



Warrington Dolphins Long Distance Swimming Club

www.warrington-dolphins.co.uk

Newsletter October 2005

This newsletter will update you all on the activities of the Club since the last newsletter in April and will additionally; give advance notice of forthcoming event. Firstly can I take this opportunity to welcome to the Club all new members who have joined throughout the year. Secondly, can I thank all of you who have helped out coaching. Finally, I would like to thank all who have helped at Club events and have supported others at swims during the summer.

Budworth Handicap

The Budworth Handicap had 28 swimmers taking part on a beautifully sunny day. However, the water temperature didn't quite match the air temperature, being 56°F. As usual the course was set off one of the jetties. The President, organising the event, was persuaded by others that 6 not 7 laps should be swum. Once again the handicap was short.

Bob Keating/Dick Dickenson Handicaps

These were exceptionally well attended with 3 swimmers in each lane. The winners were Caroline Lewis (Bob Keating) and Julia Lydon (Dick Dickenson). Andrew Byrne produced the most impressive performance by swimming 19 minutes inside his predicted time. The presentation was held across the road straight after the swim in the local pub.

Budworth Championship

The Championships were another success being organised for the first time by Joe Coy. The modernisation to the Budworth Mere Sailing Club house, particularly the changing rooms impressed all. Andrew Byrne claimed the 3mile breaststroke title, just ahead of Nick Flash with Mark Blewitt making it a clean sweep of medals. Clare Kane and Chris Byrne both finished 2nd in the senior freestyle championships. The Dolphins won the senior team trophy for the 7th year on the run.

Albert Dock Championships

For the second year Alan Pomfret organised excellent Championships. Julie Mainwaring, after asking Michaela Richard to look after on her first visit to the dock, promptly swam off to finish second ahead of Michaela in the 2mile event. Graham Padgett retained his veteran's title in the four mile event and Nick White won the 4 mile breaststroke race.

Training

Attendance levels have maintained during the season, which is most pleasing. However, now that autumn is here everyone knows the importance of training over the winter, so let's attend those sessions and build for next year.

Notable swims

- Chris Byrne set a new 4mile Breaststroke record at the 25th Llyn Padarn Championships.
- Martin Bosson in his first open water swim won the junior gents 2mile race at Llyn Padarn.
- Caroline Lewis returned to complete a solo Coniston swim on her way to peak fitness.
- Mark Blewitt finished third in his third consecutive two way Windermere Championship swimming freestyle.
- Joe Coy had a tremendous outdoor season taking approx 1hour off his 2 way Bala PB, 30minutes off his Coniston PB and 90mins off his Windermere PB.
- Christian Wade completed his first Coniston with an impressive time. Next season watch out.
- Advance notice - next year is the 50th Windermere event. Let's see if we can dominate entries, so as usual please make yourself available to row if you don't intend to swim.



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Masters

At the Cheshire Masters 12 Dolphins entered and the Club was narrowly beaten into second place by Macclesfield. Graham Padgett, Keith Bosson, Christian Wade, Chris Byrne and Judy Brown all won individual Championships in their age group. Judy set four County records in all the 4 events she entered.

Marbury Handicap

The Marbury Handicap was yet again another success with 18 swimmers competing. This forced a third heat to be run. The rain falling during the race didn't prevent Julie Mainwaring from winning. John Glynn again organised the refreshments at the Cock O' Budworth where the presentation was held. Thanks John and Alan.

Forthcoming Events

- 16-12-05 - Final training session and buffet, plus the Presentation of the Anderson Trophy, at Broomfields 9:45pm (Families & friends welcome). Buffet price around £3.50 per head.
- 18-12-05 - Christmas 1mile Handicap at Fordton 6:00pm. As usual bring a wrapped present of value around £4.
- A Sunday in January 2006 - AGM (date and venue to be confirmed)

Joe Coy & Andy Wright
Secretary & President