



Warrington Dolphins Long Distance Swimming Club

www.warrington-dolphins.co.uk

Newsletter October 2009

Well with another blink of the eye the summer is over and a very pleasant summer of swimming has past. As usual the aim of the Newsletter is to welcome new members to the Club and provide an update on the club.

Bob Keating/Dick Dickinson Handicaps

This year we had 2 junior swimmers competing in the Dick Dickinson Handicap which was won by Rachel Byrne. In the senior Bob Keating Handicap we had 9 swimmer taking part and 4 seniors counting. The first 4 places were fairly close with Michaela Richard winning for her second time.

Budworth Handicap

Budworth Handicap despite poor weather leading up to the handicap on the day the weather held and water temperature were 14°C. We had a good turnout of 25 swimmers and good support of members helping. Owen Griffith christened our new canoe providing safety cover. We also trialled another company's electronic timing, which was good. Richard Walsh was presented with the trophy as winner, being only 7 seconds outside his predicted time.

Budworth Championship

Michaela and Larry Richard again organised the Budworth Championship this year. They were a tremendous success with the swim full and a waiting list formed. There were 96 swimmers who entered this year. The weather was good; the water temperature was in the 60's. Once again we had great support from Dolphins and friends of Dolphins either swimming or helping out. With electronic timing for the second year on the run the championships ran exceedingly well. The lake is already booked for next year for the 29th May 2010.

Marbury Handicap

Marbury Handicap followed the same successful format as it has done for several years. 21 swimmers took part this year and as usual the Presentation was held over a buffet at the Cock O' Budworth. This year's winner (John Glynn) was exceedingly close to his submitted time. The water temperature was nearly as warm as Fordton Leisure Centre's water at 19C.

Albert Dock Championships

This year the helm was taken over by Dave Bowker and his efforts maintained the standard set by previous secretaries. We had a good representation of members both on the side helping and swimming. The swim entry limit was set at 50 and the swim was full. Graham Padgett once again retained the accolade of being the first veteran home in the 4mile race. Richard Walsh and Michaela Richard both finished 2nd in the gents and ladies races respectively. Steve O'Brien retained the 4mile breaststroke title. Julie Trevor swam in the Dock for the first time. She was narrowly beaten by another breaststroke swimmer, blaming the President for talking to her during the swim.

Coniston Relay

The relay was held the day before the Senior Coniston swim. We had 5 team entered into the event. These were given the following names of Dolphins Babes, Dolphins Dolls, Jetsam, Flotsam and Team Carter. All teams swam well and the fastest was Jetsam. What was so pleasing was the enjoyment that was had by all. Some of the team members camped over the weekend at Hawkeshead. June Morris made her first swim in open water and Courtney and Connor Dean again excelled. Connor became annoyed when someone from another club accused him of slipstreaming during his first excellent swim. On his second swim he 'turned on the gas' leaving the complainant 'miles' behind. It was a great swim, narrowly finishing second. Dave Bowker swapped from being a timekeeper to canoeing for Flotsam on the Dolphins sit on canoe, his first time canoeing.



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The teams were:

Babes – Michaela Richard, Jo Norton-Barker, Julie Mainwaring
Dolls – Courtney Dean, Sarah Beresford, June Morris
Flotsam – Kevin Saunders, Richard Walsh, Christian Wade
Jetsam – Connor Dean, Alan Pomfret, Graham Boswell (subbed due to illness)
Carter – Chris, Joanne and Jennifer

Training

Attendance at sessions during the summer have continued at typical summer levels. Our thanks to Liz Byrne who has taken a large number of Sunday sessions and as a coach with considerable experience I'm sure we have all benefited from her quality sessions. Thanks are also due to Jim and Christian who have organised the coaches for the Friday and Sunday session respectively. Christian is always keen to receive offers for Coaching at Sunday sessions, so please volunteer.

Masters

Graham Padgett and Judy Brown again took part in a number of Masters Events over the year. At the Cheshire Masters both Graham and Judy swam well. Once again Judy set county records, this year she set three, which were in the 50m and 400m freestyle and the 100IM. Members of the Dolphins (Judy Brown, Graham Padgett and Chris Byrne) currently hold 12 county records.

Channel Relay 2010

Those of you involved in next summer's crossings its time to start concentrating on gaining fitness over the winter. Nearly all team members have swum outdoors this summer. A couple have had the summer off due to babies, injury or in Mark's case recovering from the previous year's commitments. Over the next couple of months plans will be drawn up on the teams and general arrangements. Since our last relay crossing in 2007, a new requirement has been introduced by the federation which requires all members to have swum a 2 hours qualifying swim.

Notable swims

- Richard Walsh swam 123.5 miles down the River Thames in five days. The challenge was in aid of Leukaemia Research
- Members who made their first open water swims this season as a Dolphin were June Morris and Julie Trevor.
- Richard Walsh topped the mileage chart with 150 miles (123 miles in a wetsuit). Jo Norton-Barker topped the mileage for true open water swimming (none wetsuit) with 52.0 miles.

Forthcoming Events

- Curry Night - 12th December 2009 - Including the Presentation of the 'Anderson' and 'Dolphin of the Year' Trophies.
- Christmas 1mile Handicap – 20th December 2009 at Fordton 6:00pm. As usual bring a wrapped present of value around £4. This is a very enjoyable event.
- Boxing Day Dip – Budworth Mere Sailing Club, 10am followed by the usual Bacon Buttie.
- AGM – Sunday 31st January 2010, 5pm Fordton
- Budworth Handicap – 8th May 2010
- Budworth Championship 29th May 2010
- Coniston Relay – 17th July 2010 (Preparation for the Channel Relay)
- Albert Dock Championship 7th August 2010
- Channel Relay – 17th to 24th August 2010

Andy Wright
President