

# 1 HOUR POSTAL SWIM 2007

The 2007 1 hour postal swim has been another very successful day for Dover Life Guard Club.

With 1390 swimmers from all over the country taking part, swimmers must swim as far as they can in one hour. Dover Life Guard Clubs 47 swimmers took medals in all of the junior girls team and age groups and the boys took medals in the individual and team 12-13 years age group.

All swimmers made a substantial improvement to their distance last year, resulting in more medals this year.

“All swimmers who took part in this long distance race should be very proud of their achievement”

## Individual medal winners are as follows:

|                   |        |                     |
|-------------------|--------|---------------------|
| Girls 10-11 years | Silver | Sophie Weymouth     |
| Girls 12-13 years | Silver | Dominika Szucsova   |
| Girls 14-15 years | Gold   | Laura Austin        |
| Ladies 20-24      | Silver | Kaira Redman        |
| Boys 12-13 years  | Bronze | Dan Seagrove-Castle |

## Team Medal Winners:

|                      |        |  |
|----------------------|--------|--|
| Girls Under 10 years | Silver | Alice Latham<br>Katie Latham<br>Grace Beer           |
| Girls 10-11 years    | Bronze | Megan Curtis<br>Sophie Weymouth<br>Megan Basford     |
| Girls 12-13 years    | Gold   | Dominika Szucsova<br>Katie Brown<br>Sophie Morgan    |
| Girls 14-15 years    | Gold   | Laura Austin<br>Corriene Miller<br>Charlotte Hyde    |
| Boys 12-13 years     | Bronze | Dan Seagrove-Castle<br>Sam Woodard<br>Matthew Farran |

Well Done

Lee Wakeham Long Distance & Open Water Secretary