

Dover Lifeguards at East Invicta Championships Open Gala

Last Sunday saw the first weekend of this year's East Invicta Championships. This event is considered a good measure of each club's standings within the local area and all are keen to perform well. The first weekend is taken up with the relay events and 400s of freestyle and individual medley and the Dover team came away with a good set of results considering the relatively small size squad they currently have.

The 9/10 yr old boys performed superbly well and the team of Jamie Woodard, Ben Evans and twins Dan and Tom Latham pushed hard through the heats and qualified for the final of both freestyle and medley relays to be just edged into second place overall in both. The guards' other team of Dominic Wild, Chris Clarke, Callum Meadows and Matt Austin also had a good event only just missing out on final places to finish 7th overall in both.



The girls in the same age group were determined not to be outdone and the A team of Shannon Smith, Gemma Lawson and twins Alice and Katie Latham showed great team spirit to make the final in both the freestyle and medley event. The girls were touched out into second place in the freestyle place but thanks to a great effort from all four girls they finished first in the 4 x 25 medley to record a new east Invicta record along the way.



The 11/12 year old boys were up next and they swam well too with the B team finishing in 10th overall which was a good result from the rookie team of Matt Menniss, Sacha Wild, Callum Haywood and Crawford Auld. The A team were even more impressive with second place finishes in the freestyle and medley finals for Callum Basford, Evan Waters, Sam Gibbs and Oliver Latham. The 13/14 year old boys team were to produce an almost copycat performance with the team of Sam Woodard, Matt Farran, Luke Menniss and Lewis Young recording 3rd place in the freestyle final and going one better with a second place finish in the medley event.

The oldest of Dover's teams on the day was the 15/16 year old girls team of Amy Bacmeister, Steph Jordan, Laura Austin and Charlotte Hyde and they returned a good solid performance to finish in 4th place overall in both the freestyle and medley.

The 400 freestyle events produced some stunning swims from the guards' youngsters with Megan Basford finishing in 6th place overall in the 11/12 year age group in a time of 5.29.90. The boys also did well in this event with Sam Woodard 6th in 4.56.50, a 3 second personal best and Matt Farran 7th 5.02.65 in the 13/14 year age group. The 400IM produced some of the best improvements from the Dover swimmers with Tom Russell 2nd in the 15/16 year age group with a new personal best of 5.51.13, a 10 second improvement on his entry time. There was 4th place for Sam Woodard in the 13/14 year age group with a massive 29 second personal best finishing in 5.31.19. The girls were keen to perform as well as the boys and they too produced a good set of results. Megan Curtis with a 5second pb to finish 6th and Katie Brown stormed through a class field to finish 8th in the 13/14 year age group with a 26 second pb in a time of 5.37.53.

The team had put in a good showing for the first weekend of what is to be a long series of galas. This gives them a great platform to build on over the coming weeks.