

## Warrington Dolphins Long Distance Swimming Club



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Congratulations and thank you to everyone who has supported the Dolphins throughout the year.

**Jan** - The year started with the **BLDSA Postal Swim** organised by Dolphin Mandy Reid. Many thanks to all.

**Feb** - We held our **1500m Championships** indoor event, this was organised by Kalliopi Sinclair.  
800m Junior Girl – 1st Place Abigale Harrison, Ashton Central SC  
800m Junior Boy – 1st Place Alex Reason, Howe Bridge Aces  
1500m Junior Girl – 1st Place Sophia Sinclair, Warrington Dolphins LDSC  
1500m Senior Ladies – 1st Place Rachel Wilkinson, Warrington Dolphins LDSC  
1500m Senior Gents – 1st Place Chris Green, Thatoo Cycles RT  
Swimmer who finished closest to their estimated time: David Reason, Howe Bridge Marlins LDSC  
(Time Diff. 4 sec)

**April - Bob Keating/Dick Dickinson Swim** - Congratulations to all who took part and thank you to the counters who helped on the night. The swimmer closest to their time was Mike Reason in the Senior event and Daniel Wall in the Junior event. Awards were presented. Well done to all the swimmers and again thank you to all the counters who made it possible to hold the event.

**April – 2Swim4Life** –Rob Waterhouse and Rachel Wilkinson completed their solo 24 miles in 24 hours epic swim over the Easter weekend at the Guildford Lido. Michaela Richard and Caroline Lewis in their 2 person relay and also Andy Wright, Chris Carter and Julie Trevor in their 3 person relay. Well done to all. A big thank you to all our Buddies, Larry Richard, Jo Blackburn, Caroline Wilkinson and husband and Emma Waterhouse. This challenge is to swim a mile on the hour for 12 hours as a Soloist or Relay. All completed their challenge with smiles and laughter, most of the time anyway!

**April - Outdoor swimming sessions.** This year's training at Budworth Sailing Club got off to a cold start with the water temperature at 10C. However, this soon improved and over the following weeks, the temperature saw a steady increase up to the early 20's. The sessions have been well attended.

**May – Budworth Handicap 1 mile Club Event** - Thank you to all those members who took the time to enter our pre-season swim, also to our guest swimmer from Warrington Tri Club. We hope you enjoyed the calm water and a blistering 15.5 Deg.C.

As always and after some deliberation by some, an estimated swim time was submitted at registration.

This year's winner of the Skin category was Rob Waterhouse who completed his 1 mile swim with only a 6 second difference to his predicted time of 30:34, finishing in a time of 30:28.

Winner of the Wetsuit category was John Hetherington with a time of 31:34, against his predicted time of 30:00.

Thank you to the helpers on the day - Jim, Anita, Heidi and Larry, and as always our thanks to Budworth Sailing Club for use of their facilities.

## Results

### Costume

1	Rob Waterhouse	30.34	30.28	00:00:06
2	Elaine Davies	37.00	38.42	00:01:42
3	Julie Trevor	32.30	34.34	00:02:04
4	Mandy Reid	42.45	48.29	00:05:44

### Wetsuit

1	John Hetherington	30.00	31.34	00:01:34
2	Lee Johnson	28.30	30.19	00:01:49

## June - Budworth Championships

Thank you to all our helpers for your support at this event - Jim Nurse, Karen Hodgkins, Chris Byrne, Sue & Martyn Coates, Jo & Mick Blackburn, Jenny Norton-Barker and Emma Waterhouse - which would not have taken place without your help. This was the last time for Larry and I in organising this event which we have done for the past 10 years or so.

We had 36 swimmers across the 3 distances, 1,2 & 3 miles, water temperature was a nice 17 Deg.C and overall a good morning of swimming.

We offer our Best Wishes to the next organiser for 2020.

### SENIOR LADIES 3-MILE

1	Rachel Wilkinson	01:18:53	WDL DSC
2	Jane Nunn	01:25:05	U/A
3	Ellie Moore	01:35:08	U/A
4	Julie Trevor	01:44:27	WDL DSC
5	Elaine Davies	01:57:48	WDL DSC

### SENIOR GENTS 3-MILE

1	Ryan Huddart	01:06:52	Derventio Excel
2	Jai Bolton	01:18:26	City of Salford
3	Steve Brearey	01:28:55	Chester Tri
4	Rob Waterhouse	01:31:25	WDL DSC
5	Andrew Orme	01:38:29	U/A
6	Peter Goodman	01:38:57	Sutton Coldfield
7	Nicholas White (Br/S)	01:52:10	U-Swim
8	James Long	01:52:48	U/A
9	Joseph Coy (B/Fly)	02:26:03	USwim

### GENTS 1-MILE

1	Matthew Davenport	00:30:45	Team Selkie
2	Mark Williams (Br/S)	00:47:57	U/A
3	David Bowker	00:50:53	WDL DSC
	Peter Briggs	DNS	U/A

### JUNIOR GENTS 2-MILE FREESTYLE

1	Joshua Howard-Hughes	00:42:46	Halton Swimming Club
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### LADIES 2 MILE VETS

1	Bev Thomas	01:14:29	U/A
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### GENTS 2 MILE MASTERS

1	David Randall	00:55:44	Manchester Triathlon
2	Andrew Wright	01:02:41	WDL DSC
3	Peter Hawksworth	01:10:28	Nottingham City OWSC
	David Reason (Retired after 1 mile)	00:38:40	Howe Bridge Marlins LDSC
	Steve Connor	DNS	Warrington Masters

### Wetsuit 1-MILE LADIES

1	Karen Munslow	00:30:54	U/A
2	Jacqueline Carter	00:39:38	USwim

### Wetsuit 1-MILE GENTS

1	Lee Johnson	00:28:00	Warrington Triathlon Club
	Matt Cullen	DNS	U/A
	Tim Munslow	DNS	U/A

### Wetsuit 3-MILE - LADIES

1	Claire Grimmer	01:27:58	U/A
2	Karen Bain	01:39:03	Knutsford Triathlon Club
3	Verity Wolstencroft	01:46:10	Knutsford Triathlon Club
4	Miranda Taylor	01:59:40	U/A
	Joanna Wilding	DNS	Matlock & District SC

### Wetsuit 3-MILE - GENTS

1	Richard Bruce	01:10:00	Coalville Triathlon Club
2	Peter Openshaw	01:18:28	U/A
3	Joshua Fear	01:24:58	U/A
4	Andy Gray	01:31:26	U/A
5	Edward Taylor	01:37:05	U/A
6	Aynsley Dowding	01:52:03	WDLDC

### Other Awards

1st Breaststroke 3 Mile            Nicholas White  
Merit of the Mere Award was presented to Jo Blackburn

**Social Evening – Budworth** - The weather leading up to the Social didn't look promising, however on Tuesday 18th of June the rain cleared. Our experienced kayakers were able to set up an extended course as there were no windsurfers using the lake due to lack of wind, so as luck would have it we had the whole mere all to ourselves! So just before 7pm and in 16.5 Deg.C water the start of 25 swimmers began to enter the mere, all in their entertaining individual ways!

After the swims and showers had finished the buffet table was ready and brimming with homemade sandwiches, cakes and hot drinks enjoyed by all the swimmers, spectators and amazing volunteers alike.

A massive thank you to all who brought food and helped on the evening. – Julie Trevor

### August - LOCH LOMOND RELAY

The Dolphins team (Caroline, Rob, Michaela, Rachel & Dave)

### Relay Order

Leg 1	4.25miles	Caroline	Kayaker Larry
Leg 2	3.76miles	Rob	Kayaker Dave
Leg 3	2.45miles	Michaela	Kayaker Colin
Leg 4	0.77miles	Rachel	Kayaker Colin
Leg 5	1.24miles	Dave	Kayaker Colin
Leg 6	2.08miles	Rob	Kayaker Larry
Leg 7	1.69miles	Caroline	Kayaker Larry
Leg 8	1.46miles	Michaela	Kayaker Rob
Leg 9	4.83miles	Rachel	Kayaker Colin
Leg 10	0.91miles	Dave	Kayaker Rob
Leg 11	0.98miles	Michaela	Kayaker Rob

We started our relay at 6am in Ardlui which meant for some a very early start at 4am to drive to the top of the Loch. There were seven relay teams in total and they started between 3am and 8am. The water temperature was approx. 15 Deg.C. but it felt chillier with some colder spots, as you came down the lake and when the sun was shining it felt warmer and positively pleasant to be swimming in such beautiful surroundings.

We came third out of seven in a time of 14 hours 52 minutes. Well Done Team.

**Michaela Richard**  
**WDLDSO President**

### **Postal Swim**

For those who wish to sample the pleasures of outdoor swimming the British Long-Distance Swimming Association (BLDSA) web site [www.bldsa.org.uk](http://www.bldsa.org.uk) has information on next year's events and the full results of the 2019 postal swim can be found there too.

**Mandy Reid**  
**Postal Swim Secretary**