



# Newsletter

Summer 2025

## Competition News

Swim Conwy Len Thomas  
Memorial Meet (8<sup>th</sup> June 2025)

With the final competition meet of the season upon us a huge group of 17 Dragons went to Llandudno to take part. They participated in 66 races, which resulted in 4 medals and 44 Personal Bests.

Seren (17) 🏅 50M Breast  
Mared (14) 🏅 100M Breast  
Elis (10) 🏅 50M Breast  
🏅 100M Breast

The club also achieved a further amazing 24 x Top 10. It was also great to see the Dragons trying new races, a total of 12 new events entered for the 1<sup>st</sup> time.

A huge shout out for 3 swimmers competing for the 1st time, Elis (10), Aneira (12) & Elsie H (9). It takes some courage to get up on the blocks that first time.

Personal Best times (PBs) are an important part of a competitive swimmer's life. They allow every

swimmer to see their progress as they train and grow and to compare against their friends and rivals. To achieve so many improvements from the team in the meet was amazing. We also must mention the impressive Personal Best times which were achieved by the following swimmers:

- Leila (12) Improved her 100M Free time 21.51s
- Elsie C (12) Improved her 50M Back time 6.81s
- Meredith (12) Improved her 100M Free time 24.26s
- Cerys (11) improved her 100M Breast time 12.03s

As always, we are so proud of the team who competed – the remainder were Alys C (9), Elsa J (10), Eilidh (9), Saoirse (11), Isabelle (12), Tomos (11), Elenid (12) & Niamh (12)

Our swimmers were not only amazing in the pool, but they were also amazing out of the pool too, with outstanding attitudes. There was nothing but smiles throughout the meet!





## Next Swimming Meets

Swim Conwy Invitational Meet 2025  
Saturday 20<sup>th</sup> & Sunday 21<sup>st</sup> September  
Llandudno Swimming Pool

Swim Conwy Autumn Meet  
Saturday 18<sup>th</sup> & Sunday 19<sup>th</sup> October  
Llandudno Swimming Pool

Swim Wales Regional Short Course  
Championships 2025 (North)  
Friday 14<sup>th</sup> November – Sunday 16<sup>th</sup> November  
Llandudno Swimming Pool

## Summer Break

We will be having a break over the Summer holidays. Last training session will be Thursday 17<sup>th</sup> July. There are limited sessions during the last 2 weeks of August, but full-service resumes Monday 1<sup>st</sup> September (for full information please refer to Facebook, Instagram and e-mails sent out by the coaching team).

August membership fees will be suspended.

## National Qualifier

Congratulations to Elenid who has achieved qualifying time for the upcoming National Swim Wales Summer Championships.

Only the fastest swimmers in Wales are able to attain the stringent qualification standards, which is based on race times achieved throughout the qualification window.

The Championships takes place every summer in the Welsh National Swimming Pool, Swansea and it brings together the best swimmers in the country to compete at the highest level.

Several other swimmers in the club have come close to qualification, and we hope they will continue to improve their times to make sure of qualification next time.

## Time Dropped / Biggest Improvers

Over the course of the past year and through sheer hard work, grit and determination, swimmers have shaved a whopping 07:03.90 from their personal bests. The top 3 swimmers who have dropped the most time are as follows:

- Elenid 01:08.65
- Leila 00:53.89
- Saoirse 00:53.01

## Statistics for the 2024-2025 Season

- 16 New Members
- Attended 10 Swimming Meets (Competitions)
- 23 Members Competed
- 206 PBs







## Welsh Champions (Away from the Pool)

We are so pleased to have 2 Welsh Champions as our members and needed to share their achievements with you all.

Over the past 12 months, Ella and Gwen have dedicated themselves to their running. Their commitment paid off during a successful cross-country season, culminating in gold and silver medals at the Welsh Cross Country Championships in January. This achievement earned them both a place on the Welsh Under-13 team for the prestigious London Mini Marathon Championships, where they competed against the fastest young athletes from across the UK.



Last month (June), the girls travelled to Swansea for the Welsh Junior Track and Field Championships. In the 800M, Ella claimed the title of Welsh Champion, with Gwen finishing close behind to take silver.

The 1500M saw another thrilling race, as both girls faced tough competition from clubs across Wales. This time, Gwen emerged victorious, edging out Ella by just one second to become Welsh Champion.

Well done to you both – Denbigh Dragons are so pleased of your achievements



### Congratulations

We would like to congratulate Gwenann, our Chair, for being a winner of the Frank Drendel award with her employer for her volunteer work on behalf of the Dragons. This has meant a donation from the company towards our running costs. They are a large Global Telecommunications manufacturer based in North Carolina, USA with 20,000 employees.

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### Funding

The Dragons have been extremely fortunate to be successful in our 2025 bid towards our running costs from Wales's Community Foundation. We cannot thank them enough to grant us the funds to keep our club running.





## Member Spotlight

### Lilly Gage (15)

1. How did you become involved in Swimming (including the age which you started at swimming club)?

*I started lessons at the age of 3 and went through the waves and decided to try club after I'd finished as didn't want to go to Rookie - came for a taster session loved and stayed, started with the club aged 9.*

2. Have you ever swum competitively and how far did you get in representing club/area/country?

*Yes, I have swum competitively and competed in regional competitions.*

3. What do you consider your greatest achievement in Swimming?

*My greatest achievement in swimming is my progress and my pb's progressing too. Also representing the club at Sheffield.*

4. Who do you most admire in the world of swimming?

*I admire Michael Phelps because of his flawless butterfly technique. Butterfly is my favourite stroke.*

5. If you could meet anyone at all, who would you like to meet and talk with, and why?

*Katie Ledecky because she has an excellent work ethic, incredible mental toughness, pushes herself through hard training and she's a big advocate for growing the sport and inspiring younger swimmers.*



6. An interesting Random Fact –

*Swimming is one of the few sports that works out almost every muscle in your body — over 90% of them! Because water is denser than air, you have to use more muscles to move through it. That's why swimming is such an amazing full-body workout, building strength, endurance, and flexibility all at once — without putting stress on your joints.*

7. Advice for other swimmers –

*Try your best and be the best version of yourself. This is your story no-one else's.*

### Remember!

Please visit previous Newsletter copies for a lot of information shared (saved on our website)





## Important - Swimming Kit

Swimmers are expected to purchase the following equipment to make sure they are ready for all types of training sessions:

- Goggles plus spare (essential)
- Drink bottle
- Mesh swim bag
- Kick board
- Pull buoy
- Short blades fins

These can be purchased at online swim shops such as:

- ProSwimwear
- Simply Swim
- Allens of Kingsbury

There are links on the DD website for the above stockists - [www.denbighdragons.co.uk/equipment-kit](http://www.denbighdragons.co.uk/equipment-kit)  
Items are also available on Ebay, Amazon & Facebook Marketplace.



Example of kit,  
but the  
make/branding  
is not important

**Valuable Training time is lost by trying to locate spare equipment for children who do not have them.**

## Swimming Caps

Dragons Swimming Caps are given to our new members free of charge (order on JustGo Shop). Any replacement caps can be ordered through either the Shop on Swim Manager, or JustGo Swim Wales website.

The caps are not held poolside due to the lack of storage, so please do not expect them as soon as they have been ordered.

## Volunteers

We still require parents to assist us at the club.

Please consider over the summer what you can do to assist us, full training will be given, and costs covered by the swimming club –

- Coaches (Pool and/or Land Training)
- Lane Helpers
- Vice Chairperson
- Gala Officials (Timekeeper / Judge)
- Event Organiser

Without volunteers our club cannot function, and training sessions will continue to fluctuate based on cover from coaches.

Reach out to our coaching team or committee members for a chat about what you can offer.

## Sponsorship

We would like to thank the following companies who have agreed to continue their sponsorship again this year, providing us with much needed funding.

**Gamlins Law**  
Solicitors • Cyfreithwyr



If any further business wishes to support us, please visit our website where the latest Sponsorship package is available.

## Discount Code

We can still use our discount code for Allens of Kingsbury website – PERRY10.

This gives 10% discount on all items which are fully priced.

