



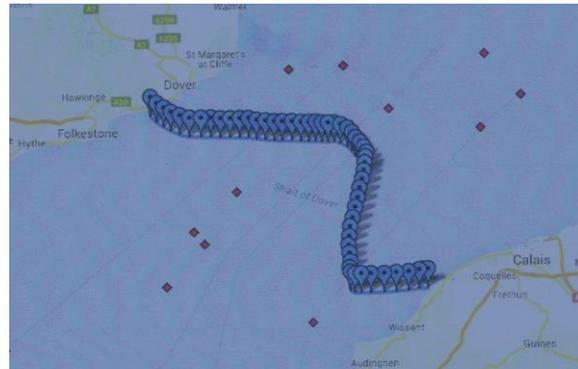
**August, 2016**

**Channel Relay Swim**

**Congratulations to this year's Channel relay team Greg O'Connell, Marc Pomfret, Adam Farini, Rob Waterhouse, Richard Taylor and Chris Carter, who successfully completed another crossing by Dolphins members, in a time of 13 hrs 39 mins on 28<sup>th</sup> June. This was a first channel crossing experience for Richard, Greg and Adam, the youngest team member, at just 17 yrs. Marc and Rob had returned for a second crossing, whilst for hardened veteran Chris, this was his 9<sup>th</sup> successful attempt. Many thanks to Rob, who in addition to swimming was team manager and organiser of the swim. Rob's full swim report, which provides an interesting account of the group's experience, is available on the Warrington Dolphin's website.**



The channel relay team.....



..... and their route across the channel

The next team of Dolphins swimmers will be making their crossing in August 2017. We are planning a further crossing to take place in 2018/19. If you are interested in being part of this, please contact Rob Waterhouse ([robert.waterhouse@ntlworld.com](mailto:robert.waterhouse@ntlworld.com)).

**More news on this year's Postal Swim**

*(Reported by Mandy Reid)*

In our previous newsletter it was reported that 37 of our members participated in this year's swim. The results have now been published with a number of the Club's swimmers achieving noticeable success. In their individual age group events, medal winners Michaela Richard and Graham Padgett took gold, Richard Taylor silver and it was a bronze for Stephne Douglas.

Whilst in the team events, gold medals were won by:

Anita Dodd, Michaela Richard, Julie Trevor (ladies over 45yrs) total swim 9773ms.

Rob Waterhouse, Richard Taylor, Steve Elliot (gents over 35yrs) total swim 11145ms.

Mark Jones, Rob Waters, Ian McCall (gents over 55yrs) total swim 9910ms.

Graham Padgett, Chris Carter, Stuart Ainsworth (gents over 65yrs) total swim 9300ms.

It was silver for Alan Pomfret, David Bowker, Ian McCall (gents over 55yrs) total swim 7270ms.

And bronze for Tim Hughes, Adam Farini, Conor Lynch (gents open) total swim 10490ms.

Well done to everyone who took part. The overall results of the swim are now available at <http://postalswim.com/index.html>

## **Marbury Handicap Swim**

*(Reported by Julie Trevor)*

The Club's Annual event was held on Friday 1<sup>st</sup> July at Marbury Park outdoor pool. The weather was fine except for some rain at the beginning of the evening.

Well done to the 15 swimmers who took part in the swim, in a water temperature of 18C. Many thanks to our members who came along to time keep.

Congratulations to Alan Pomfret who won the event in a time of 32 mins 26 secs. Only 6 seconds faster than his predicted finishing time. Kalliopi Sinclair came a close second, just 7 seconds off her prediction. Barbara Harding finished in 3<sup>rd</sup> place, finishing 20 seconds faster than her predicted time.

The evening was completed by a chips and sandwiches supper at the Antrobus Arms.



Time keepers and spectators at the poolside

## **Budworth Championships**

*(Reported by Barbara Harding)*



Graham Padgett being presented with his trophy by the BLDSA president, Graham McIntyre

Mild water temperature was the order of the day for the 62 swimmers who took part in the day's events. It was a good representation for Dolphins members with 23 swimming and many more involved in the running of the event. Many thanks to member Margaret Smith for providing the Club with the two trophies for the new 2mls Masters events. These were won by Club members Margaret Smith and Graham Padgett. Another Club member, Tobias Fox also took home the trophy for the Junior male 2mls event finishing in a respectable time of 42 mins 26 secs.

Well done to everyone who took part. Many thanks to Adrian Moylan who organised the event and his team of volunteers.

## **Albert Dock Championships**

*(Reported by Barbara Harding)*



A big grin from Julie Trevor as she received her trophy from Club President, Michaela Richard

Seventeen Dolphin's members were part of a record number of entries in this year's event. A growing number of interest was shown by those entering the wetsuit competitions. With swimmers coming from across the breadth of the UK, they took to the water in glorious sunshine (air temp at approximately 20C and water temp 19C) and were undeterred by the number of jelly fish basking in the warm temperatures.

Dolphin members were successful across the different events. First places went to Julie Trevor Ladies 4mls freestyle, Graham Padgett Gents 2mls freestyle, Ellie Jane Knight Junior 2mls breaststroke and Beth Dowding Junior 2mls wetsuit.

Many thanks to the members, friends and family who assisted in making this another successful event, volunteers from Liverpool Canoe Club in providing excellent water safety cover and to Liverpool Watersports Marina for great food and facilities.

Full results of all Dolphin's events can be found on our website ([www.warrington-dolphins.co.uk](http://www.warrington-dolphins.co.uk)) and more photographs are available on our Facebook page.

## **Results from the Archives..... September, 1975**

*(Reported by Joe Coy)*

6<sup>th</sup> - Billy Dutton won the BLDSA Windermere Championship in a time of 4 hrs 40 mins in good conditions and water at 16C. Dilly Benyon was the 3<sup>rd</sup> lady home in a time of 5 hrs 56 mins. Paul Tew and Margaret Smith also completed the course

13<sup>th</sup> - Margaret Smith set an inaugural ladies record at Lough Neagh (Ireland) 10mls event, with a time of 8 hrs 45 mins, being the only lady to finish. Only two men completed the course.

14<sup>th</sup> - at the BLDSA Trentham Gardens Championships (3mls), with still water and at a temp of 13C, Billy Dutton came 2<sup>nd</sup> in a time of 1 hr 11 min 07 secs, Chris Carter was 3<sup>rd</sup> (1 hr 15 mins 24 secs). Paul Tew and John Heapy also competed. In the Ladies event, Dilly Benyon was 3<sup>rd</sup> in 1 hr 22 mins 14 secs.

### **Junior Swimming**

In March this year the Club committee reviewed its guidelines on Junior Member swimming. Whilst part of the reason for doing this was to ensure that we work to the ASA and BDLA child protection and vulnerable adult policies, the changes were intended to enable and encourage development of junior members' long distance swimming skills by providing them with appropriate training sessions. Our long term aim is to integrate all juniors into swim lanes with members of similar swimming ability, enabling progression and assist them in becoming our long distance swimmers of the future.

This summer we have seen several of our junior swimmers achieve considerable outdoor success. As previously reported, 17yrs old Adam Farini had a great experience of his first Channel relay swim and Tobias Fox (age 15yrs), won the male 2mls Junior event at the Budworth Championships.

It has also been a remarkable summer for two of our female juniors. In addition to their successes in the both the Budworth and Albert Dock Championships, Ellie Jane Knight and Beth Dowding, both 14 yrs. old have also competed in other open water events.



Ellie made a weekend of it on at the BDLA Lyn Tegid (Bala) championships held on 9/10 July. On the Saturday, she was the first junior to finish the 3kms event in a respectable time of 1 hr 11 mins. She then went on to swim 5kms on the Sunday, finishing first in the breaststroke event in 1 hr 32 mins.

*Ellie receiving the junior 2mls Breaststroke trophy at the Albert Dock Championships*

Beth Dowding took part in the Great Manchester Swim, completing the mile event in 24 mins 29 secs. She was 3<sup>rd</sup> female to finish in the 16 – 19 years age category and 10<sup>th</sup> female overall out of 770 entrants. Beth obtained special permission to enter on the grounds that she had taken part in the Budworth Championships.

She also completed a 5kms swim at Uswim's Open Water Festival at Salford Quays on the 9 July finishing in 1<sup>st</sup> place female. Beth is now training hard to compete in the 'Chill-swim' Coniston end to end event (5.25mls) on the 3<sup>rd</sup> September and hopes to be part of a 2018/19 Dolphins Channel Relay team.

*Beth at the Great Manchester Swim after receiving her medal*



**Best Wishes to Beth on her Coniston swim and well done to all our junior swimmers who have taken part in open water long distance events this summer.**

## ***Sporting the new Dolphin's attire at the 'Dee Mile'!***

*(Reported by Michaela Richard)*

Held on 30<sup>th</sup> July and organised by Chester Triathlon Club, Warrington Dolphins were represented at the swim by Michaela Richard, Karen Hodgkins and Richard Taylor, who all entered the 2km Allcomer (non-wetsuit) event.

Out of 23 starters, Michaela finished 2<sup>nd</sup> lady overall in a time of 29 mins 45 secs. Karen finished 18<sup>th</sup>, her first time in this event, in 43 mins 42 secs, out of 23 starters. Richard finished 4<sup>th</sup> in the gents, in 27 mins 28 secs out of 18 starters.



*Karen and Michaela waiting for the start of the event*

## ***Fancy taking part in a late event***

10<sup>th</sup> September the BLDSA are holding the 3 miles, 6 miles and 1 km events at St Marys Loch on the Scottish borders and if you fancy a trip to Norfolk they are holding 4.5 kms veterans/senior 1.5 kms junior and 1 km novice events at Lyme Regis on 24<sup>th</sup> September. For more information, visit:

[www.BLDSA.org.uk/swim/championship-events](http://www.BLDSA.org.uk/swim/championship-events).

Grimsby Water Rats are hosting the Great Grimsby Dock Swim on 18<sup>th</sup> September. There are 3 events: 1, 2 and 4mls distances. Go to [www.grimsbywaterrats.co.uk/docks](http://www.grimsbywaterrats.co.uk/docks) for further information.

## ***We would love to hear from you***

If you have any news items or swimming results that you would like to share with other members in one of our next Newsletters please send them to [Secretary@warrington-dolphins.com](mailto:Secretary@warrington-dolphins.com).