

(Bradford & District Long Distance Swimming Club - continued)

Championships and Records, gained by Club members this year are :-

B.L.D.S.A. Windermere Men's Championship.	Barry Watson.
Rathlin Island to Ballycastle.	Kendall Mellor.
Sandsend - Whitby Junior Ladies Champ'p.	Gillian Renwick.
" " " Men's "	Colin Proctor.
Morecambe Relay Race.	Bradford "A" Team.
Morecambe Cross Bay Championship.	Kendall Mellor.
English Channel all-comers Record.....	Barry Watson.
Two way Coniston	"
" " Derwentwater.	John Slater.
Derwentwater. Ladies.	Barry Watson.
Men.	Carol Jeffs.
	Colin Proctor.

Thought for 1965 - the two lady members who were, this season, rescued from their boat after being told by a boatman "THERE IS NO NEED TO PANIC, BUT GET OFF QUICK" may next year decide that it is safer to swim - if they can be persuaded to part with their handbags, of course.

Hon. Secretary Derek Gill,  
"Westbourne View" Bradford Road,  
Otley. Wks.

WARRINGTON DOLPHINS LONG DISTANCE SWIMMING CLUB (Formed 1964)

At last ideas and dreams have materialised - our own Long Distance Swimming Club called "Warrington Dolphins", formed through increasing interest in Long Distance swimming by 4 members of the towns Life Guard Corps.

We start off with the town's best known swimmer, who is the Club's coach, Arthur and Susan. Both have a wealth of experience and a number of other members - none other than Mrs. B. Anderson ("Sunny" Lowry) Channel swimmer, and the Club's Hon. Secretary is Ian Thompson and the Hon. Treasurer is Robert Keating.

The season started well with R. Keating, A. Williams and I. Thompson going up to 7 miles in training by early June. The winter months of weight training obviously paying dividends by the times returned. First we knock up two early July Lake Coniston successes by Ian Thompson in 3 hrs. 51 mins, and Susan Shallcross in 3 hrs 52 mins both on the same day. Temp. 60 - 64F.

A few weeks later takes us back to the Lake District with Robert Keating determined on an Ullswater individual swim, only to find that a Sailing Regatta was in progress. All feeling a little frustrated, but not undaunted, a race back to Windermere and Bob says "I think I will have a go", and finishes quite strong in a time of 8 hrs. 56 mins against a prevailing wind. Temp. 64-9F.

Bala Lake Championship. Susan Shallcross completes the one way on the lake. 3 hrs 52 mins. A choppy and chilly start, with Arthur retiring with cramp and Ian with groin trouble sustained in training, but Bob finished in a time of 4 hours 27 mins.

Sandsend - Whitby Championship. Robert Keating and Ian Thompson enter their first sea swim Championship and finish 4th and 7th respectively in times of 1 hr. 20 mins 37 secs. and 1 hr. 34 mins. 40 secs. A mention of thanks here from all at Warrington to the Hon. Sec. Jim Robinson and all others concerned in the swim, for hospitality received, also greatly impressed with the way the swim and dinner was organised - definately an annual must on the Dolphin Calendar.

Back to the lakes again, in July, and Arthur Williams plods down from Coniston the old Steamer Jetty, meeting none other than B.L.D.S.A. Hon. Sec. John Slater swimming the opposite way on a two-way swim - congratulations John on your success - Arthur finished in a time of 4 hrs. 8 mins. Temp. 64-67F.

Morecambe Inshore Championship. Ian Thompson's first commendable swim for the club. He finished 3rd in the Inshore Championship in 1 hr. 37 mins. 3 secs. Sue told me that it was a very pleasant swim.

Bala Lake and Coniston. Late August and early September sees another two successful Bala swims for Ian Thompson & Arthur Williams, a two way for