



May, 2016

Our Club aims!

The Warrington Dolphins Long Distance Swimming Club was established in 1964. Our aim is to promote Open Water and Long Distance Swimming and with over 50 years of experience we have a wealth of knowledge to pass onto our members. We have a vast range of swimmers; the juniors who are just starting out on their journey into open water and the seniors with achievements as long as your arm. Whatever your challenge or ambition is, help and support is never far away.

We aim for our training sessions to be structured in such a way that they help with your strength, speed and endurance in readiness for the Open Water.

Our three sessions are:

Tuesday - Open Water Training at Budworth Sailing Club April – Sept, 7pm. Safety cover, changing facilities and showers provided.

Friday – Broomfields, 9pm - 10pm

Sundays - Orford Park, 6.15pm – 8.15pm

Since our last Newsletter the committee has amended its guidelines on junior member swimming. The minimum age for joining the Club has been increased to twelve years. As with adults, juniors must be able to swim at least one mile non stop as a joining condition. The guidance for junior swimmers sharing a lane with adults has been clarified. The purpose is to move more able junior members into lanes with swimmers of similar capability to enable them to work to a training schedule more relevant to their swimming skills. It is the committees intention that once all the current junior members have sufficiently developed their swimming capability that they will progress into relevant swim lanes. The long term aim is to return to the Clubs previous practice of organising all swim lanes by ability.

To help you develop your open water swimming, we run a number of swims throughout the year, which need your support. A full list is on our website www.warrington-dolphins.co.uk

We hope to see you all soon at our events.

Happy Swimming! ☺

Michaela Richard, WDL DSC President

Postal Swim 2016

(Report by Caroline Lewis)

Well done to all our swimmers' who took part in this year's Postal Swim, especially those who competed for the first time. Also huge thanks 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 (106,440metres)!

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.

Family totals

Taylor family: 332 lengths, Trevor family: 259 lengths, Waterhouse family: 236.5 lengths, Sinclair family: 228 lengths, Lewis family: 214 lengths, Long family: 172.5 lengths, Saile family: 101.5 lengths.

The results of all individual Dolphins swimmers who took part can be found on the Club website.

Full postal swim results can be found on the BDLSA website page: <http://postalswim.com/index.html>

For those members who do not know about the history of the postal swim, it was first organised 35 years ago, its purpose being to help to raise the profile and fund raising capabilities of the British Long Distance Swimming Association. The annual event attracts competitors from all over the world, whose ages have ranged from under 10's to over 85's since it first began. All results are 'posted', which fortunately is now carried out electronically, and then sorted into the relevant categories to identify the winners of all the various individual and team categories. Warrington Dolphins organise the event on behalf of the BDLSA. The Postal Swim secretary is Warrington Dolphins committee member Mandy Reid, who carries out a magnificent job in both organising the event and collating all the results.

Thanks again to everyone for all the enthusiasm shown towards the event. Any feedback to assist on organising next year's event is welcome.

Bob Keating/Dick Dickinson Championships

(Report by Caroline Lewis)

Congratulations to this year's winners of the Bob Keating and Dick Dickenson Championships. Steph Douglas won the senior 4 km 'Bob Keating' event, Luke Atkinson was first in the junior over 11yrs 2.5 km 'Dick Dickinson' swim, with Joe Lewis taking the trophy for the junior under 11 yrs 1.5 km event. All three swimmers completed the distance 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.

Full results can be found on the Dolphins website

Massive thanks to all the counters who turned up to help. We are hugely grateful for your time and support!!

See you at next year's event.

Budworth Outdoor swims

(Report by Mandy Reid)

The Clubs outdoor training season got off to a chilly start on 26th April. The water temperature was a cool 11C with black clouds and thunder and lightening at one point during the evening. Well done to the ten swimmers' who took the plunge.

Budworth Mere



Budworth Handicap

(Report by Karen Hodgkins)



*Ellie Knight receiving the Handicap winner's trophy
from Club President Michaela Richard*

a difference of just 13 seconds between her predicted and finishing times. Richard Taylor finished in 2nd place followed by Ellie's Granddad, Henry Lowther, in 3rd place.

Thanks to Adrian Moylan for his organisation of the event and for the safety team Larry Richard and Colin Lewis, as without their help the event would not be possible.

Also, Many Happy Returns to Joe Coy who shared his birthday celebrations and cake with everyone after the swim. I think everyone involved would agree a very enjoyable morning was had by all. Full results of the swim are available on the Club website.

New Honorary Coach

Richard Taylor has been voted in as Honorary Coach following the unfortunate resignation of Steve Elliot. Richard has lots of ideas for developing the way the club coaches its members and will be working alongside our coaches implementing these over the forthcoming months. Many thanks go to Steve for his work on the committee.

New Club kit

If anyone would like to purchase an updated club hoodie, zoodie or t-shirt, please contact Caroline Lewis (snailsonatour@hotmail.com).

Best wishes to all Dolphin members swimming in forthcoming events

The Dolphin's Channel relay team: Marc Pomfret, Greg O Connel, Richard Taylor, Adam Farini, Chris Carter & Rob Waterhouse who are making their crossing between 17th and 30th June. The team are raising funds for the RNLI. Go to their fundraising page at <https://www.justgiving.com/fundraising/Channelrelay2016> if you would like to sponsor them.

Graeme Atherton, Andy Bennett, Jackie Carribine, Steve Connor, Billy Dutton, Paul Frith, Gerry Kelleher and Richard Taylor who are representing Warrington Dolphins at the European Masters Swimming Championships in London on 25th – 29th May.

Also to all Club members who are taking part in the Barrow 1500m Championships on 21st May and those who are competing in the Budworth Championships on 4th June.

Upcoming Club events

4th June

Budworth Championships 1, 2 & 3 mile events for Juniors over 12 and Seniors over 16 and new this year Seniors over 60. Venue: Budworth Sailing Club

Entries for this event are now being accepted via www.entrycentral.com. **CLOSING DATE 28th May**

1st July

Marbury Handicap 1 mile, Venue: Marbury Open Air Pool, Marbury Park, near Northwich

The swimmer finishing the closest to their entry time wins. The event is finished by a visit to the pub afterwards for the presentation. Further information will be sent nearer the time.

12th July

Junior Outdoor event, Venue: Budworth Sailing Club Contact Caroline Lewis for more information.

6th August

Albert Dock Championships 2 & 4 mile events, Venue: Entries opening soon at: www.entrycentral.com

Other Open Water swim events

As well as our own Club swims there are numerous open water swims organised and held locally throughout the summer. Some of these can be found on the Club Website such as the BLDSA events. Other such events of interest are:-

Those organised by Uswim. Visit the website: uswimopenwater.com/ for more information

The ASA are also hosting OPEN WATER TASTER SESSIONS. The dates are 4th, 11th and 18th June 12.00 – 13.00 at the Helly Hansen Centre, Salford Quays. Minimum age 12yrs. Wetsuits are allowed. Contact Diane.Stafford@swimming.org for more information and an entry form.

The 2016 OPEN WATER FESTIVAL to be held at the Water Sports Centre, Salford Quays, Salford on Saturday 25th June 2016 from 08.00 – 2.00 pm. No wetsuits are allowed. Google Swim North West Open Water Champs for more information.

Items for future Newsletters

If you have any news items or swimming results that you would like to share with other members we would love to hear from you. Please send them to Secretary@warrington-dolphins.com.