins Long Distance Swimming Club**

In my first year of being President of Warrington Dolphins LDSC I would like to congratulate and to say thank you to everyone who has either organised, helped out or taken part in the various events that Dolphins organise throughout the year.

In February we had our 1500m Championships indoor event, this year organised by Rob Waterhouse. We had 57 entries, an excellent turnout. We had representation from a number of clubs, Warrington Tri Club, Warriors of Warrington, Trafford Metro, Barrow Long Distance Swimming Club, St Helens Tri Club, Howe Bridge LDSC, Stockport SC and Warrington Dolphins. We had a Junior 800m swim with 9 swimmers. The Junior Male 1500m was closely contested with Tommi Barnes - Warriors of Warrington taking 1st place in a superb time of 20:00s, closely followed by Adam Farini, Warrington Dolphins, in a brilliant time of 20:08s. Dominic Richard - Warrington Dolphins took 3rd place in a great time of 21:43s. Kathryn Schofield of Warrington Tri Club took first place in the Female Junior 1500m in a fantastic time of 23:14. Annie Leach of Trafford Metro had a great swim taking 2nd place in 25.21. Well done to all Junior swimmers, you all did brilliantly showing a tremendous high level of swimming at a young age. In the Senior Ladies 1500m Championships, it was 1st 2nd and 3rd for the Warrington Dolphins, with Jackie Carribine taking first place in a fantastic time of 22:18, Michaela Richard in 2nd place in 23:34 and third place to Alison Wilson in 25:18. The Senior Male 1500m Championships was also 1st, 2nd and 3rd spot for the Warrington Dolphins with Chris Rix taking 1st place in tremendous time of 18:28s. Mark Jones took 2nd place in a brilliant time of 19:05s and Richard Taylor taking 3rd in a great time of 20:38s. Irene Meikle from Barrow LDSC won the Ladies 1500m Breaststroke swim in a fantastic time of 29:51. A good time was had by all with a lovely Buffet afterwards.

In the same month our Treasurer Caroline Lewis organised the Postal Swim for the club. A huge thank you to all counters - your support is massively appreciated. It was a fun and challenging event with some interesting results. The Club had a total of 37 entries and collectively swam 4,258 lengths (106,440m). Overall totals senior men: (15 entries) 1,859 lengths, senior ladies: (9 entries) 1,058 lengths, junior boys: (8 entries) 862 lengths, junior girls: (5 entries) 478 lengths.

A number of the Club swimmers achieved noticeable success in their individual age groups, medal winners Michaela Richard and Graham Padgett took gold, Richard Taylor silver and it was a bronze for Stephne Douglas. Whilst in the team events, gold medals were won by: Anita Dodd, Michaela Richard, Julie Trevor (ladies over 45yrs) total swim 9773ms. Rob Waterhouse, Richard Taylor, Steve Elliot (gents over 35yrs) total swim 11145ms. Mark Jones, Rob Waters, Ian McCall (gents over 55yrs) total swim 9910ms. Graham Padgett, Chris Carter, Stuart Ainsworth (gents over 65yrs) total swim 9300ms. It was silver for Alan Pomfret, David Bowker, Ian McCall (gents over 55yrs) total swim 7270ms, and bronze for Tim Hughes, Adam Farini, Conor Lynch (gents open) total swim 10490ms. A big, big thank you to fellow Dolphin Mandy Reid who organises the event nationally on behalf of the BLDSA and does a magnificent job in collating all the results.

Our next event was the Bob Keating/Dick Dickinson Championships organised by Caroline Lewis. Congratulations to all winners. Steph Douglas won the senior 4km 'Bob Keating' event, Luke Atkinson was first in the junior over 11yrs 2.5km 'Dick Dickinson' swim, with Joe Lewis taking the trophy for the junior under 11yrs 1.5km event. All three swimmers completed the distances closest to their estimated time to win their events. Eight senior and four junior swimmers took part in the events and put in some really good times. It was great preparation for upcoming outdoor swims and those joining in the channel relays this year and next. Again thank you to all the counters who turned up to help. We are hugely grateful for your time and support.

Once again Dolphins took to the seas with a Channel Relay. Congratulations to this year's Channel relay team Greg O'Connell, Marc Pomfret, Adam Farini, Rob Waterhouse, Richard Taylor and Chris Carter, who successfully completed another crossing by Dolphins members, in a time of 13 hrs 39 mins on 28th June. This was a first channel crossing experience for Richard, Greg and Adam, the youngest team member, at just 17. Marc and Rob had returned for a second crossing, whilst for hardened veteran Chris, this was his 9th successful crossing. Chris also completed two new swims to us which were the Scilly Isles Challenge 5 swims over 2 days approximately 7 miles of swimming and also the Falmouth Endless Summer Swim 1 mile. Many thanks to Rob, who in addition to swimming was team manager and organiser of the swim.

Marbury Handicap held at Marbury Park outdoor pool, an annual event held on Friday 1st July. The weather was fine except for some rain at the beginning of the evening. Well done to the 15 swimmers who took part in the swim, in a water temperature of 18C. Many thanks to our members who came along to timekeep. Congratulations to Alan Pomfret who won in a time of 32m 26s. Only 6 seconds faster than his predicted finishing time. Kalliopi Sinclair came a close second, just 7 seconds off her prediction. Barbara Harding finished in 3rd place, finishing 20 seconds faster than her predicted time.

Budworth Championships - Mild water temperature was the order of the day for the 62 swimmers who took part in the day's event. Twenty three Dolphins were swimming and many more involved in the running of the event. Many thanks to Margaret Smith for providing the Club with the two trophies for the new 2mls Masters events. These were won by Club members Margaret Smith and Graham Padgett. Tobias Fox also took home the trophy for the Junior male 2mls event finishing in a respectable time of 42 mins 26 secs. Well done to everyone who took part. Many thanks to Adrian Moylan who organised the event and his team of volunteers.

Albert Dock - Seventeen Dolphin's members were part of a record number of entries in this year's event. A growing amount of interest was shown by those entering the wetsuit competitions. With swimmers coming from across the breadth of the UK, they took to the water in glorious sunshine (air temp at approximately 20C and water temp 19C) and were undeterred by the number of jelly fish basking in the warm temperatures. Dolphin members were successful across the different events. First places went to Julie Trevor Ladies 4mls freestyle, Graham Padgett Gents 2mls freestyle, Ellie Jane Knight Junior 2mls breaststroke and Beth Dowding Junior 2mls wetsuit. Many thanks to the members, friends and family who assisted in making this another successful event, volunteers from Liverpool Canoe Club in providing excellent water safety cover and to Liverpool Watersports Marina for great food and facilities.

This summer we have seen several of our junior swimmers achieve considerable outdoor success. As previously reported, 17yrs old Adam Farini had a great experience of his first Channel relay swim and Tobias Fox (age 15yrs), won the male 2mls Junior event at the Budworth Championships.

It has also been a remarkable summer for two of our female juniors. In addition to their successes in the both the Budworth and Albert Dock Championships, Ellie Jane Knight and Beth Dowding, both 14 yrs old have also competed in other open water events. Well done to all our junior swimmers who have taken part in open water long distance events this summer.

Ellie made a weekend of it on at the BLDSA Lyn Tegid (Bala) championships. She won the 3kms event in a respectable time of 1 hr 11 mins. She then went on to swim 5kms on the Sunday, finishing first in the breaststroke event in 1 hr 32 mins. Ellie received the junior 2mls Breaststroke trophy at the Albert Dock Championships. Beth Dowding took part in the Great Manchester Swim, completing the mile event in 24 mins 29 secs. She was 3rd female to finish

in the 16 – 19 years age category and 10th female overall out of 770 entrants. She also completed a 5kms swim at Uswim's Open Water Festival at Salford Quays finishing 1st female. Beth competed in the 'Chill-swim' Coniston end to end event (5.25mls) and hopes to be part of a 2018/19 Dolphins Channel Relay team. Dolphins were represented at the Dee Mile swim by Michaela Richard, Karen Hodgkins and Richard Taylor, who all entered the 2km Allcomer (non- wetsuit) event.

Out of 23 starters, Michaela finished 2nd lady overall in a time of 29 mins 45 secs. Karen finished 18th, her first time in this event, in 43 mins 42 secs, out of 23 starters. Richard finished 4th in the gents, in 27 mins 28 secs out of 18 starters.

Congratulations to all.

Michaela Richard  
WDLDS President

**22<sup>nd</sup> Budworth Championship**  
4<sup>th</sup> June 2016

**Senior Ladies - 3 miles**

| Place | Name              | Club                        | Time     | Class |
|-------|-------------------|-----------------------------|----------|-------|
| 1st   | Amy Wyatt         | Alsager ASC                 | 01:12:34 |       |
| 2nd   | Hazel Killingbeck | U/A                         | 01:13:37 |       |
| 3rd   | Michaela Richard  | Warrington Dolphins L.D.S.C | 01:22:29 | v     |
| 4th   | Julie Trevor      | Warrington Dolphins L.D.S.C | 01:38:58 | v     |
| 5th   | Ellie Moore       | Wirral Metro Swimming Club  | 01:40:35 |       |
| 6th   | Julie Lloyd       | Warrington Dolphins L.D.S.C | 01:54:40 | v     |
|       | Bev Thomas        | Barrow Long Distance SC     | Retired  | v     |

**Senior Gents - 3 miles**

| Place | Name           | Club                        | Time     | Class |
|-------|----------------|-----------------------------|----------|-------|
| 1st   | Thomas Nelson  | Wirral Metro SC             | 01:00:42 |       |
| 2nd   | Robert Monk    | City of Chester             | 01:13:48 | v     |
| 3rd   | Richard Taylor | Warrington Dolphins L.D.S.C | 01:16:13 |       |
| 4th   | Steve Brearey  | Chester Tri                 | 01:23:08 | v     |
| 5th   | Ian Griffiths  | Trafford Metro              | 01:25:11 | v     |
| 6th   | Kevin Welsh    | U/A                         | 01:25:37 | v     |
| 7th   | David Dutton   | U/A                         | 01:26:37 |       |
| 8th   | Andrew Wright  | Warrington Dolphins L.D.S.C | 01:27:12 | v     |
| 9th   | Rob Waterhouse | Warrington Dolphins L.D.S.C | 01:28:37 |       |
| 10th  | Marc Pomfret   | Warrington Dolphins L.D.S.C | 01:31:30 |       |

| Place | Name                | Club                        | Time     | Class |
|-------|---------------------|-----------------------------|----------|-------|
| 11th  | Peter Goodman       | U/A                         | 01:34:39 | v     |
| 12th  | Joe Wilcox          | Warrington Dolphins L.D.S.C | 01:36:44 | v     |
| 13th  | Andy Sherratt       | Warrington Dolphins L.D.S.C | 01:38:08 | v     |
| 14th  | James Long          | Chester Tri Club            | 01:40:49 | v     |
| 15th  | Nicholas White      | Blackpool                   | 01:41:17 |       |
| 16th  | Christopher Carter  | Warrington Dolphins L.D.S.C | 01:57:14 | v     |
| 17th  | Joseph Coy          | Warrington Dolphins L.D.S.C | 02:11:38 | v     |
|       | Henry James Lowther | Warrington Dolphins L.D.S.C | Retired  | v     |

#### Ladies - 1 mile

| Place | Name            | Club                        | Time    |
|-------|-----------------|-----------------------------|---------|
| 1st   | Louise Fielding | Hazel Grove Bramhall ASC    | 0:23:07 |
| 2nd   | Sue Marsh       | Halton SC                   | 0:29:03 |
| 3rd   | Caroline Lewis  | Warrington Dolphins L.D.S.C | 0:31:56 |
| 4th   | Karen Hodgkins  | Warrington Dolphins L.D.S.C | 0:37:07 |

#### Junior Ladies - 2 mile freestyle

| Place | Name              | Club                        | Time    |
|-------|-------------------|-----------------------------|---------|
| 1st   | Amy Compton       | Wirral Metro SC             | 0:45:23 |
| 2nd   | Beth Dowding      | Warrington Dolphins L.D.S.C | 0:53:24 |
| 3rd   | Ellie Jane Knight | Warrington Dolphins L.D.S.C | 1:04:16 |

#### Junior Gents - 2 mile freestyle

| Place        | Name         | Club                        | Time    |
|--------------|--------------|-----------------------------|---------|
| 1st          | Tobias Fox   | Warrington Dolphins L.D.S.C | 0:42:26 |
| Joint<br>2nd | Steven Grist | Birkenhead SC               | 0:42:55 |
| Joint<br>2nd | Ryan Huddart | Rykneld SC                  | 0:42:55 |

#### Ladies Masters - 2 miles

| Place | Name           | Club                        | Time    |
|-------|----------------|-----------------------------|---------|
| 1st   | Margaret Smith | Warrington Dolphins L.D.S.C | 2:05:19 |

#### Gents Masters - 2 miles

| Place | Name            | Club                         | Time     |
|-------|-----------------|------------------------------|----------|
| 1st   | Graham Padgett  | Warrington Dolphins L.D.S.C. | 0:49:04  |
| 2nd   | David Randall   | Trafford Metro               | 0:50.:48 |
| 3rd   | Frank Kilgannon | U/A                          | 0:56:28  |
| 4th   | Dave Reason     | Howe Bridge Marlins LDSC     | 1:01:54  |
| 5th   | Chris Green     | Barrow Long Distance SC      | 1:14:22  |

**Ladies - 1 mile wetsuit**

| Place | Name              | Club                    | Time    |
|-------|-------------------|-------------------------|---------|
| 1st   | Karen Munslow     | Chester Tri Club        | 0:26:21 |
| 2nd   | Jacqueline Carter | Stockport Swimming Club | 0:37:46 |

**Gents - 1 mile wetsuit**

| Place | Name           | Club                        | Time    |
|-------|----------------|-----------------------------|---------|
| 1st   | Paul Roberts   | City Of Chester Tri         | 0:22:16 |
| 2nd   | Dan Harbidge   | Warrington Tri Club         | 0:23:23 |
| 3rd   | Paul Harbidge  | Warrington Tri Club         | 0:24:56 |
| 4th   | Robert Hough   | U/A                         | 0:25:14 |
| 5th   | Tom Stephens   | Warrington Dolphins L.D.S.C | 0:25:36 |
| 6th   | David Cornwell | Warrington Dolphins L.D.S.C | 0:27:57 |
| 7th   | Tim Munslow    | Chester Tri Club            | 0:34:17 |
| 8th   | Rob Wilson     | Warrington Dolphins L.D.S.C | 0:34:36 |

**Ladies - 3 mile wetsuit**

| Place | Name           | Club                        | Time    |
|-------|----------------|-----------------------------|---------|
| 1st   | Judy Brown     | Warrington Masters SC       | 1:07:42 |
| 2nd   | Jane Nunn      | Knutsford Tri Club          | 1:08:44 |
| 3rd   | Joanna Maxwell | U/A                         | 1:20:29 |
| 4th   | Alison Wilson  | Warrington Dolphins L.D.S.C | 1:24:29 |
| 5th   | Louise Clague  | U/A                         | 1:25:21 |
| 6th   | Liz Batt       | High Peak Tri               | 1:37:10 |
| 7th   | Sally Green    | U/A                         | 1:44:46 |

**Gents - 3 mile wetsuit**

| Place | Name                | Club               | Time     |
|-------|---------------------|--------------------|----------|
| 1st   | Michael Boyle       | Trafford Metro     | 01:08:59 |
| 2nd   | Peter Openshaw      | U/A                | 01:09:17 |
| 3rd   | Matt Donnelly       | Darren Masters     | 01:13:45 |
| 4th   | Mal Balmer          | St Helens Tri      | 01:19:55 |
| 5th   | Andrew Hamlett-Orme | Knutsford Tri      | 01:22:29 |
| 6th   | Pete Price          | Knutsford Tri Club | 01:26:16 |
| 7th   | Jeff Fidler         | Knutsford Tri Club | 01:30:19 |
| 8th   | Jon Batt            | High Peak Tri      | 01:30:39 |

**31<sup>st</sup> Albert Dock Championship**6<sup>th</sup> August 2016**Junior Freestyle**

| Place | Name        | Club            | Time     | Class |
|-------|-------------|-----------------|----------|-------|
| 1st   | Amy Compton | Wirral Metro SC | 00:45:41 |       |

**Junior Breaststroke**

| Place | Name              | Club                     | Time     | Class |
|-------|-------------------|--------------------------|----------|-------|
| 1st   | Ellie Jane Knight | Warrington Dolphins LDSC | 01:05:29 |       |

**Junior Freestyle - wetsuit**

| Place | Name              | Club                     | Time     | Class |
|-------|-------------------|--------------------------|----------|-------|
| 1st   | Beth Dowding      | Warrington Dolphins LDSC | 00:47:29 |       |
| 2nd   | Jessica Critchlow | Warrington SC            | 00:55:13 |       |

**Senior Freestyle - 2 miles**

| Place | Name             | Club                       | Time     | Class   |
|-------|------------------|----------------------------|----------|---------|
| 1st   | Joanne Morris    | Chester Triathlon Club     | 00:47:00 | 1st V50 |
| 2nd   | Louise Fielding  | Hazel Grove & Bramhall ASC | 00:47:52 |         |
| 3rd   | Michaela Richard | Warrington Dolphins LDSC   | 00:52:50 | 2nd V50 |
| 4th   | Anna Pope        | U/A                        | 00:58:59 |         |
| 5th   | Karen Hodgkins   | Warrington Dolphins LDSC   | 01:14:55 | 3rd V50 |
| 6th   | Amanda Reid      | Warrington Dolphins LDSC   | 01:25:56 | 4th V50 |
|       | Stephne Douglas  | Warrington Dolphins LDSC   | DNS      |         |

**Senior Breaststroke**

| Place | Name            | Club                     | Time     | Class   |
|-------|-----------------|--------------------------|----------|---------|
| 1st   | Vanessa Compton | U/A                      | 01:10:26 |         |
| 2nd   | Margaret Smith  | Warrington Dolphins LDSC | 02:08:53 | 1st V70 |

**Senior Freestyle - wetsuit**

| Place | Name           | Club                      | Time     | Class   |
|-------|----------------|---------------------------|----------|---------|
| 1st   | Val Ornsby     | Chester Triathlon Club    | 00:52:35 |         |
| 2nd   | Imogen Gough   | Manchester Triathlon Club | 00:54:13 |         |
| 3rd   | Chris Mantin   | El-Gouna (Egypt)          | 00:56:23 | 1st V50 |
| 4th   | Rosemary Symms | Chester Triathlon Club    | 01:06:25 | 1st V60 |
| 5th   | Miranda Taylor | Knutsford ASC             | 01:08:24 |         |
| 6th   | Eileen Sharman | U/A                       | 01:26:25 | 2nd V60 |
|       | Emma Done      | U/A                       | DNS      |         |

### Junior Freestyle

| Place | Name         | Club | Time     | Class |
|-------|--------------|------|----------|-------|
| 1st   | Ryan Huddart | U/A  | 00:45:00 |       |

### Junior Freestyle - wetsuit

| Place | Name                | Club           | Time  | Class |
|-------|---------------------|----------------|-------|-------|
| 1st   | Joseph James Robins | Sunderland ASC | 00:45 |       |

### Senior Freestyle - 2 miles

| Place | Name               | Club                       | Time     | Class   |
|-------|--------------------|----------------------------|----------|---------|
| 1st   | Graham Padgett     | Warrington Dolphins LDSC   | 00:50:21 | 1st V60 |
| 2nd   | Steve Connor       | Warrington Dolphins LDSC   | 00:51:58 | 1st V50 |
| 3rd   | Dave Reason        | Howe Bridge Marlins LDSC   | 01:02:47 | 1st V70 |
| 4th   | Tom Stubbs         | Warrington Dolphins LDSC   | 01:06:40 |         |
| 5th   | Stuart Ainsworth   | Warrington Dolphins LDSC   | 01:13:53 | 2nd V70 |
| 6th   | Christopher Carter | Warrington Dolphins LDSC   | 01:14:18 | 2nd V60 |
| 7th   | William Taylor     | U/A                        | 01:16:22 | 2nd V50 |
| 8th   | Wayne Storey       | U/A                        | 01:16:37 |         |
| 9th   | Bill Grey          | South London Open Water SC | 01:21:16 | 3rd V60 |
| 10th  | Matthew McGee      | U/A                        | 01:24:09 | 3rd V50 |
| 11th  | David Bowker       | Warrington Dolphins LDSC   | 01:28:59 | 4th V50 |

### Senior Freestyle - wetsuit

| Place | Name           | Club                     | Time     | Class   |
|-------|----------------|--------------------------|----------|---------|
| 1st   | Richard Farrar | Mersey Triathlon Club    | 00:52:29 |         |
| 2nd   | Tom Stephens   | Warrington Dolphins LDSC | 00:55:08 |         |
| 3rd   | Ian Critchlow  | U/A                      | 00:56:28 |         |
| 4th   | David Walsh    | U/A                      | 01:14:04 | 1st V60 |
|       | Meurig Thomas  | Chester Triathlon Club   | DNS      |         |
|       | Andy White     | Chester Triathlon Club   | DNS      |         |

### Senior Freestyle - 4 miles

| Place | Name           | Club                     | Time     | Class |
|-------|----------------|--------------------------|----------|-------|
| 1st   | Julie Trevor   | Warrington Dolphins LDSC | 02:15:43 |       |
| 2nd   | Michelle Hardy | Langold Pikes            | 02:15:45 |       |
| 3rd   | Vicki Thompson | Barrow LDSC              | 02:36:25 |       |

### Senior Freestyle - wetsuit

| Place | Name               | Club                     | Time     | Class   |
|-------|--------------------|--------------------------|----------|---------|
| 1st   | Jane Nunn          | Knutsford Triathlon Club | 01:37:38 | 1st V50 |
| 2nd   | Emma Godfrey       | Borough of Kirklees ASC  | 01:55:04 |         |
| 3rd   | Fiona Hunter-Choat | U/A                      | 02:01:56 |         |

### Senior Freestyle - 4 miles

| Place | Name            | Club                     | Time     | Class   |
|-------|-----------------|--------------------------|----------|---------|
| 1st   | Oliver Taylor   | U/A                      | 01:37:09 | 1st V50 |
| 2nd   | Robert Monk     | Chester Triathlon Club   | 01:42:41 | 2nd V50 |
| 3rd   | David Randall   | Trafford Metro           | 01:46:28 | 1st V60 |
| 4th   | Alex White      | City of Bradford SC      | 01:57:10 |         |
| 5th   | Frank Gilgannon | Warrington Dolphins LDSC | 02:01:48 | 2nd V60 |
| 6th   | Chris Green     | Barrow LDSC              | 02:36:25 | 3rd V60 |
| 7th   | Jason Lloyd     | U/A                      | 02:48:39 |         |
| 8th   | Joseph Coy      | Warrington Dolphins LDSC | 03:01:10 | 3rd V50 |
|       | Peter Goodman   | U/A                      | DNS      |         |

### Senior Breaststroke

| Place | Name           | Club      | Time     | Class |
|-------|----------------|-----------|----------|-------|
| 1st   | Nicholas White | Blackpool | 02:32:03 |       |

### Senior Freestyle - wetsuit

| Place | Name                | Club                     | Time     | Class   |
|-------|---------------------|--------------------------|----------|---------|
| 1st   | Pete O'Sullivan     | Maindy Lads              | 01:39:25 |         |
| 2nd   | Peter Openshaw      | Knutsford Triathlon Club | 01:41:52 | 1st V50 |
| 3rd   | Nick Overton        | Borough of Kirklees ASC  | 01:45:50 | 2nd V50 |
| 4th   | Ian Girven          | U/A                      | 01:46:42 |         |
| 5th   | Martin Duffy        | Cardiff Masters SC       | 01:50:28 |         |
| 6th   | Frazer Lloyd Jones  | Knutsford Triathlon Club | 01:51:58 |         |
| 7th   | Peter Price         | Knutsford Triathlon Club | 01:57:45 |         |
| 8th   | Edward Taylor       | Knutsford Triathlon Club | 02:06:30 |         |
| 9th   | Robbie Girven       | U/A                      | 02:36:40 |         |
|       | Andrew Hamlett-Orme | Knutsford Triathlon Club | DNS      |         |

### Dee Mile Swim Report 2016

The Dee Mile swim took place on Saturday 30th July. We had record entries of 420 with 354 participating on the day. The format remained the same with 1km and 2km swims both downstream and finishing at the suspension bridge on the Meadows side of the river Dee.

New this year we had Selkie swim shop on site which was a great addition. They provided the prizes and were popular for all open water swim related purchases.

Fresh Caterers provided a fantastic service to competitors and marshals, also serving hot chocolate after the swim in memento mugs which was popular with swimmers.

Deva Canoe Club provided 20 volunteer canoeists without whom the event could not have been safely run. We donated £150 to their club as a thank you.