



Newsletter

Winter 2025

Competition News

Swim Conwy Invitational Meet (20th & 21st September)

The Dragons travelled to Llandudno for the 1st meet of the season. We had 15 of our members competing, with 2 taking part for the 1st time, Beca (9) & Harri (11). There were 65 events entered, with 50 personal best times achieved. This is an incredible 77% improvement, and we couldn't have been prouder of the team.

We came away with 9 Medals

| | |
|-------------|------------------------|
| Elenid (12) | 800M Freestyle |
| | 100M Freestyle |
| Max (9) | 200M Individual Medley |
| | 50M Breaststroke |
| | 50M Freestyle |
| | 100M Freestyle |
| Seren (17) | 100M Breaststroke |
| Elsie H (9) | 100M Freestyle |
| Leila (12) | 50M Breaststroke |



Overall, there were a further 36 placements within the Top 10.

We must also mention Cerys (12), who took part in 10 races over the weekend, managing to improve her personal best times within those races of a total 80 seconds, which is extremely impressive.

Denbigh Dragons coaches were so delighted of all who took part. The reminder of the team was Alys C (10), Ava J (9), Lucy (9), Eilidh (9), Efa (12), Saoirse (11) & Elsie (12).

Next Swimming Meets

Rotherham Metro A/B Grade
Long Course Meet (Level 3)
Saturday 17th & Sunday 18th January 2026
Ponds Forge International Sports Centre,
Sheffield

Nofio Gwynedd Menai AA & B Grade
(Level 3)
March 2026
Llandudno Swimming Centre

Swim Wales Regional Racing Series North
(Long Course - Level 1)
Friday 6th – Sunday 8th February 2026
Liverpool Aquatics Centre, Wavertree,
Liverpool

Swim Conwy Spring Meet
(Level 3)
Sunday 21st & Saturday 22nd March 2026
Llandudno Swimming Centre





Swim Conwy Autumn Meet (18th & 19th October)

Another successful meet for the Dragons in Llandudno. This was a level 2 meet, which meant that there were qualifying times required to be able to take part. The calibre of all the competitors was extremely high, with numerous clubs from the North West of England taking part, as well as the usual clubs from North & Mid Wales.

A great group of 9 swimmers took part in 31 races and achieved 25 PBs between them. That is an 80% improvement – which is so impressive!

Ifan (11) 🏆 50M Breaststroke
 🏆 50M Backstroke
 Elenid (12) 🏆 100M Butterfly



There were 17 Top 10 placements for the team, which the coaches were so pleased about. The reminder of the who travelled were Eilidh (10), Elsie C (12), Lilly (16), Mared (14), Meredith (12), Niamh (12) & Saoirse (11).

We must mention 2 of the team about their PBs – Saoirse raced in 6 events, and got PBs in all, and Niamh competed in 5 events, again achieving PBs in all those too.

Swim Wales Regional Championships (North) (14th – 16th November)

Wow! What an Amazing weekend full of great racing from our Dragons - competing against the best swimmers in North and Mid Wales. The competitions started on the Friday night this time and continued until late Sunday.

9 Dragons took on the gauntlet, competing in 27 races between them – Elsie C (12), Meredith (12), Lilly (16), Saoirse (11), Elenid (13), Mared (14), Seren (18), Niamh (12) & Ifan (11).

No medals this time due to the extremely high calibre of swimmers, and age groups being amalgamated (11-12, 13-14, 15-16, 17+) increasing the number of competitors racing against each other.

Cracking team spirit from them all, especially with 3 days of racing. The fact that they qualified to compete was impressive, and we also managed to come away with 14 PBs. Ifan managed a remarkable 18 second Personal Best in the 400M Freestyle, and Saoirse improved her 200M Freestyle by over 10 seconds.





Members Spotlight

Saoirse McDonnell (11)



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

Mum took me to water babies when I was a few months old and says that I loved it from the first minute. I started swimming lessons in Denbigh as soon as I could and completed Wave 5 just before my 6th birthday and just before COVID closed the pool! I joined Denbigh Dragons as soon as the pool reopened, even though I could almost fit in my kit bag. It was a bit of a struggle at first, but I really enjoyed it and never went back to the lessons.

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

I don't remember how many galas I have done, but I have competed in Wrexham, Holywell, Llandudno, Sheffield and Liverpool. Sheffield was amazing – first time in a 50m pool and a great weekend with friends from the club. I have competed in

the long course regional finals in Liverpool and the short course finals in Llandudno.

3. What do you consider your greatest achievement in Swimming?
First time in the long course regional finals in Liverpool stands out. You know that everyone there has at least hit the qualifying times and so it will not be easy at all, but it is an amazing feeling to burn through a whole 50m and slam the board at the end.

4. Who do you most admire in the world of swimming?
Tough one. Summer MacIntosh is right up there as a World and Olympic Champion and still only 19 years old. The other one is the GOAT – Michael Phelps – all-time greatest swimmer with more Olympic medals than anyone else, ever.

5. If you could meet anyone at all, who would you like to meet and talk with, and why? (Doesn't have to be from swimming).
Probably Summer MacIntosh – it would be great to talk with someone who is right at the top of the sport and to understand what small things make a difference to their performance.

6. An interesting Random Fact
Seals often dive underwater for around 30 minutes! Imagine being able to swim for that long without breathing!

7. Advice for other swimmers
Stick at it. You are always improving and the more of us there are in the club, the more fun it is – especially at the galas.



Swimming Results

For members who have been competing in official swimming meets, there is an amazing website where the official times are published, and it is possible to track not only the swimmers Personal Best Times, but also where the swimmer is within British, Welsh, Regional and even Club rankings.

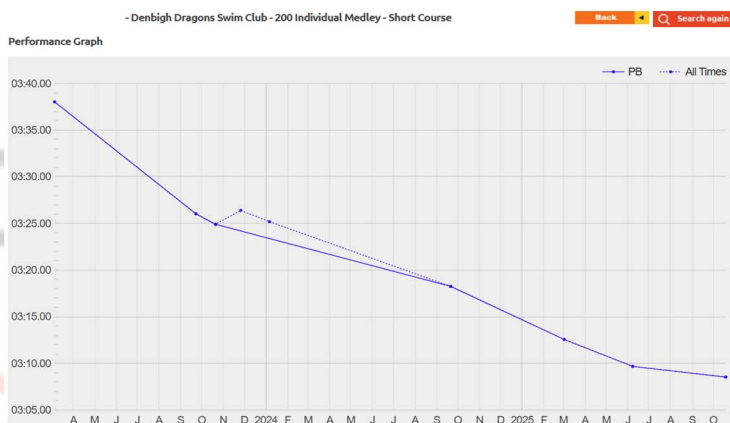
<https://www.swimmingresults.org/>



It can be used to track the British Olympic swimmers too – such as Adam Peaty and Welsh swimmers Matt Richards & Medi Harris.

By clicking on Individual Best Times, and choosing a swimmer and the event, this website even gives a graph of the swimming times, showing improvements throughout their competitive journey. This tool is so helpful in seeing how a swimmers journey is progressing.

Individual Best Times (All Time)



Below the graph will be a tables showing swims in time order and date order.

Swims in Time Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|---|-----------|-----------------|-------|
| 3:08.54 | 268 | F | 19/10/25 | Conwy Autumn Meet 2025 | Llandudno | | 2 |
| 3:09.68 | 263 | F | 08/06/25 | Len Thomas Memorial Sprint Meet 2025 | Llandudno | | 3 |
| 3:12.57 | 251 | F | 02/03/25 | Menai A&B 2025 | Llandudno | | 3 |
| 3:18.25 | 230 | F | 21/09/24 | Swim Conwy Invitational 2024 | Llandudno | | 3 |
| 3:24.90 | 209 | F | 21/10/23 | Swim Conwy Autumn Meet 2023 | Llandudno | | 2 |
| 3:25.18 | 208 | F | 06/01/24 | Holywell ASC Valentine Gala 2024 | Holywell | | 2 |
| 3:26.03 | 205 | F | 23/09/23 | Swim Conwy Closed Invitational Meet 2023 | Llandudno | | 3 |
| 3:26.39 | 204 | F | 26/11/23 | Swim Wales Regional SC Championships - North 2023 | Llandudno | | 2 |
| 3:38.01 | 173 | F | 05/03/23 | Menai A&B Meet 2023 | Llandudno | | 3 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|---|-----------|-----------------|-------|
| 3:08.54 | 268 | F | 19/10/25 | Conwy Autumn Meet 2025 | Llandudno | | 2 |
| 3:09.68 | 263 | F | 08/06/25 | Len Thomas Memorial Sprint Meet 2025 | Llandudno | | 3 |
| 3:12.57 | 251 | F | 02/03/25 | Menai A&B 2025 | Llandudno | | 3 |
| 3:18.25 | 230 | F | 21/09/24 | Swim Conwy Invitational 2024 | Llandudno | | 3 |
| 3:25.18 | 208 | F | 06/01/24 | Holywell ASC Valentine Gala 2024 | Holywell | | 2 |
| 3:26.39 | 204 | F | 26/11/23 | Swim Wales Regional SC Championships - North 2023 | Llandudno | | 2 |
| 3:24.90 | 209 | F | 21/10/23 | Swim Conwy Autumn Meet 2023 | Llandudno | | 2 |
| 3:26.03 | 205 | F | 23/09/23 | Swim Conwy Closed Invitational Meet 2023 | Llandudno | | 3 |
| 3:38.01 | 173 | F | 05/03/23 | Menai A&B Meet 2023 | Llandudno | | 3 |

Volunteers Urgently Required

Please refer to the e-mail which was sent out to all members on 10th December by Gwenann.
Deadline for the Committee roles to be filled is 31st January 2026.

If we are lucky enough to get parents to assist, we will have an Extraordinary General Meeting to complete the circle.



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. This support has been vital to Denbigh Dragons Swimming Club, and we are so grateful to them for their assistance.



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

Congratulations

A huge congratulations to Darren for qualifying as a British Swimming Judge 1 Official. It has taken hours of theory and practical sessions to enable this, but we are so grateful to him to volunteering and giving up his time for this role. Our club is continuing to grow, and all parents need to step into volunteer roles for the club to continue to flourish.



Funding

The Dragons have been extremely fortunate to be successful in our 2025 bid towards our running costs from the DVSC and Denbigh & District Round Table. We cannot thank them enough to grant us the funds to keep our club running.



Cyngor Gwasanaethau Gwirfoddol Sir Ddinbych
Creu Cymunedau Cryf trwy Weithredu Gwirfoddol

Denbighshire Voluntary Services Council
Building Resilient Communities through Voluntary Action



Christmas Break

Last session: Thursday 18th December 2025

Return: Monday 5th January 2026



Remember!

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



Dymuno Nadolig Llawen
a Blwyddyn Newydd
Dda i chi gyd

Wishing you all a Merry
Christmas and a Happy
New Year

