

Dover Lifeguards continue with successes on last weekend of East Invicta Championships

Dover Lifeguards returned to the Kingsmead pool at Canterbury last weekend to take part in the last weekend of this year's East Invicta Championships. The weekend was to prove another successful one for this young squad as they produced some stunning swims.

In the girls 50 breaststroke Sara Wain fought hard to earn a place in the 9/10 yr final and she finished 3rd in 47.10. In the 11/12 age group Sophie Waller was 7th and team mate Katie Latham continued her surge in form with a 1st place finish in a time of 37.99. The Boys 100 backstroke produced a large number of personal bests for the 'guards with many top 10 placings. Dan Latham was 8th (11/12yrs), Cameron Cook 6th and "pocket rocket" Ben Evans 1st in the same age group. Mathew Farran (1.06.90) was 4th in the final of the 15 and over age group and in the 13/14 age group Evan Waters finished 5th but team mate Callum Basford stormed the final from the start to finish 1st in 1.06.43. The girls were up next in the 100 freestyle and they quickly set about securing some excellent times. Devon Amos and Pam Flisher both reached the 13/14 final and finished 2nd and 4th respectively, both delivering personal bests along the way. Sophie Waller (8th) and Gemma Lawson (10th) both swam well and Katie Latham touched in 1st place in the 11/12 yr age group in 1.03.94.

Edward Smith was in good form in the 200 freestyle and he finished 3rd (9/10 yrs) in 2.42.94. There were also top 10 finishes for Chris Clarke (4th 9/10), Dan Latham (7th 11/12), Cameron Cook (10th 11/12), Callum Basford (2nd 13/14), Evan Waters (4th 13/14), Lewis Young (5th 15+). Ben Evans again romped home in 1st in the 11/12 yr age group in 2.19.58.

Katie Latham recorded another 1st place in the 11/12 yrs 200 backstroke, Megan Basford was 2nd in the 13/14 age group, Connie Willett-2nd (9/10) and Devon Amos 5th (13/14).

Sara Wain was enjoying a good run of form thanks to the hard training she has been putting in and she finished 2nd in the 9/10 200 fly. Alice Latham was 6th (11/12) when team mate Sophie Waller blasted to 1st place with a national qualifying time of 2.42.60 in the 11/12 age group.

Ben Evans again produced his customary fine performance in the 200 back to finish 1st and when team mate Callum Basford did the same in the 13.14 age group this was a demonstration of the quality backstrokers that the 'guards currently have. Matt Farran underlined this with 2nd place in the 15+ age group, Lewis Young was 4th (15+) and Evan Waters 6th (13/14)

Katie Latham led the way on the 100 breaststroke and took another 1st place with Pam Flisher 7th (13/14), Sophie Waller 7th (11/12) and Megan Basford 8th.

The boys 50 breaststroke had Chris Clarke 6th in 48.55, Ed Smith 10th, Ben Evans 4th, Tom Latham 8th, Evan Waters 2nd and Callum Basford 8th in their respective age groups.

The 50 backstroke for girls produced some very tight finishes, with the Dover team recording some good placings and personal best times. Megan Basford and Devon Amos produced a fine 1-2 in the final with Megan finishing first in 32.33 and Devon a close 2nd in 33.46. Katie Latham won her final in an impressive 33.70, with Ebony Wright 6th, Pam Flisher 7th and Grace Beer 10th. Connie Willett was 2nd in the 9/10 age groups, pushing herself into the top 10 in the national rankings and Sara Wain finished 9th in the same age group.



Sunday Morning opened with the boys 200 breaststroke. Callum Basford and Evan waters made a fine start to the day with another 1-2 for Dover in the 13/14 age group. Ben Evans, swimming his weakest stroke (if he has one!) finished 2nd (11/12yrs) with Ed Smith 4th and Chris Clarke 7th in the 9/10 age group.

Katie Latham picked up on Sunday where she had left off on Saturday with a fine swim in the 200 freestyle. She was 1st in the 11/12 age group. Sophie Waller (4th), and Ebony Wright 10th. In the 13/14 age group Megan Basford was 6th, Megan Curtis 7th with Ione walker 6th in the 15+ age group. Sara Wain and Connie Willet both swam well and finished 3rd and 4th respectively in the 9.10 age group.

The boys 50 fly saw one of the closest races of the day when Callum Basford went head to head with his closest rival from Canterbury. The race was stroke for stroke-but somehow Callum found extra pace over the last 5 meters and touched just ahead to finish 1st in 30.44. Ben Evans was 3rd in his final of this event and Evan Waters 5th..

Chris Clarke put in a good performance to finish 8th, Dan Latham was 7th with a new personal best time of 36.42 and Matt Farran finished 7th.

The girls 100 back saw Megan Basford and Devon Amos again in the final. This time they finished 2nd and 4th, both swimming just off their best times. Katie latham secured another gold medal in the 11/12 age group with Ebont wright 7th and Grace Beer 10th. Callum Basford and Evan waters continued their battle in the pool in the 100 freestyle with Callum 2nd in the final and Evan 6th. Ben Evans was 3rd with Matt Farran 8th and James Smith finishing a creditable 10th.

Thios Battel continued in the 100 individual medley. Callum stormed through the field to finish in a new East Invicta record time of 1.06.93. Evan was 3rd in 1.11.68 which was a new pb. Edward Smith was 3rd (9/10) with Chris Clarke 10th (9/10).

Ben Evans was first in the 11/12 age group in 1.15.19.

Two of the longest events then produced some great results for the lifeguards. The 400 individual medley had Megan Basford fight for a superb 1st place with Katie Latham finishing 2nd, Sophie Waller 5th and Alice Latham 9th. The Boys 400 freestyle saw lewis Young finish 1st, Ben Evans 3rd and Evan Waters 3rd.

All that was left to swim now were the relay finals and Dover were well represented in these events. The girl's 9/10 yr teams in both the freestyle and medley events fought hard and showed some real determination. Kira Tranter, Marysia Abbott, Sara Wain, Alex Harding and Connie Willett swam so strongly that they took first place trophies in both finals. This shows the strength that this club has in its youngest age groups and bodes well for the future.

The 11/12 girls also performed well and took 2 teams into the final. The "Black" team of Katie Latham, Ebony Wright, Sophie Waller and Gemma Lawson fought hard, with Gemma on the anchor leg showing tremendous determination and guts holding off a very hard challenge in the last stage of the race to finish 1st. The "whit" team also did well and Grace Beer, Alice Latham, Brooke Amos and Amelia Beardsmore did well finishing 5th. The other girls team on the day was the 13/14 freestyle team of Devon Amos, Megan Curtis, Pam Flisher and Megan Basford did well and fought hard-most of them delivering personal best splits during the race but they were just beaten into 2nd place.

The boys 13/14 team of Ben Andrew, Evan waters, Sam Gibbs and Callum Basford produced a very strong team performance and they finished ahead of a class field and took the trophy back to Dover.

The 11/12 boys medley had 2 Dover teams in the final and the "black" team of Ben Evans, Tom Latham, Dan Latham and James Smith swam well but were narrowly beaten into 3rd place whilst the other team were disqualified following a mix up on a takeover.

This good set of results saw the Dover team finish in 3rd place in all 3 competitions- men's, women's and relays. Coach Tim Hyde said | "If we can continue to make progress at the rate that we have over the last couple of years there is no reason for us not to improve on this year on year. This was a good showing from our relatively small squad in comparison to the teams that finished above us, the quality of our swimmers is plain for all to see.