



Long Distance Swimming Club

Newsletter

Welcome to our first Newsletter of 2017

March, 2017

I would like to welcome all returning members and new members to the Club. Thank you to everyone for supporting the Dolphins. We are nearing the beginning of the new open water season and I hope you are looking forward to the events that you have planned this year; be it your first open water swim or even first time supporting someone in a kayak/boat, whatever your challenge maybe. Our Tuesday evening open water training will be starting soon on the 25th April at Budworth Mere Sailing Club, near Northwich.

Congratulations to Chris Carter and Ellie Jane Knight winners of the Clubs senior and junior swimmer of the year awards respectively. Also to Caroline Lewis who has been awarded the Anderson trophy for her commitment and work for the Club.

Since the new year, there has been a couple of changes to our training sessions; increasing Fridays to 1½ hours now starting at 8.30pm and moving to our new Sunday morning slot at 8 am. Both sessions are now at Broomfields Leisure Centre. I hope you can attend these. We are always looking for volunteer coaches to help at these sessions. So, if you would like to gain experience in coaching a session or you have experience and would like to put everyone through their paces, then please get in touch with our Chief Coach, Richard Taylor or a committee member.

We are also looking for organisers for next years Championships events; Budworth in June and the 1500m event in February. Please let me know if you can help in anyway.

Our Budworth Championships are now open on <https://www.entrycentral.com/Budworth-Swim2017>. If you would like further information or you would like to volunteer to help on the day, please email me on budworth@warrington-dolphins.co.uk.

Please look out for club information/news on our Website or Facebook, or our new Notice Board at Broomfields Leisure Centre.

Happy Swimming!

Michaela Richard, Club President.

Election of Officers 2017

The Annual General Meeting was held on Sunday 29th January at Broomfields Leisure Centre. Many thanks to everyone who attended. The following officials were re-elected:

<i>Michaela Richard</i>	Honorary President, re-elected
<i>Barbara Harding</i>	Honorary Secretary and Welfare Officer, re-elected
<i>Caroline Lewis</i>	Honorary Treasurer, re-elected
<i>Richard Taylor</i>	Honorary Coach, re-elected
<i>Julie Trevor</i>	Social Secretary, re-elected
<i>Amanda Reid</i>	Postal Swim Secretary, re-elected
<i>Karen Hodgkins</i>	Assistant Welfare Officer, re-elected

Events since the last Newsletter!

Howe Bridge



There was Club success at the Annual Howe Bridge Marlins 1500m Championships, Atherton at the end of November.

Five members took part in the event. Mark Jones was the winner of the senior male section and Julie Trevor finished in 3rd place in the ladies.

Left to right: Chris Carter, Julie Trevor, Mark Jones, Karen Hodgkins, Stuart Ainsworth who all took

Christmas

Although it seems to have long since past, a good night was had by members who came along to the Christmas meal at the London Bridge Pub. The food was good and plentiful. After the meal members took part in questionable party games!

Yes, that really is Julie Trevor attempting to slide an 'after eight mint' down the side of her face!



Christmas Handicap

Ten swimmers took part in the swim. Sam Cooper finished in first place, winning the Handicap Trophy in a time of 22mins 29 secs. Sam completed the swim just one second faster than his predicted time. The previous year's winner, Mark Jones, finished second with 8 secs difference between his predicted and actual finishing times. Joint third, was Adam Farini and Robert Saile, both 11 seconds away from their predicted finishing times. The event followed the 'inflatable fun' session. This was much enjoyed by the children who took part and they were all presented with chocolate Santa's.

Boxing Day Dip!

Twelve 'hardy' swimmers, Judy Brown, Fiona Hunter-Choat, Joe Coy, Douglas McMurchie, Sally Green, Ellie Jane Knight, Caroline Lewis, Henry Lowther, Julie Lloyd, Mandy Reid, Tom Stephens and Julie Trevor gallantly took the plunge in a water temperature of 5.5°C. Judy was first to finish, followed closely by Caroline and then Fiona. Congratulations to everyone who took part. Thanks to everyone who came along to encourage the swimmers and help with the event.

Postal Swim

Twenty four members took part in this year's event and collectively swam 40 miles. There were some great efforts from the Dowding, Lewis and Trevor families. Adam Farini topped the Dolphins leader board. swimming 3,810m's in 1 hour. He was followed by Richard Taylor in 3,700m's and Beth Dowding in 3.510m's. Many thanks to everyone who entered and to all the lane counters.

1500m Indoor Championships

Forty three swimmers from across the North West took part in this year's event, held at Orford Jubilee Hub on 4 February. Ages ranged from eight to seventy seven years.

Dolphin members were in fine form, taking first place in six of the eight events. 10yr old Joe Lewis finished first in the Junior 800m event. Beth Dowding and John Lewis, both aged 14, won the 1500m Junior female and male Championships and Mark Jones finished first in the Senior Male Freestyle Championship event. Aynsley Dowding competing in his first event for the Club, won the Senior Male Breaststroke.

Chris Carter took home the Handicap Championship trophy having finished in joint first place with Bev Thomas of Barrow Swimming Club. There was just 1 second difference between their predicted and actual finishing times.

The event was completed in traditional Warrington Dolphins style with a presentation and good food. This year, competitors and supporters enjoyed a roast dinner at the Toby Carvery.

Full results are available on the Club webpage:
<http://www.warrington-dolphins.co.uk/?p=0003>



Junior 1500m winner – Joe Lewis



*Senior Breaststroke winner –
Aynsley Dowding*

Warrington Dolphins Events to come in 2017

Event	Date	Venue	Organiser
Bob Keating/ Dick Dickinson Swim	Friday 19 May	Broomfields Leisure Centre	Caroline Lewis
Budworth Handicap	Saturday 6 May	Budworth Sailing Club	Michaela and Larry Richard
Budworth Championships	Saturday 3 June	Budworth Sailing Club	Michaela and Larry Richard
Summer Swim	Tuesday 4 July	Budworth Sailing Club	Julie Trevor
Albert Dock Championships	Saturday 5 August	Liverpool Watersports Centre	Barbara Harding
Christmas Handicap	To be confirmed	Broomfields Leisure Centre	Julie Trevor
Boxing Day Dip	Tuesday 26 December	Budworth Sailing Club	Michaela and Larry Richard

Bob Keating/Dick Dickinson event

This will take place in Friday 19 May, 8.30 p.m. at Broomfields Leisure Centre. The swim distance for Seniors and Juniors 12 years and over, has been reduced to 3km (120 lengths) to be completed in under 1hr 30mins. The swim distance for juniors under 12's remains as 1 mile (64 lengths). We ask members who are not taking part in the event, to come along on the evening to assist with lane counting if you are available.

Summer swim

Due to the increase in pool hire costs at Marbury Country Park and the reduction in the numbers of members participating in the Marbury handicap over recent years, the Club will no longer be holding the event. Instead a summer swim and social event will be held on Tuesday 4 July at Budworth Sailing Club. Although details are still to be confirmed this will consist of a handicap event, followed by a barbecue. Further information about this will be in the next newsletter.

Channel Relay Teams

This year's Channel relay team are now training hard for their swim in August. There are still places available on the 2018 team. If you would like to take part, please contact Rob Waterhouse at robert.waterhouse@ntlworld.com.

Alternately, if you would like to be part of a relay event, but don't feel that you are yet ready to take on the English Channel, the Club are looking to enter a team in the Us swim 'North' Challenge event. This is the equivalent distance to the English Channel, 21 miles, but takes place in the safer waters of a lake. The event will be held at Boundary Water Park, near Knutsford on 17 June, during night time hours. Further information about this can be found on <http://www.uswimopenwater.com/Events/p/swim-the-english-channel-up-north-swim-2017-Jun-17>. Please contact a member of the committee if you would like to be involved either as a swimmer or by providing kayaking safety cover.

Other local events taking place

The ASA are holding their Annual Open Water Festival on 24th June at Salford Quays. This includes the North West and North East Youth and Master Championships as well various other distance events. Minimum age of entry are 12yrs and wetsuits are allowed in some events. For further information go to: <http://www.swimming.org/NorthWest/disciplines/asa-north-west-region-asa-north-east-region-open-water-championships/>.

Entries are now open for the Dee Mile in Chester on Saturday 5 August at 5 p.m. To register go to: <http://events.chestertri.org.uk/dee-mile/>.

First Aid training

The Club has organised a one day 'Rescue Emergency Care' first aid course to take place on Saturday 29th April at Budworth Sailing Club. Places on the course are free to members, but we ask that people who attend offer to assist with first aid at outdoor events. On successful completion of the training course participants will also have the option to receive an 'emergency first aid at work' certificate at a

cost of £2.50. If you would like to attend the training or would like further information, please contact Karen Hodgkins. Email: karenrdhodgkins@gmail.com.

Outdoor swimming sessions

Training starts at Budworth Sailing Club on Tuesday 25 April. Start time 6.45-7.00 pm. They will be held every week until mid-September. These are great sessions for members, whether a hardened outdoor swimmer or for those new to 'wild swimming'. The wearing of wetsuits is quite acceptable particularly at the start and end of the season. If you can assist with safety cover either as a spotter or a kayaker, please contact: Caroline Lewis at snalisontour@hotmail.com. Session fees are £3 members, £5 non-members.

Last year the sessions were greatly hampered by blue-green algae. Here's hoping for clear waters throughout the summer.

Congratulations – BLDSA awards

Several members have recently achieved BLDSA awards in recognition of their swimming over the past year. Junior member Ellie Jane Knight has been awarded the 'Tom Butcher' trophy as Junior Swimmer of the year and is also the Junior 'Grand Prix' award winner. Frank Gilgannon achieved 3rd place in the Masters Grand Prix. The Grand Prix is points based on total mileage and swim results. Margaret Smith won the Ladies Annual Dinner Swimmer of the Year and Jo Blackburn was awarded the Swimmer Escort trophy for overall provision of safety. Well done to all four members on their achievements.

Good Luck

Best wishes to relay team members Chris Carter, Caroline Lewis, Michaela Richard and Andy Wright who are taking part in the '2swim4 life' 24 hours' event on 22-23 April.

Results from the Archives..... Back to 1982

(Reported by Joe Coy)

25th May - In the 3 miles Warwickshire LDSA event at Kingsbury Water Lake, David Jones took 2nd place in the men's event in a time of 1:08:34. Helen Driver was 3rd lady home in a time of 1:17:58, whilst in the boy's event Ian Ainsworth was second (1:07:07). Conditions were calm with intermittent rain and water temperature at 58°f (14.5°c)

5th June - It was a hit and sunny day for the Dolphins Pickmere Championships, with the water measures at 72°f (22°c). Stephen Dockery won the senior men's 3 miles in a time of 1:02:35. In the 2 miles' junior event Ian Ainsworth was first boy home in 42:50. The Dolphins, consisting of Stephen Dockery, David Jones and Helen Driver won the Team Trophy.

13th June - More success for the Dolphins with Ian Ainsworth coming 2nd in the BLDSA Langold Junior 2 miles Championships, in a stiff breeze and water temperature at 67°f (19.4°c)

19th June - Stephen Dockery took first place in the BLDSA Morecombe Bay Championship, covering the 9 miles in a time of 2:35:07. Helen Driver was third lady home in a time of 2:50:38.

20th June - It was a good month for Stephen Dockery as he won the BLDSA Champion of Champions event at Chasewater. This consisted of a 5 miles' event, with the first ten to finish proceeding to a 3 miles' event. The first five from that then swam in a 1 mile final event. Stephen's time in the 1 mile was 16:12. Billy Dutton won the Masters (35-39yrs age group) with a final time of 19:22. Along with Keith Bosson and Helen Driver they helped the Dolphins win the Team Trophy.

27th June - Thunder and lightning and torrential rain making for rough conditions with the water at 57°F (14°C) did not stop Stephen Dockery winning the 4 miles Humber-side Festival event in a record time of 1:20:28. Susan Johnson won the Ladies Breaststroke in 2:23:02 and Ian Ainsworth set a record in the 2 miles Boys (42.05) with Paul Watkin finishing third.

Club phone number

Should you require information about Club activities, in addition to email or the website, you can now contact a member of the committee by phone. The number is 07392 914468.

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.