

Warrington Dolphins LDSC

December 2003 Newsletter

Dear All,

Hope the winter training has got off to a good start. It is great to see the sessions at both Broomfields and Sankey well supported and to see so many new faces. It is hoped that all those enjoying the training sessions will support other club events too!

If you are interested in running a Sunday morning training session please contact Jim Nurse.

Unfortunately the club has not been able to secure a 2 hour Sunday Training session for this Winter so you'll have to swim extra hard during the hour!

Kevin is due to launch the Dolphin web site shortly, please contact him with any items. Andy has kindly set up a temporary site linked to the Bala swim site.

As part of the 40th Anniversary celebrations the club is hoping to organise another Channel Relay. This is likely to be during the last week of July. Please contact Andy Wright if you are interested. The costs will be approximately £800. This needs to be organised in early January so that the support vessel can be booked.

Well done to all those who swam at the recent Howebridge Marlins 1500m event.

Finally, here are the dates and times of forthcoming events:-

Friday 19th December- early swimming session (8.45 to be confirmed), followed by buffet in the bar (£3.50pp) at Broomfields. Please contact John Glynn if interested, 01925 820757. The Anderson Trophy will be presented at this event.

Sunday 21st December- 1 mile xmas handicap, 8.00-9.00am at Sankey Leisure Centre. Estimate your time on the sheet on the notice board at Sankey or Broomfields. Remember to bring along your raffle prize (wrapped) to the value of three pounds.

Boxing Day Dip, Friday 26th December!- at Budworth Mere Sailing Club, 10.30am briefing for an 11.00am start.

Sunday 25th January- AGM, 9.30 at Sankey Leisure Centre. Agendas and last year's minutes will be distributed early in the New Year. Please contact me if you have any agenda items or wish to propose a rule change.

Please try to support some of these events.

Merry Christmas and a Happy New Year.
(Don't eat too much, you'll only regret it at January's training!)

Lesley

Warrington Dolphins LDSC

April 2004 Newsletter

Dear All,

The start of the open water season is only a few weeks away, so I thought it was time for a newsletter to inform you of club news and forthcoming events.

News first, congratulations to Maurice on the recognition of his longstanding support of the BLDSA, particularly in relation to his role of membership secretary. He has been recognised in the International Long Distance Swimming Hall of Fame. He will travel to America later in the year to receive his award.

At the recent BLDSA dinner in Barrow several Dolphins received awards, including Nicola Wright for several successful swims as a junior, Andy Wright for winning the veteran grand prix event, Maurice for his services as a pilot life saver and myself for my 2 way Windermere breaststroke swim.

Sankey and Broomfield sessions continue to be well attended, the good news is that Broomfields reopens this week and therefore the Friday sessions will recommence on the 16th April. Please remember to renew any outstanding memberships as soon as possible, coaches have the right to refuse admittance and this will be put into practice!

At the AGM in January there were several changes to the committee, Wendy resigned as treasurer, John Watkin has kindly agreed to take over this role. John Lydon and David Feakes also resigned. Clare Dickinson joined the committee and will have particular regard for health and safety issues.

A successful Christmas social was organised by John at Broomfields, the Anderson Trophy was presented tomyself! In recognition of my 2 way Windermere swim.

On a sad note, for members who may not know, John Heapy died suddenly at the end of December. John was a great supporter of the club and long distance swimming in general. He will be greatly missed especially at our annual Boxing Day Dip, to which he contributed much.

Now for a list of forthcoming events:-

- Sunday 25th April, Bob Keating/Dick Dickenson event, swim 100 lengths in an estimated time, to be held at Sankey 8.00-9.00am. This will be followed by a big breakfast at the Let's Eat Café on the A 49.
- Saturday 1st May Marbury Park Swimming Pool opens.
- Saturday 15th May Budworth Mere 1 mile Handicap, 10.00am briefing for 10.30 start.
- Saturday 5th June Budworth Championships, entry forms available from myself (please enclose an SAE) or available to download from the club website.
- Saturday 5th June 7.00pm, 40th Anniversary celebration at Budworth Mere Sailing Club, details enclosed.
- Friday 2nd July Marbury Handicap, 7.00pm, followed by a social gathering in a local hostelry.
- Saturday 7th August Albert dock Championships.

Please try to support or participate in some or all of the above events, organisers of events are always looking for extra support especially from people who can canoe, as organising safety cover for the Championships can be difficult. If you know of anybody who could help out please let me know.

The club website can currently be found by logging on to the BLDSA site, Bala swim.

Andy Wright has produced a very comprehensive history of the club to commemorate 40 years. This will be available shortly. It is full of very interesting facts, and occasional gossip! Many thanks to Andy for all his hard work

I think that's all the news for now, have a successful season and I hope to see most of you at forthcoming events.

Lesley feakes

Warrington Dolphins LDSC – Newsletter September 2004

What lot has happened in this our 40th year and since the last newsletter in April. I have highlighted a number of items below.

- Budworth Handicap – an excellent turn out on a fine day. The good thing about this handicap is that it is difficult to cheat since there are two variables. The first is the time it will take you and more importantly the unknown length of the swim. This year the nominal distance of 1mile turned out to be nearer 1.5miles, which threw a 'curved ball' at many of the swimmers guesses. The winner was Anna Barker who additionally complicated the race by swimming without the navigation aid of looking where she was going because she swam backstroke.
- Bob Keating/Dick Dickenson Handicap – the Bob Keating was shortened to 100length due to only being able to get Sankey for an hour. Plus the schedule swim date had to be re-arranged due to the pool closure because of a gas leak. The winners were Jim Nurse for the Bob Keating and Sam Reynolds for the Dick Dickenson.
- Budworth Championships – once again Lesley organised a tremendous event even if she didn't swim due to her new head cut. Another good turn out of Dolphins.
- 40th Buffet was held on the evening of the Championship and was a great success. It was pleasing to see some old faces and Steven Dockery was nearly tempted back to join the Channel Relay team. A point of discussion was the photos on show and the swim data that had been collated together for the event. Everyone who attended was given a commemorative mug and a booklet detailing the history of the Club. Thanks should be extended to those who helped make the event a success.
- Dave Feakes (equity member) – Dave had decided to have a quite season, but he was unable to miss his filming opportunity, all be it as a stand in for Peter Mullan in 'A clear Day'. His quite season turned out to be spent (2.5 weeks) in Isle of Man and a morning at Dover. However, it was the fringe benefits that he enjoyed the most, like the rub down by 3 beauties. However, we won't say too much about them shaving off his hair and beard.
- Channel Relay – a success for the 6 swimmers of Joe Coy, Phil Taylor, Nicola Wright, Alan Pomfret, Claire Dickinson and Andy Wright, which was professionally managed by Chris Carter would really wanted to swim but a 'bureaucrat' at the CSA wouldn't let him. The swim was on 20th July, starting at 9:30am and took 14hours exactly. The conditions were excellent.
- Albert Dock Championships – a great success thanks to Alan Pomfret who did an outstanding job. Thank should also go to the many others who helped Alan. It was very nice to see Tony Johnson watching on the quayside once again.
- Swimming – we have had some pleasing results with Natalie winning a few events as a senior lady, Graham Padgett winning the 1st Cheshire Championship and

Christian and Andrew Byrne both competing in their first open water swims this season.

- Web-site (www.warrington-dolphins.co.uk) - John Lydon has done an excellent job in putting together the web-site, which hopefully contains all you need to know, including the famous mileage chart.
- Training – Members of the Club have shared the coaching on Sunday's, with a number of juniors also taking sessions. There have been an excellent variety of sessions. Attendance at the sessions has held up, with numbers generally constant at Sunday sessions even in the summer. We also had excellent attendance at the few Thursday session at Sankey when Broomfields was closed.
- Marbury Handicap – As for the last two years the format was maintained. Thanks to Claire for organising the swimming side and John Glynn for organising the buffet at the Cock o' Budworth. The Lydon sisters dominated the winning rostrum by coming first and second. A good turn out made the event successful.
- Postal swim – Chris Byrne has now finished his 5year 'sentence' in single handed running the postal swim. Next year Dave Feakes will run the event on behalf of the Club and as a reward we will take 50% of the profits. He's looking for volunteers to help fold entry forms during October. Please help if you can.
- It is with great sadness that Lesley has decided to resign as Club Secretary. Lesley has done an absolutely excellent job over the last 6years. We wish her well in her new ventures (which could include marathon running). We are pleased to announce that Joe Coy has volunteered to become our new Club Secretary as well as the organisation of the Budworth swim. Many thanks to Joe. We wish him every success.
- *Stop Press News* – we have at long last negotiated a 2hour training session. As from Sunday 24th October 2004, Sunday training will switch to Fordton Leisure Centre (on the A49) from 6pm to 8pm. The last Sunday morning session at Great Sankey will be at 8am on the 17th October 2004. We believe that the Fordton will be available for the winter months to April. The one-hour training will continue after that throughout the summer, venue could possibly be back at Sankey. We have been campaigning for the past year for a 2hour session. Please give this new venture you full support.
- Forthcoming events
 - Xmas handicap at Fordton 19/12/04
 - Final session buffet at Broomfields 17/12/04 (Families and friend welcome), price will be £3.50 per head.
 - AGM – Sunday 29th January 2005



Warrington Dolphins Long Distance Swimming Club

www.warrington-dolphins.co.uk

Newsletter – March 2005

As we move into 2005, its time to bring you all up to date with what's going on at the Dolphins.

At the end of January we held our AGM. Jim Nurse retired as President and Andy Wright was elected in his place. Joe Coy formally took over as Secretary. Can I take this opportunity to thank Jim for all his effort and good work over the last three years and to additionally repeat our thanks to Lesley who resigned as Secretary late last year.

It was very pleasing to see three members who have served on the committee in the past decide to rejoin it. These three members being Maurice, John Lydon and Caroline Lewis. Other committee members are John Watkin (Treasurer), Claire Dickinson, Alan Pomfret and John Glynn.

At the AGM a new set of rules were decided upon. A number of minor issues were highlighted and a full set of the rules will be forwarded to all members shortly.

The two hour training sessions at Fordton have continued to see a higher attendance than was seen in the last year at Legh Street. However, the absence of some members has been a little disappointing. We have even managed to get the Baths Manager to lower the water temperature on Sundays. Broomfields continues to be a success. However, numbers have been below average over the last month.

This year we had three sessions in which members could swim the Postal Swim. Thanks to Helen for organising it at Club level and all who counted. Christian enjoyed the pain so much on the Friday night session that he swam it again on the Sunday. Our thanks should also be extended to Dave Feakes who is our front man in the organisation nationally.

Can I draw your attention to **Membership – if you haven't paid it, its due, so please pay it.** Remember you are not insured if you have not paid your membership and you will not be allowed to train.

To celebrate the 40th anniversary of the Dolphins, the BLDSA held their Annual Dinner in Warrington. As President of the Dolphins I was asked to present the toast to the BLDSA, which was duly completed after a short speech about the Dolphins. May I thank those who supported the Club by attending this function. It was great to make re-acquaintances again with some old Dolphins. Founder member Sunny also attended as a guest.

You've probably noticed the days are getting longer and before you know it the out door season will be upon us. We had some great turnouts last year at our Club events. Let's see if we can better last year.

Dates for your diary are:

Bob Keating/Dick Dickinson Handicap	24/4/05	Fordton 6:00pm
Budworth Handicap	14/5/05	10:00 briefing 10:30 start
Budworth Championship	4/6/05	Swim Sec Joe Coy
Marbury Handicap	24/4/05	
Albert Dock Championship	6/8/05	Swim Sec Alan Pomfret

If anyone is not swimming the Budworth Handicap and can help with canoe support please let me know.

Andy



Warrington Dolphins Long Distance Swimming Club

www.warrington-dolphins.co.uk

Newsletter October 2005

This newsletter will update you all on the activities of the Club since the last newsletter in April and will additionally; give advance notice of forthcoming event. Firstly can I take this opportunity to welcome to the Club all new members who have joined throughout the year. Secondly, can I thank all of you who have helped out coaching. Finally, I would like to thank all who have helped at Club events and have supported others at swims during the summer.

Budworth Handicap

The Budworth Handicap had 28 swimmers taking part on a beautifully sunny day. However, the water temperature didn't quite match the air temperature, being 56°F. As usual the course was set off one of the jetties. The President, organising the event, was persuaded by others that 6 not 7 laps should be swum. Once again the handicap was short.

Bob Keating/Dick Dickenson Handicaps

These were exceptionally well attended with 3 swimmers in each lane. The winners were Caroline Lewis (Bob Keating) and Julia Lydon (Dick Dickenson). Andrew Byrne produced the most impressive performance by swimming 19 minutes inside his predicted time. The presentation was held across the road straight after the swim in the local pub.

Budworth Championship

The Championships were another success being organised for the first time by Joe Coy. The modernisation to the Budworth Mere Sailing Club house, particularly the changing rooms impressed all. Andrew Byrne claimed the 3mile breaststroke title, just ahead of Nick Flash with Mark Blewitt making it a clean sweep of medals. Clare Kane and Chris Byrne both finished 2nd in the senior freestyle championships. The Dolphins won the senior team trophy for the 7th year on the run.

Albert Dock Championships

For the second year Alan Pomfret organised excellent Championships. Julie Mainwaring, after asking Michaela Richard to look after on her first visit to the dock, promptly swam off to finish second ahead of Michaela in the 2mile event. Graham Padgett retained his veteran's title in the four mile event and Nick White won the 4 mile breaststroke race.

Training

Attendance levels have maintained during the season, which is most pleasing. However, now that autumn is here everyone knows the importance of training over the winter, so let's attend those sessions and build for next year.

Notable swims

- Chris Byrne set a new 4mile Breaststroke record at the 25th Llyn Padarn Championships.
- Martin Bosson in his first open water swim won the junior gents 2mile race at Llyn Padarn.
- Caroline Lewis returned to complete a solo Coniston swim on her way to peak fitness.
- Mark Blewitt finished third in his third consecutive two way Windermere Championship swimming freestyle.
- Joe Coy had a tremendous outdoor season taking approx 1hour off his 2 way Bala PB, 30minutes off his Coniston PB and 90mins off his Windermere PB.
- Christian Wade completed his first Coniston with an impressive time. Next season watch out.
- Advance notice - next year is the 50th Windermere event. Let's see if we can dominate entries, so as usual please make yourself available to row if you don't intend to swim.



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Masters

At the Cheshire Masters 12 Dolphins entered and the Club was narrowly beaten into second place by Macclesfield. Graham Padgett, Keith Bosson, Christian Wade, Chris Byrne and Judy Brown all won individual Championships in their age group. Judy set four County records in all the 4 events she entered.

Marbury Handicap

The Marbury Handicap was yet again another success with 18 swimmers competing. This forced a third heat to be run. The rain falling during the race didn't prevent Julie Mainwaring from winning. John Glynn again organised the refreshments at the Cock O' Budworth where the presentation was held. Thanks John and Alan.

Forthcoming Events

- 16-12-05 - Final training session and buffet, plus the Presentation of the Anderson Trophy, at Broomfields 9:45pm (Families & friends welcome). Buffet price around £3.50 per head.
- 18-12-05 - Christmas 1mile Handicap at Fordton 6:00pm. As usual bring a wrapped present of value around £4.
- A Sunday in January 2006 - AGM (date and venue to be confirmed)

Joe Coy & Andy Wright
Secretary & President