



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 remainder 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
- 100M Butterfly

Elenid (12)



There were 17 Top 10 placements for the team, which the coaches were so pleased about. The remainder 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/>

swimmingresults.org

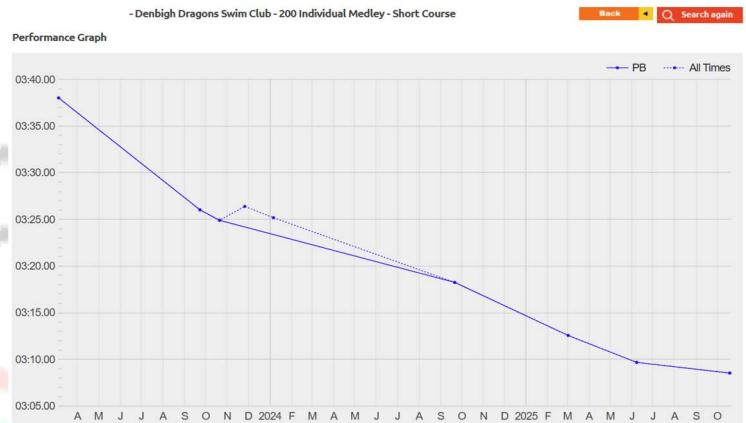
Home Rankings Results Records Para-Swimming

- Event Rankings (12 Months)
- Event Rankings (All Time)
- Individual Best Times
- Personal Swimming Record
- Progressive Rankings
- European Rankings
- World Aquatics Rankings

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

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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 Gwirfodol Sir Ddinbych
Creu Cymunedau Cryf trwy Weithredu Gwirfodol

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

