

## Warrington Dolphins Long Distance Swimming Club



Congratulations and thank you to everyone who has supported the Dolphins throughout the year.

**Jan** - The year started with the **BLDSA Postal Swim** organised internationally by Dolphin Mandy Reid with Caroline Lewis organising it for the Club. We had a good turn-out this year again. Many thanks to everyone who entered and to all the lane counters. See full results on the BLDSA Postal Swim Website.

**Feb** - We held our **1500m Championships** indoor event, this was organised by Kalliopi Sinclair. We had 34 entries. We had representation from a number of clubs, Manchester Tri Club, Stockport SC, Bramhall, Barrow LDSC, Howe Bridge LDSC and Warrington Dolphins. A good time was had by all with a lovely meal and presentation afterwards at The Station, Irlam. We thank you for your support. See results on our website.

### **April - Bob Keating/Dick Dickinson Swim**

Congratulations to all who took part and thank you to the counters who helped on the night. The swimmer closest to their time were Michaela in the Senior event and Joe Lewis in the Junior event. Awards were presented by Bob Keating. Well done to all the swimmers and again thank you to all the counters who made it possible to hold the event.

**April - Guildford 12** – 9 members represented the Dolphins at the Guildford 12 event on the 12th April at the Guildford Lido, Surrey. This challenge is to swim a mile on the hour for 12 hours as a Soloist or Relay. Soloists were Michaela Richard, Caroline Lewis, Rob Waterhouse and Rachel Wilkinson, 2-person Relay was Andy Wright and Chris Carter and 3-person relay were Karen Hodgkins, Julie Trevor and Mandy Reid. All completed their challenge with smiles and laughter, most of the time anyway! Congratulations to all involved, Oh and not forgetting the counters, Larry Richard, Colin Lewis and Caroline Wilkinson

**April - Outdoor swimming sessions.** This year's Tuesday and the new Thursday evening swim sessions at Budworth Sailing Club got off to a cold start with the water temperature at 10C. However, this soon improved and over the following weeks, the temperature saw a steady increase up to the early 20's. The sessions have been well attended.

### **May – Budworth Handicap 1 mile Club Event**

Budworth Handicap Swim took place on Saturday 10th May. Thank you to Jim, Lindsay, Kalliopi, Larry and Henry for helping out on the day. The results are:

#### **Costume**

1	Lucy Trevor	29.00	29.24	00:00:24
2	Ellie Knight	31.20	32.00	00:00:40
3	Chris Carter	37.51	38.38	00:00:47
4	Rob Waterhouse	27.32	30.40	00:02:32
5	Julie Trevor	33.00	35.44	00:02:44
6	Michaela Richard	25.00	28.24	00:03:24
7	Stuart Ainsworth	34.50	39.11	00:04:21
8	Karen Hodgkins	36.00	41.20	00:05:20

**Wetsuit**

1	Paul Harbidge	30.00	29.39	00:00:21
2	Garry Hilton	36.30	36.02	00:00:28
3	Fergal Harkin	35.00	36.15	00:01:15
4	Craig Smith	50.00	44.21	00:05:39

**Budworth Championships**

These were held on Saturday 2nd June. Water Temperature was very warm but an overcast morning. Thank you to everyone who helped on the day.

**Senior Ladies 3 Mile**

1	Nikki Fraser	01:11:01	StocksbridgePentaqua SC
2	Laura Bowden	01:11:25	Manchester Tri
3	Jane Nunn V	01:23:38	U/a
4	Beth Dowding	01:30:51	Warrington Dolphins Long Distance Swimming Club
5	Ellie Jane Knight	01:35:26	Br/S Warrington Dolphins Long Distance Swimming Club
6	Ellie Moore	01:37:32	Liverpool Water Sports Centre
7	Charlotte Long	01:39:17	U/a
8	Julie Trevor V	01:46:54	Warrington Dolphins Long Distance Swimming Club
9	Amanda Reid V	02:19:36	Warrington Dolphins Long Distance Swimming Club
10	Karen Hodgkins V	02:20:58	Warrington Dolphins Long Distance Swimming Club
	Michelle Hardy V		Retired BLDSA

**Senior Gents 3 Mile**

1	Ryan Huddart	01:06:06	Derwentio Excel
2	Andrew Allum	01:09:19,	Henley OW SC
3	Adam Farini	01:24:29	Warrington Dolphins Long Distance Swimming Club
4	Mike Reason	01:24:57	Warrington Dolphins Long Distance Swimming Club
5	Rob Waterhouse	01:35:02	Warrington Dolphins Long Distance Swimming Club
6	Steven Willder V	01:37:34	Blackpool Aquatics ASC
7	Nicholas White V	01:40:00	Br/S Blackpool Lifeguard
8	Nicholas Robinson	01:42:54	City of Liverpool
9	Joseph Coy V	02:25:53	B/Fly Warrington Dolphins Long Distance Swimming Club

**Ladies 1 Mile**

1	Vanessa Compton	00:34:44	Br/S U/a
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**Gents 1 Mile**

1	AynsleyDowding	00:45:16	Warrington Dolphins Long Distance Swimming Club
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**Junior Ladies 2Mile Freestyle**

1	Madeleine Adams	00:57:54	Kingfishers SC Scarborough
2	Lucy Trevor	01:01:43	Warrington Dolphins Long Distance Swimming Club

**Junior Gents 2Mile Freestyle**

1	Jai Bolton	00:47:50	City of Salford
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**Ladies 2 Mile Vet**

1	Janet Wilson	02:01:36	BLDSA
2	Margaret Smith	02:19:15	Br/S Warrington Dolphins LD /Grimsby Water Rats

**Gents 2 Mile Vet**

1 David Randall	00:57:42	Trafford Metro Masters
2 David Reason	01:10:47	Howe Bridge Marlins LDSC
3 Christopher Carter	01:19:01	Warrington Dolphins Long Distance Swimming Club
4 Chris Green	01:31:21	Barrow Long Distance SC
5 Bill Dutton	01:40:56	Warrington Dolphins Long Distance Swimming Club

**Wetsuit 1Mile Ladies**

1 Karen Munslow	00:29:45	U/a
2 Kathleen Medd	00:33:32	U/a
3 Jackie Carter	00:40:32	U/a

**Wetsuit 1Mile Gents**

1 Ian Bates	00:27:35	Stockport SC
2 Tim Munslow	DNS	U/a
3 Paul Davies	DNS	U/a

**Wetsuit 3Mile Ladies**

1 Joanna Wilding	01:15:05	Matlock & District SC
2 Barbara Cole	01:28:20	Shrewsbury Masters
3 Joanne Barnett	01:30:39	Matlock & District SC

**Wetsuit 3Mile Gents**

1 Peter Openshaw	01:15:00	Knutsford Tri club
2 Matt Donnelly	01:18:44	Darwen Masters SC
3 Peter Price	01:40:21	Knutsford Tri club

**Merit of the Mere Award** was presented to Chris Byrne for his continued safety support of the Budworth Championships over the years.

**Other Awards in the 3 Mile Event**

- 1st Breaststroke - Ellie Jane Knight
- 1st Breaststroke - Nicholas White

**Social Evening**

Thank you to Julie Trevor for organising this year's Social Evening held at Budworth Sailing Club on Tuesday 19th June. We had 5 kayakers on the water, Larry, Colin, John, Tom, Henry. With Mandy on food and Karen spotting, it was great to see a good turnout from non-members and members.

**Channel Relay**

Congratulations to Rob Waterhouse, Adam Farini, Rachel Wilkinson, Jackie Carribine, Beth Dowding and Tom Stephens on their epic and speedy English Channel crossing on Saturday 7th July. The time was 11 hours and 5 mins. Thank you also to Bill and Shanta Dowding for providing support on the boat.

**August – Albert Dock.** Organised by Rob Waterhouse. Thank you to Liverpool Watersports Centre for allowing the Dolphins once again to use their wonderful facilities and also a big thank you to Liverpool Canoe Club, friends of Warrington Dolphins and the BLDSA for providing Safety Cover on the day. Thank you to all who helped on the day and supported this event.

**Senior 2 Mile Ladies Championships**

Laura Bowden	00.22.23	00.45.38	00.45.38	1st Freestyle
Michaela Richard	00.26.34	00.54.08	00.54.08	2nd Freestyle
Jan Rigby	00.33.32	01.09.23	01.09.23	1st Breaststroke
Julie Trevor	DNS		DNS	
Mandy Reid	DNS		DNS	
Beth Dowding	DNS		DNS	

**Senior 2 Mile Mens Championships**

Ben Winterburn	00.22.31	00.47.33	00.47.33	1 <sup>st</sup> Freestyle
Steve Connor	00.26.38	00.54.19	00.54.19	2nd Freestyle
Frank Kilgannon	00.30.09	01.01.48	01.01.48	3 <sup>rd</sup> Freestyle
Colin Benn	00.37.36	01.20.35	01.20.35	

**Junior 2 Mile Championships**

Ellie Howley	00.28.40	Retired	00.28.40	Achieved 1 mile
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**Junior 2 Mile Wetsuit Championships**

Jessica Parry	00.22.09	00.45.06	00.45.06	1 <sup>st</sup> Freestyle
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**Senior Wetsuit 2 Mile Ladies Championships**

Sarah Roberts	00.22.09	00.45.08	00.45.08	1 <sup>st</sup> Freestyle
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**Senior Wetsuit 2 Mile Mens Championships**

Chris Malpass	00.22.09	00.44.56	00.44.56	1 <sup>st</sup> Freestyle
Billy Seaman	00.28.53	00.59.23	00.59.23	2 <sup>nd</sup> Freestyle
David Cole	00.25.04	00.52.25	00.52.25	3 <sup>rd</sup> Freestyle
Aynsley Dowding	00.33.25	01.07.50	01.07.50	
Ian Lovegrove	00.37.06	01.16.04	01.16.04	
Grant Carter-Moore	00.29.46	01.01.55	01.37.34	
Joseph James Robins	DNS	DNS		

**Senior Ladies 4 Mile Championships**

Rachel Wilkinson	00.24.37	00.50.00	01.15.28	01.41.16	01.41.16	1st Freestyle
Lucy Parker	00.26.28	00.54.14	01.23.29	01.52.42	01.52.42	2nd Freestyle
Ellie Jane Knight	00.31.42	01.04.54	01.38.16	02.10.45	02.10.45	1st Breaststroke
Michelle Hardy	00.32.46	01.07.13	01.42.35	02.18.41	02.18.41	3rd Freestyle
Julie Lloyd	00.37.29	01.15.42	01.54.36	02.34.04	02.34.04	
Vicki Thompson	DNS					

**Senior Mens 4 Mile Championships**

Justin Palfrey	00.28.23	00.45.46	01.09.36	01.34.16	01.34.16	1st Freestyle
Jim Bridges	00.00	00.46.33	01.10.46	01.35.23	01.35.23	2nd Freestyle
Jamie Campbell	00.27.26	00.55.39	01.24.08	01.52.45	01.52.45	3rd – Freestyle
Andy Sherratt	00.32.17	01.05.28	01.37.54	02.10.10	02.10.10	
William Taylor	00.36.40	01.15.20	01.55.18	02.36.30	02.36.30	
Nick White	00.35.46	01.16.07	02.01.53	02.51.30	02.51.30	1st Breaststroke
Andrew Orme	DNS					

**Senior Wetsuit Ladies 4 Mile Championships**

Emily Jevons	00.22.46	00.46.35	01.11.53	01.37.34	01.37.34	1st
Barbara Rigby	00.32.39	01.07.59	01.44.27	02.21.26	02.21.26	2nd
Chris Mantin	00.35.40	00.51.28	Retired	Retired		Achieved 2 miles

**Senior Wetsuit Mens 4 Mile Championships**

Dominique Miller	00.24.46	00.51.12	01.18.14	01.45.28	01.45.28	1st
Ian Girven	00.27.02	00.55.34	01.25.34	01.56.45	01.56.45	2nd
Andy Gray	00.27.02	00.59.37	01.31.10	02.01.50	02.01.50	3rd
Jeremy Cooper	00.28.07	00.57.51	01.29.30	02.02.17	02.02.17	
David Walsh	00.32.10	01.05.28	01.40.13	02.16.03	02.16.03	
David Laughlin	00.32.00	01.06.21	01.52.06	02.17.48	02.17.48	

Dolphins have shown their support for many more events around the country this year - Champion of Champions Ellerton Lake, Wykeham, Bala, Lynn Regis, Ivan Percival, Salford Quays, Dee Mile and many, many more.

Well done to all.

Michaela Richard  
WDLSC President

## Postal Swim

The 2018 Postal Swim, been a fantastic success, once again, a huge thank you to all swimmers who took part and a very special thank you to all the people who organised postal swims all over the world. The people behind the scenes at the clubs and swimming pools, who complete the paperwork, organise the counters and make sure that everyone's details are sent through to me, deserve a real pat on the back. You do a great job and without you there would be no Postal Swim.

This is my 5th year as the Hon Secretary of the Postal Swim, still learning and trying to speed up the process. Alan Pomfret has assisted me again this year, "thanks again Al".

As with previous organisers of the postal swim I have made every effort to keep mistakes to a minimum, this year we posted draft results on the website and it was great to get all your feedback before we went to print so I will do this again next year.

A total of 1009 swimmers took part in this year's event which is slightly down on 2017 by 106 entries. In 2018, we had both individual swimmer entries alongside Club entries from all over the World. If this year's postal swim was your first I hope you enjoyed taking part and that you will enter again next year. Don't forget to spread the word about how easy it is to take part, all details on how to enter is on our website. [www.postalswim.com](http://www.postalswim.com)

Reece Barclay of Hoddesdon SC (Gents 25 – 29 year's age group) achieved the longest distance in the Postal Swim event this year with a tremendous swim of 5120 metres. Congratulations to Reece.

We have seen 5 records broken this year which is the most I have ever recorded since I took on the postal swim in 2012 – It seems our older swimmers are the ones breaking these records.

In no particular order Kath Thomas from Tri guru (ladies 45- 49 years) beat Judy Brown's record set in 2012 at 4355 metres by 105 metres, Kath came 1<sup>st</sup> in this category last year but didn't beat the record, well done Kath on your swim of 4460 metres and congratulations. Our next lady swimmer has beat her own record set in 2016 of 4010 metres in the 55- 59 years ladies, Esther Iseppi from Guernsey SC swam an extra 10 metres to come 1<sup>st</sup> in this category and set a new record this year of 4020 metres. I hope to see you in next year's 60 – 64 category setting more records, fantastic swim Esther.

The gents also broke records this year, Ian Wimpenny last year broke the 35-39 Gents category and this year he has entered into the 40 -45 gent's category and come 1<sup>st</sup> setting a record beating Alexander Knibbs 4780 metres swim in 2000 by 70 metres swimming 4850 metres, terrific swim Ian you seem to be able to maintain your distance – an example to us all. Our next gents' swimmer is no stranger to setting records Graham Padgett holds 3 records in 3 different age categories. Graham currently holds the record at 4300 metres, set in 2008 in the gents 60-64 category, in the 65- 69 gents category he holds the record at 4010 meters set in 2013. In 2018 Graham moved in to the Gents 70 – 74 category and has set a record of 3860 metres beating Peter Tucker of Darwen masters, who in 2003 set the record at 3490 – that's a massive 370 metres. Graham congratulations on your record for 2018 and long may your other records remain yours – a wonderful achievement. Our final record breaker is Mike Banfield at an amazing 85 years of age, Mike has broken the record set by Charles Ambler of Isle of Wight masters set in 2007 of 2300 metres by 240 metres and swam 2540 metres. Fantastic effort well done!

A big thank you from me personally to all the disabled swimmers who took part in this year's Postal Swim. You are all stunning swimmers and I hope you all achieved your goals. I love receiving your entries and watching your progress year on year.

Our youngest swimmer this year was just 3 years young, Loghan Wicks from GYWSO. Our oldest swimmers Betty Brown and Mike Banfield both 85 years young - you are both inspirational swimmers. Congratulations Betty and Mike.

As we have seen this year the postal swim is for everyone whatever your age or ability, male or female, disabled, an individual or member of a team, the postal swim welcomes everyone so please keep swimming and I look forward to seeing your efforts next year. As always details for next year's swim will be posted on our web site at [www.postalswim.com](http://www.postalswim.com) where previous year's results, current entry forms, for downloading and contact details can be obtained. Please note that these forms have changed, and prices have been adjusted to reflect some increased costs from 3<sup>rd</sup> party suppliers.

For those who wish to sample the pleasures of outdoor swimming the British Long-Distance Swimming Association (BLDSA) web site [www.bldsa.org.uk](http://www.bldsa.org.uk) has information on this year's events.

Best Regards

**Mandy Reid**

**Postal Swim Secretary**

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