

Hi all

Welcome to the February Newsletter.

It's that time of year again!

Annual Dolphins Memberships are now due. It is £25.00 for seniors, £12.00 for juniors. Online sign-ups can be found by following the attached link to Entry Central:

<https://www.entrycentral.com/club/101353>

Membership Forms have been sent out also if you wish to pay by cheque.

However you choose to pay, you must return a form to Caroline or complete a form via Entry Central, so she has your consent to the privacy questions we must ask you, due to GDPR. Money without a form cannot be accepted unfortunately.

POSTAL SWIM - Friday 22ND February & 1ST March

For those new to the event, the format is to swim continually for a timed hour and complete as many lengths as possible during that time. That said, there is nothing to say you can't stop for a drink or a rest if you want to. Swimmers are then entered into the BLDSA national and international Postal Swim event where there are badges for each swimmer and medals for top swimmers in each category. The last couple of years have shown a really good Dolphin entry.

Please contact Rob to book a slot on one of the above dates. rob.waterhouse@ntlworld.com. If you could also confirm if you can bring along a counter, that would be great for organising on the night.

NEWS

A few Dolphins have entered the 2Swim4Life event again this year at Guildford Lido, a splendid 10 lane 50m outdoor pool. It is a 24 hour swim starting at 8am Saturday 20th April to 8am Sunday 21st April, it can be completed either as a solo or a relay. Our soloists are Rob Waterhouse and Rachel Wilkinson, Caroline and myself as a 2-person relay and Andy and Chris as part of a relay.

Best of Luck with your training! and the event over Easter.

DOLPHINS 1500m EVENT

As you know our event was cancelled on the 9th February due to the recent stormy weather causing damage at the Leisure Centre. This is now being re-arranged, and the two possible dates available are the 2nd or 9th March. Emails will be sent to members when a new date is finalised and Entrycentral will be re-opened for entries if you missed out the first time round.

BARROW LDSC ANNUAL 1500m EVENT

This is being held on Saturday 23rd March at Barrow Leisure Centre. See me for an entry form.

OPEN WATER SEASON 2019

Open Water Training will be starting in April (Date TBC) at Budworth Sailing Club, Nr Northwich. An email confirming more details will follow.

We are looking for volunteers to help out on these evenings, either Safety Cover or Administration.

Unfortunately if we cannot guarantee cover on the night then the session(s) will be cancelled.

DATES FOR YOUR DIARIES

Saturday 18th May 9.30am onwards - Budworth
Handicap 1 mile Swim

Saturday 1st June 8.30am onwards - Budworth Championships (event will be opening soon).

Also please see the BLDSA (British Long Distance Swimming Association) Calendar on their website, they organise events throughout the season with various distances from Novice to Marathon.

<https://bldsa.org.uk/swim/championship-events>

WHATSAPP GROUP

We thought it might be useful to have a Dolphins WhatsApp group for easy communication regarding coaching, training, sharing ideas, thoughts and encouragement. If you are interested, could you please email Caroline with your consent and confirming your current mobile number.

If you are not familiar with WhatsApp, it's easy to download onto your phone, it's free and it means the whole group can see the messages posted, unlike text.

WEBSITE

Please note that the website is currently not working but we hope to have it back up and running soon.

DOLPHINS TOPS & HATS

If you would like to purchase any of the following for the season ahead, please email Caroline snailson tour@hotmail.com

Hoodies and zoodies - £15.00

Training tops £13.00

T Shirts £8.00

Silicone hats £3.00

Latex hats £1.50

10 MINUTE SWIM RESULTS

Thank you to Stuart for recording the results.

Warrington Dolphins, Members performance.

10 Minute timed swim.

Member's Name	20 th July 2018		11 th January 2019		Gain
	Lengths	Distance m	Lengths	Distance m	
Adam Farini		0		0	N/A
Alan Pomfret	22	550		0	N/A
Amanda Reid	16	400		0	N/A
Andy Wright		0	23.75	593.75	N/A
Anita Dodd	22	550	22.33	558.25	0.02
Anna Lewis		0		0	N/A
Aynsley Dowding	17	425	18.5	462.5	0.09
Beth Dowding	18.5	462.5	24.5	612.5	0.32
Billy Dutton		0		0	N/A
Caroline Lewis		0	22.33	558.25	N/A
Chris Carter		0		0	N/A
Dave Jones		0		0	N/A
David Bowker		0		0	N/A
Daniel Wall		0	28.5	712.5	N/A
Emma Fallon		0		0	N/A
Fausto Martelli		0		0	N/A
Jackie Carribine		0		0	N/A
Jenny Pilkington		0		0	N/A
Jim Nurse		0		0	N/A
Jo Blackburn		0		0	N/A
Joe Coy		0		0	N/A
Joe Lewis		0		0	N/A
John Lewis		0		0	N/A
Julie Trevor	22	550	22	550	0.00
Kalopi Raissi-Sinclair	18	450		0	N/A
Karen Hodgkins		0		0	N/A
Kevin Saunders		0		0	N/A
Lucy Trevor		0		0	N/A
Margaret Smith		0		0	N/A
Matt Cullen		0		0	N/A
Michaela Richard	25.5	637.5	26.25	656.25	0.03
Mike Reason		0		0	N/A
Rachel Wilkinson		0		0	N/A
Rob Waterhouse		0	24.5	612.5	N/A
Rob Waters	17	425	17	425	0.00
Sam Cooper		0		0	N/A
Sam Dowding		0	18	450	N/A
Sophia Sinclair		0		0	N/A
Stuart Ainsworth		0	18	18.5	N/A
Tom Stephens		0		0	N/A