



AGM

Following the resignations during the past year of the Club's Honorary President Alan Pomfret, Honorary Secretary Judy Brown, Honorary Coach Russ Mason and Committee member Ian McCall a number of new officers and officials were elected at the AGM held on 31 January. Most significant is the election of Michaela Richard, as Honorary President.

Introductory note from our new President

Hi all

I joined the Warrington Dolphins LDSC in 1994 with the aim of swimming the English Channel. After three years of long distance training and acclimatisation and guided by the late Mr Maurice Ferguson, I achieved my goal in July 1997 in a time of 11 hours 33 minutes.

I had the bug, since then I have completed swims the length and breadth of the country. Here are some of them:

Numerous 1-way Coniston and 2-way Coniston swim, 3-way Coniston in record time, Windermere, 2-way Windermere, Ullswater, Buttermere, Loch Earn, Torbay, Exmouth, Bala, Llyn Padarn, Wykeham, Albert Dock, Budworth, Dover Harbour. I have been part of 2 Dolphins Channel Relays (1995 & 1999) and also organised and took part in the first Dolphins 2-way English Channel Relay in 2007. Also in 2010 I organised a 3 relay team crossing.

None of which I would have done without the support and encouragement from other Dolphin members, all of the above swims are great swims and if you have not already done so are definitely worth the challenge!

And for a very scenic swim I would recommend Round Jersey Swim which I completed in 2013 – a 42 mile tidal swim around the island.

I have also previously served numerous years on the Committee, six years as Club Secretary and Budworth Championship Secretary as well as introducing the Tuesday evenings swim at Budworth. I look forward to serving you as President and hopefully see you at various events.

Happy Swimming!

Michaela Richard, WDLSC President

Other Officers and Officials elected

<i>Barbara Harding</i>	Honorary Secretary and Welfare Officer, newly elected
<i>Caroline Lewis</i>	Honorary Treasurer, re-elected
<i>Steve Elliot</i>	Honorary Coach, newly elected
<i>Julie Trevor</i>	Social Secretary, re-elected
<i>Amanda Reid</i>	Postal Swim Secretary, re-elected
<i>Adrian Moylan</i>	Budworth Swim Secretary, re-elected
<i>Rob Waterhouse</i>	1500m event and Channel Relay secretary, re-elected
<i>Karen Hodgkins</i>	Assistant Welfare Officer, newly elected
<i>Andy Wright</i>	IT Co-ordinator, newly elected
<i>Kalliopi Sinclair</i>	Committee member, newly elected
<i>Richard Taylor</i>	Committee member, re-elected

The committee expresses its thanks and appreciation for the commitment and hard work carried out on behalf and to the benefit of the Club by those officials and officers who have stepped down.

Dates for the diary - Warrington Dolphins 2016 events

	Date	Registration Time	Venue
Postal Swim	Friday 19 February	8.30 pm	Broomfields Leisure Centre
	Friday 26 February	8.30 pm	Broomfields Leisure Centre
	Sunday 21 February	5.45 pm	Orford Jubilee Hub
	Sunday 28 February	5.45 pm	Orford Jubilee Hub
Bob Keating/ Dick Dickinson Swim	Sunday 24 April TBC	5.45 pm	Orford Jubilee Hub
Budworth Handicap	Saturday 14 May	TBC	Budworth Sailing Club
Budworth Championships	Saturday 4 June	7.45 am	Budworth Sailing Club
Marbury Handicap	Friday 1 July	TBC	Marbury Pool, Marbury Country Park
Children's Outdoor event	Tuesday 12 July TBC	TBC	Budworth Sailing Club
Albert Dock Championships	Saturday 6 August	8.00 am	Liverpool Watersports Centre
Christmas Handicap	Sunday 18 December	TBC	Orford Jubilee Hub
Boxing Day dip	Monday 26 December	TBC	Budworth Sailing Club

Information about the above events will be sent out separately and will also be available on the Warrington Dolphins Website <http://www.warrington-dolphins.co.uk/?p=0003#A254>. But for now, the committee encourages all its members to take part in its Club events and urges that the above dates are put into your diaries.

1500m Championships 6 February – (Report by Rob Waterhouse)

Thank you to all helpers and timekeepers to enable this year's 1500m Championships to take place. There were fifty seven entries across the events, which was slightly down on last year's competition as some swimmers chose open water or other ASA events taking place on the same day.



Robert Saile – Most Improved Swimmer with Michaela Richard)

Some Results

In the Junior Male 1500m - Tommi Barnes, Warriors of Warrington, taking 1st place in a superb time of 20:00.

Kathryn Schofield - Warrington Tri Club, took first place in the Female Junior 1500m in a fantastic time of 23:14.

In the Senior Ladies 1500m Championships - Jackie Carribine, Warrington Dolphins, taking first place in a fantastic time of 22:18.

The Senior Male 1500m Championships - Chris Rix, Warrington Dolphins, taking 1st place in a tremendous time of 18:28.

Irene Meikle - Barrow Long Distance Swimming Club won the Ladies 1500m Breaststroke in a fantastic time of 29:51.

Most Improved Swimmer for the 2nd year running went to Robert Saile, Warrington Dolphins, who completed in 28:14. 1min 8 secs faster than last year.

Handicap Champion - Steve Connor, Warrington Dolphins, estimated 22:55 and finished in 22:51.

Full results of the event are available at <http://www.warrington-dolphins.co.uk/?p=0003#A254>

Sunny Lowry – Road named in her honour!

It may interest members, particularly those who are old enough to remember her, that founder Dolphin, Sunny Lowry, (MBE) has a road in Manchester named after her. Sonny was the first British woman to swim the channel (1933) and was a member of Dolphins from 1964 until 2008. Known as Ethel Anderson, she and her husband were also Warrington Schools' swimming teachers until their retirement. The full story can be found on <http://www.manchestereveningnews.co.uk/news/greater-manchester-news/new-road-honour-sunny-lowry-8220296>.

Barrow LDSC 1500m Championship

The date of this year's event is Saturday 21 May. The Barrow Club have proven to be good supporters of both our indoor and outdoor events with its members regularly competing in them. To show our appreciation of their support it would be great if we had a large number of Warrington Dolphins members compete in their Championships (and perhaps pick up a few trophies in doing so). The event starts at 3.00 pm (registration 2.30pm) and will be followed by a buffet and disco. The cost of a senior swim buffet and disco is £15.00, additional buffet and disco £10.00. Closing date is Saturday 4 May. If there is sufficient interest from members free transport will be provided. Anyone interested in entering the event and wishing to use this transport should contact the Secretary@warrington-dolphins.com, by no later than Friday 22 April.

Winter training in Tenerife – (Report by Paul Frith, Dolphin member)

I decided to take 2016 slightly more seriously, after a turbulent and traumatic 2015 in and out of the pool, and venture to the Canary Islands to get some warm weather training. Couldn't have hoped for better conditions; 30 degrees all week ☀️

This was my first time venturing to a warm destination during the winter months, in over 30 years of competitive swimming and triathlons. I was a little unsure about what to expect having heard various reports from other similar destinations.

The centre itself was world class; an outdoor 50 m pool with an adjacent 25m and to top it off an analysis tank to take a look at your underwater technique. At the time the centre was being used by the Italian, Russian and Lithuanian National teams and the week before the French national team was there. It was an absolute honour to be able to share the pool with these elite athletes, all of whom were friendly and approachable. I even managed to swap some team kit with the Russians.

There are also plenty of options for outdoor swimming a short walk from the centre, excellent cycling routes (you may even bump into Alberto Contador or Ian Stannard among other famous pro cyclists who frequent the island) and top class inexpensive bike hire facilities are on site.

You can attend the centre independently, with your own team or as part of organised training camps by international swimming and triathlon coaches such as Glenn Christensen who has some junior and master swim camps coming up in the near future.

Overall, an amazing facility- excellent weather and a perfect destination for winter training.

If you are interested, contact Ian Tyers at TTT sports limited (tttsportsltd.co.uk), or take a look at the Face book page for more details.

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.