



Long Distance Swimming Club

Summer Newsletter

July 2017

Channel Relay Teams

Preparations are well under way for the Club's 2017 relay team. Jonathan Gatley, Barbara Harding, Faye Hodgkins, Karen Hodgkins, Julie Trevor and Mandy Reid will be making this year's Channel crossing, supported by Warrington Dolphins Team Captain Andy Wright, between the 15-19 August.

Four other Club members Stephne Douglas, Frank Kilgannon Nick Howard and Sue Marsh are also making a crossing in September.

Best Wishes to everyone involved.

There is one place available on the Warrington Dolphins 2018 team, crossing between the 3-10 July. If you are interested in being part of the team please contact Rob Waterhouse at robert.waterhouse@ntlworld.com.

Reporting on Club Activities

First Aid training

In April, Club members Karen Hodgkins, Kalliopi Sinclair, Richard Taylor and Mandy Reid attended first aid training funded by the Club. The course covered basic first aid, C.P.R. and defibrillator use as well as treating conditions specific to outdoor swimming. The participants felt the course was useful and provided them with knowledge needed in emergency situations. Karen described it as "A great course that has made us feel better equipped to assist should the need arise."

The members have since put their training into practice as first aiders at the Budworth Handicap and Tuesday training sessions. Many thanks to you all.

If there is sufficient interest the Club will run another course later in the year or early next year. If you would like to take part please contact Karen Hodgkins karenrdhodgkins@gmail.com



Karen Hodgkins practicing her bandaging skills on Richard Taylor

Bob Keating/Dick Dickinson event

(Reported by Caroline Lewis)

This year's event was held on Friday 19th May. As our sessions times had changed duration earlier in the year, we decided to hold it on a Friday night for a change and reduce the length of the swim to 3km. Our number of swimmers was a bit down on previous years, but we had plenty of counters, so thanks to all who supported the event.

It was a handicapped swim, so each entrant gave an estimated completion time and the finisher who swam closest to this won the trophy. Ironically for our club, the water was very warm so it wasn't the easiest 3K swim we've ever done!

Results

Swimmer	Predicted finish time	Actual time	Swimmer	Predicted finish time	Actual time
1 st Barbara Harding	68:00	69:40	2 nd Mike Reason	50:00	48:08
3 rd Julie Trevor	59:00	57:00	4 th Caroline Lewis	59:01	56:20
5 th Karen Hodgkins	70:00	75:24	6 ^h Rob Waters	80:00	66:23

There were no juniors or under 12 entrants this year so the Dick Dickinson trophy was not awarded. Well done to all the swimmers and thank you to all the counters who made it possible to hold the event.

Budworth Handicap

Despite the sunny weather of the previous day, this year's event was held under cloudy, grey skies. Although the lake was calm, the water temperature was a mere 12.5C and so the organisers Michaela and Larry Richard decided to take mercy on the 12 swimmers (8 swimsuit, 4 wetsuit) that took part by shortening the course distance. However, this did impact on swimmers predicted finish times.

Joe Coy, swimming butterfly, was the handicap winner, finishing in 25:46 mins, 6:05 mins away from his predicted time. He was followed closely by Tom Stephens who finished in 19:20 mins, who had predicted completing in 25:30 mins. In the wetsuit swimmers, Billy Dutton finished the closest to his predicted of time of 30:00 mins, completing the course in 25:46 mins. Just 4:14 mins difference.

Although the event is not a race, fastest swimmer of the day was Adam Farini, who completed the course in 18:52 mins. This put him in 5th place, finishing 7:46 mins away from his predicted time of 26:38 mins.

Full report and results are available: <https://www.facebook.com/Warrington.Dolphins/>

Outdoor swimming sessions

This year's Tuesday evening swim sessions at Budworth Sailing Club got off to a cold start with the water temperature at 14C. However, this soon improved and over the following weeks, the temperature saw a steady increase up to 19C. The sessions have been well attended with maximum attendance reaching 19 on 31 May. Unfortunately, fear of high levels of blue green algae blooms affecting water quality has hampered the sessions over recent weeks. However, sessions will continue to run until mid-September. Many thanks to everyone who has helped with safety cover and in organizing the sessions.

First session on the season!



The Brave!

*Pictured left:
Julie Trevor and Karen Hodgkins
taking to the water*

And the not so Brave!

*Pictured right:
Chris Carter and Dave Bowker
modelling the latest fashion in
wetsuits*



Budworth Championships

It was a good turnout from Warrington Dolphin members this year, who made up twenty-one, of the seventy-two entries, across the 1, 2 and 3 miles events. Weather conditions were kind with mild temperatures both in and out of the water. Dolphins successes went to Stephne Douglas and Jonathan Gatley who finished in 2nd places, Sue Marsh and Mike Reason in 3rd places in the 3 miles freestyle events. Beth Dowding completed in 2nd place in the Junior 2 miles freestyle and Ellie Knight in 1st place in the Junior 2 miles breaststroke events. Barbara Harding finished 1st, Margaret Smith in 2nd and Frank Kilgannon 3rd in the 2 miles Masters events. Dave Cornwell took 3rd place in the men's 1 mile wetsuit event. Jonathan Gatley was awarded the 'home' trophy as the first Dolphin member to complete the 3 miles event in a time of 1:22:26.



Billy Dutton receiving the 'Merit of the Mere' award

Billy Dutton received the 'Merit of the Mere' award for his continuous contribution to Warrington Dolphin events and for his endurance and endeavour shown to outdoor swimming. All awards were presented by Phillip Yorke, President Elect, BLDSA. Many thanks to all swimmers and everyone who assisted in making the day a success.

Full results are available: http://www.warrington-dolphins.co.uk/uploads/29_03.pdf

Summer social event

Disappointingly, the event had to be postponed due to water quality concerns at Budworth Mere. Although swim sessions have continued, it was not considered safe to hold the event as younger children were expected to attend. It is hoped that the Club will be able to hold the event later in the season. Members will be notified of the new date once the water conditions are established and if these are considered safe.

Reporting on other open water events

Barrow 1500m

On the 20th May, Karen Hodgkins, Mandy Reid and Julie Trevor travelled up to Cumbria to take part in the Barrow LDSC's 1500m Championships. The Championships were won by Rebecca Lewis, Barrow LDSC in the ladies' event in 19.14 mins and former Dolphin member Mark Jones in the men's event in 19:23 mins. Julie completed in 28:31 mins, Karen in 35.16 mins and Mandy in 36:07 mins.

Ivan Percival

In comparison to the warm climate experienced at the Budworth Championships, the following weekend yielded heavy rain, cold air, wind and a chilly 15C water temperature for the 26th Ivan Percival Championships at the Albert Dock. Held in memory of Ivan Percival who enveloped the spirit of open water swimming in Liverpool, it was the first time for several years the event was held. Facing the rough elements and with jelly fish in abundance members Frank Gilgannon (51:23), Julie Trevor (59:33), Karen Hodgkins (01:07:30), Barbara Harding (01:08:58) and Mandy Reid (01:16:42) completed the 2 miles event. Faye Hodgkins (01:51:28) and Ellie knight (02:04:40 JNR) completed the 4 miles race. Swimmers were offered a hot drink and fabulous homemade cakes on finishing and all received medals.

Full results and photos available on: <https://www.facebook.com/Liverpool-Open-Water-Swimming-Club-1246747428708547/>

BLDSA Champion of Champions 2017

(Reported by Caroline Lewis)

Champion of Champions has been run by the BLDSA for many years. However, Saturday 24th June 2017 was the first Champion of Champions North ever to be held. The venue was Ellerton Lake in North Yorkshire, a beautiful part of the world, made even better by good weather specially for us!!

The event was made up of 3 races; 5 miles, 3 miles and 1 mile. One lap of the course was ½ a mile and each stage started at a set time so the quicker you swam, the more rest you could have between the stages. I had not done an event like this before and found it quite different psychologically, from an “A-B” type of swim.

Dolphins members taking part were Frank Kilgannon, Ellie-Jane Knight (junior) and Caroline Lewis. Whilst the event itself is reasonably tough, no-one looked as if they were really struggling and the first aiders had little to do. However, this is a physically and mentally challenging swim for all of us and more so for the junior competitors.

A special shout out must go to Ellie who was the only junior to complete all 3 races – a truly impressive achievement. The event, run by Amanda Bell, was organised and delivered very well indeed. There were jelly beans for each well-behaved swimmer after the 5 miles leg and cup-cakes after the final mile. What more can you ask??

Our times were:

Frank 4:50.23 hrs, Ellie 5:17:57hrs, Caroline 5:31:48

Full results and details of other BLDSA swims are at: www.bldsa.org.uk

BLDSA Bala



*Ellie Knight and Michaela Richard
with their awards for the 3 mls event*

It was further success for Ellie Knight who competed in the wo day event on 8/9 July. Ellie took part in the 3kms swim on the Saturday alongside members Margaret Smith and Kevin Saunders. Ellie finished 1st in the junior event, swimming breaststroke in 1:03:18 hrs. Kevin finished in 4th place in the men’s event in 1:04:38 hrs and Margaret was 5th in the ladies in 2:17:23 hrs.

On Sunday, Ellie and Michaela Richard competed in the 1-way 3 miles event. Ellie finished in 1st place in the junior event smashing the course record she set last year by over 4 minutes, in a time of 1:29:16 hrs. Michaela finished 5th in the ladies’ event in 1:14:55 hrs.

Derwent success

On 9 July, Dave Cornwell completed a 3.8km swim at Derwent Water in a personal best time of 1:13:17 hrs. The swim is part of the Lake swim series organised by Epic Events. Well done Dave!

Events to come

Albert dock Championships – Saturday 5 August

Entries close on 30 July. To enter go to: <https://www.entrycentral.com/festival/30>

We hope many of you will support the event. If you are not swimming, but are available to assist with timekeeping/safety cover please contact Barbara Harding Barbara.Dolphins@outlook.com.

Other News

Sunday Training

Due to the open water season, holidays and other swimming commitments, Sunday training sessions at Broomfields finished for the summer on 16 July. The sessions are planned to resume on Sunday 1 October.

Results from the Archives..... 1982 to 1986

(Reported by Joe Coy, news cutting courtesy of Andy Wright)



Does anyone recognise this handsome Dolphins vet pictured on the right and the year the photo was taken?

11th September 1982 - Ian Ainsworth won the 1km (Boys 15-16 yrs.) Midland Counties Championship at Stoney Cove, Leicestershire. In the girls 15-16 yrs., Helen Driver came second. Ian Ainsworth came 3rd in the Men's Open age 1 mile event.

2nd July 1983 - In sunny and calm conditions, with water temperature at 15C, Stephen Dockery won the BLDSA 8 miles Torbay Championship in a Record time of 2:51:42 hrs. Maurice Ferguson won the 4 miles Veteran event in 2:27:00 hrs.

9th July 1983 - In the Inaugural ASA Masters 3 miles Championships, at the Water Sports Centre, Nottingham, Fred James won the 30-34 age group. Billy Dutton and Margaret Smith won the 35-39 age groups.

10th September 1984 - Stephen Dockery won the BLDSA Windermere Championship in a time of 4:05:37hrs, with Ian Ainsworth (4:31:37hrs) in second place. Water temperature was 16.5C and conditions were overcast with a slight breeze and occasional rain.

17th August 1986 - With a water temperature of 13C, Dilys Beynon won the Coniston Veterans Championships in a record time of 1:48:50hrs. Margaret Smith, swimming breaststroke, finished in a time of 2:47:56.

Items for future Newsletters

If you would like to contribute/suggest anything for the next newsletter, share any open water stories/experiences, please send your items to Barbara.dolphins@outlook.com.