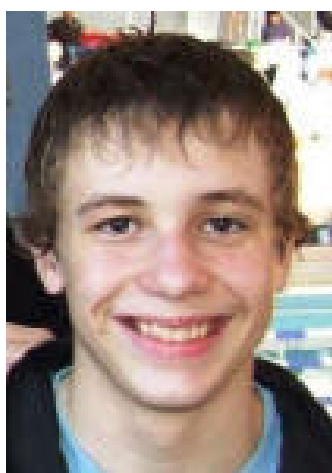


Dover Lifeguards continue to shine at Kent secondary Schools Gala

The 2nd of this years secondary schools gala's took place at the Black lion pool in Gillingham at the weekend and the schools represented by Dover Lifeguard swimmers continued to enjoy success.

The afternoon session had the junior boys in action, Evan Waters (Dover boys Grammar) was just outside his PB with a time of 1.32.13. Callum Haywood (Sandwich tech) produced a new personal best with a strong performance in the 100m Freestyle to record a time of 1.10.07. In the same event, team mate Dan Latham (Dover Boys Grammar) was also on form with a time of 1.15.50, whilst twin brother Tom Latham (St Edmonds) fought hard to a time of 1.28.65 in the 100m backstroke.



The most impressive swim of the session was from Callum Basford (Dover Boys Grammar). Callum led from start to finish in the heat and final of the 200 IM, he finished over 10 seconds ahead of the field in a new club record time of 2.26.71. He now goes forward to represent Kent in the inter-county gala against Surrey.

The evening session saw the intermediate girls take to the water. Ione Walker (Dover Girls Grammar) finished in 8th place overall in the 100m freestyle with a time of 1.06.56. Amy Gibbs (Dover Girls Grammar) produced a personal best in the 200 IM to reach the final and finish 5th overall with a time of 2.53.08.

Katie Brown was another of the lifeguard girls on form as she stormed to the final of the 100m backstroke and was just edged into 4th place at the touch in a time of 1.13.04, another personal best performance from the 'guards swimmers.

Naomi Beston (Folkestone girls) was taking part in her first gala for over 2 years after returning to the sport and completed the backstroke race showing some promise of things to come. The last of the girls in to the water was Tasha Hyde (Dover girls Grammar) , recently returning from a long term shoulder injury, Tasha swam a strong 100m butterfly to reach the final in 1.15.31 a 2 second personal best, a time she repeated almost exactly to finish 5th in the final.