

## DOVER LIFEGUARDS EXCEL AT LITTLEHAMPTON LICENSED MEET

A large number of Dover Lifeguards swimmers made the long trip to Portsmouth for the Littlehampton Last Chance Licensed meet in the search for qualifying times for this years South east region championships. The weekend was to prove very successful for the clubs swimmers with a huge number of personal best performances, a large haul of medals and many gaining qualifying times for the regional championships.

The weekend opened with Katie Brown swimming in the 400 individual medley and she brought home the Gold medal finishing in first place in the 14yr age group.

Katie's success was to be repeated throughout the weekend as the gala produced some excellent results for the Lifeguard swimmers.

In the 50m backstroke there were high place finishes and personal bests in almost every age group for both boys and girls. For the boys there were good swims from Dominic Wild 47.99 pb (6th 10yrs), Chris Clarke 50.42 (8th 9yrs), Kieron Menniss with a 2 sec pb of 53.51 (9th 10yrs), Sacha Wild- 3 sec pb of 41.27(7th 11yrs) and Callum Basford stormed home to take first place in the 13 yr age group with a new pb of 33.47. In the same event for the girls Mollie Allen Finished 4th in 44.50pb (9yrs), Shannon Smith 2nd in 39.88pb (10yrs), Gemma Lawson 39.41(pb 4th 11yrs), Tasha Hyde 39.43 (6th 13yrs),Katie Brown 36.34(5th 14yrs) and Megan Basford rounded things off with a first place in a time of 33.57.

Ben Evans was Dover's only representative in the 200 fly, but he showed great style and speed to



record a new event best performance for a 10yr old of 2.51.93-a new personal best of 4 seconds for this up and coming star currently ranked 3rd in the country. Ben repeated this performance in the 100m fly with yet another new record time and gold medal finishing in another personal best time of 1.20.99- a 2 second improvement on his entry time. There was also a fine performance from Callum Basford who also put his name in the event record books when he recorded a new event best performance of 1.12.34 in the 13yr age group for 100 fly .The girls performed well in this event too with Megan Curtis (12yrs) and Tasha Hyde (13yrs) both finishing 7th, and Megan Basford finishing 9th in the 13 yr age group.

In the 200 breast another set of good results were produced –Mollie Allen 3.32.88 (2nd 9ys age group in a 7 second pb), Shannon Smith finished 5th in the 10yr age group in 3.36.65, Alice Latham 4th 11yr in 3.17.94 a 9 second pb(both south east region consideration times)grace beer then produced a 20 second pb of 3.37.73 and Charlotte Hyde took gold in the 16/over age group with a time of 2.58.76.

The 100 Freestyle had the Dover team on form too with Ben Evans 2nd in the 10yr age group (1.13.14 pb ), Kieron Menniss (1.48.41), Sacha Wild 8th 11yr (1.17.36 pb), Callum Basford 7th 13yr (1.04.56 pb) and Luke Menniss 8th 15yrs (1.05.92 pb).

For the girls there was Gemma Lawson 4th 11yrs(1.12.37), Katie Latham 6th 11yrs(1.13.34 pb),Megan Curtis (1.11.96 pb),Megan Basford 7th 13yrs(1.06.86 pb), Tasha Hyde (1.09.46) Abby Taylor Baptie (1.17.99), Katie Brown (1.10.45) and Charlotte Hyde 3rd open age group (1.08.75) The high placings and personal bests were now coming from almost every race. In the 200 individual medley All of the Dover boys finished in the top 6 placings in their age groups. Chris Clarke 2nd 9rs(3.48.79),Ben Evans 1st 10yrs(2.54.94 se region qualifying time), Evan waters 4th 11yr (3.04.24), Sacha Wild 5th 11yr(3.04.34) and Callum Basford 4th 13yrs (2.33.86). Grace Beer produced one of

the biggest improvements on her times for the day to finish in 3.13.64. Shannon Smith was 3rd 10yr(3.04.74 Se region time), Katie Latham 3rd 11yr(2.54.26 pb se region time) Megan Basford 7th 13 yr(2.42.45 pb), Tasha Hyde(2.47.95), Katie Brown (2.51.03), and Charlotte Hyde 2nd 16/over (2.45.13).

The 100 breast also had a set of good results for the 'guard's team. For the boys there were personal bests from Kieron Menniss (1.55.14-a massive 18 sec pb), and Sacha Wild 3rd 11yr age group in 1.35.89 a 3 second pb. The girls had Alice Latham 6th 11yr (1.32.66 pb), Abby Taylor Baptie (1.37.00), Tasha Hyde (1.27.01 pb), Megan Basford(1.28.69) and Charlotte Hyde 1.21.80 first in the 16/over age group.

The boys in the 50 fly all swam well with 3rd Place for Chris Clarke in the 9yr age group (50.71pb), Dominic Wild 4th 9rs (1.01.86), Sacha Wild 5th 11yrs (39.83 pb), and Evan Waters 8th 11yrs (42.38 pb). For the girls there results were as impressive. Mollie Allen 5th 9 yrs(46.86 pb), Shannon Smith 5th 10yrs(40.06 pb), Gemma Lawson 3rd 11yrs(38.51 pb), Grace Beer 8th 11yrs(42.27 pb) and Tasha Hyde 4th 13yrs (35.26)

In the 200 backstroke there were only 5 representatives from Dover taking part and all produced top 4 finishes. Shannon Smith was 2nd in the 10yr age group in 3.00.11 and Katie Brown was 4th in the 14yr age group in 2.39.14. Dominic Wild was 2nd in the 9 yr age group (3.34.51 pb), Evan Waters 3rd 11 yrs (2.51.53 pb) and Ben Evans produced another fine swim to get another record for 10 yr olds this event at Littlehampton in a time of 2.42.40.

The 50 freestyle for the boys had to be cancelled due to technical problems but the girls did well with Mollie Allen 6th 9yrs(38.78), Shannon Smith 4th 10 yrs (34.69), Gemma Lawson 2nd 11 yrs(32.44) Grace Beer (38.16), Tasha Hyde 5th 13 yrs(32.92), Abby Taylor Baptie (35.62 pb), Katie Brown (32.63), and Charlotte Hyde 3rd 16/o (33.15).

The 50 breaststroke was another event that saw the lifeguards swimming well with Chris Clarke 4th 9rs (55.12 pb), Kieron Menniss (57.03 pb), Sacha Wild 2nd 11yrs(44.64 pb). For the girls there was Mollie Allen 1st 9yrs (46.46 pb), Shannon Smith 3rd 10yrs (46.32), Alice Latham 2nd 11yrs(43.00 pb), Tasha Hyde 1st 13yrs (39.45), Abby Taylor Baptie (45.08) and Charlotte Hyde 1st 16/over(38.04).

The Lifeguard team had held a consistently high standard over the weekend and they continued this into the 100 backstroke, Katie Latham 4th 11yrs (1.21.05) and Tasha Hyde 7th 13yrs (1.19.94) were followed by the boys Sacha Wild 1.26.92 pb), Ben Evans 2nd 10yrs (1.20.30 pb se region QT), Evan Waters 3rd 11yrs (1.21.88 pb se region QT) and Callum Basford 2nd 13yrs(1.10.50 pb se region QT). The 'guards recent attention to stamina building training is paying dividends and this showed in the 200 freestyle. All of the Boys recorded personal best times- Chris Clarke 5th 9yrs (3.12.92), Dominic Wild 6th 9yrs(3.17.82), Ben Evans 2nd 10yrs(2.36.52), Kieron Menniss (3.38.99), Evan Waters 6th 11yrs (2.38.04) and Luke Menniss 2(2.20.05). The girls performed well with Mollie Allen 4th 9yrs (3.01.82 pb), Shannon Smith 3rd 10yrs (2.40.97 pb), Katie Latham 3rd 11yrs (2.35.29 pb), Gemma Lawson 6th 11yrs( 2.37.60 pb), Alice Latham (2.48.70 pb), Megan Curtis(2.34.51) and Katie Brown (2.30.21)

Coach Tim Hyde was impressed with the squad "Overall this weekend produced some stunning individual swims, new records, South east region times, personal bests and a large haul of medals. This is indicative of the standard of training that this squad is putting in at present and they deserve all the awards they have received. We now have a growing squad that will be ready to compete at all levels". Anyone interested in joining the Dover Lifeguard club Training squads should in the first instance contact Tim Hyde (head coach) on 01304 206881