

## Dover Lifeguards Final Weekend at Kent's

Dover Lifeguards were in action again over the weekend at the last 2 days of competition in this years Kent championships.

On Saturday the morning session saw some good performances from the 'guard's swimmers. Shannon Smith made a massive improvement of 8 seconds on her entry time in the 200fs to finish in 2.41.44, coming in 2<sup>nd</sup> place in the 10year age group.

In the ladies 50m breaststroke Charlotte Hyde (16) and Tessa Dunford (14) both produced good solid performances to finish 6<sup>th</sup> in their respective age groups. The boys 200m backstroke produced personal bests from Callum Basford (2.38.05) and Sam Woodard (2.23.72 2<sup>nd</sup>).

The afternoon session was to prove another success for the Dover team with Shannon Smith producing another massive personal best swim in the 200 IM. Shannon swam 9 seconds better than her entry time and finished 3<sup>rd</sup> in a time of 3.02.19. Megan Basford also produced a two second PB in this event with a time of 2.42.84.

The ladies 100m breaststroke saw Tessa Dunford finish 7<sup>th</sup> in 1.23.61 and Charlotte Hyde 4<sup>th</sup> in 1.22.12.

The girls 50m back produced personal best swims from Dover's representatives; Megan Curtis (11) 39.11 and Katie Latham (11) 37.19. The 'guard's Megan Basford then produced a fine display of backstroke to be crowned Kent champion in a time of 33.14.

Sam Woodard finished the day off on a high for the team with a 10 second PB in the 400fs finishing in 4.36.94 to clinch 3<sup>rd</sup> place.

Sunday opened with some of the biggest personal bests from all of the Dover swimmers over the weekend when Mollie Allen swam the 200m breaststroke. Mollie finished in 3.39.86- a massive 14 second PB. Sam Woodard then produced an 18 second PB in the 400 IM to storm home in a time of 5.13.54 Megan Curtis swam a strong race in the 100m butterfly to put in another big personal best of over 5 seconds in a time of 1.20.88.

The final session of this year's Kent Championships had the 'guard's still focusing on the job in hand with personal bests in the boys 200 IM from Evan Waters (3.02.96- 6<sup>th</sup> 11 years) and Ben Evans (2.52.80- 1<sup>st</sup> 10 years). The boys 50m fly saw more improvements on entry times from Ben Evans (35.40- 1<sup>st</sup> 10 years), Sam Gibbs (34.16), Sam Woodard (31.61) and Bradley Harvey (30.70).

The last event of the championships, the girls 200m back, saw personal bests from all three of Dover's representatives; Shannon Smith (2.58.56), Katie Latham (2.52.27) and Megan Basford (2.35.63).

Coach Tim Hyde was pleased with the results from this year's championships. "Considering the size of our squad this set of results reflects well the hard work the swimmers and coaching team have put into their training. Special thanks must go to the parents of the swimmers for the support they have shown the team"