

South East Region BAGCAT Championships

A small group of Dover Life Guard swimmers competed at Crawley on Saturday and Sunday in the South East Region BAG Cat Championships. They had all gained the necessary qualification times to compete and were up against the top young swimmers in an area stretching from Kent in the East to Hampshire in the West and North to Oxford, and Bucks.

On Saturday, Ben Evans achieved a National Qualifying Time 2.23.22 in the heats of the 11yr old 200m Freestyle and improved his time in the final to 2.22.99 to claim the bronze medal. Evan Waters swam a fine race in the 12 yr age group in a time of 2.22.37 another pb. Callum Basford also swam in this event in the 14yr age group and recorded a time of 2.14.34.

Sophie Waller and Mollie Allen both achieved pbs in the 10yr old 100m Breaststroke. Sophie's time of 1.30.13 gave her 1st place and Mollie's time of 1.36.39 was also a pb as she finished in 6th position. Next to swim was 12yr old Katie Latham from Walmer, not to be outdone, she finished in 1.26.23 in 7th place.

Sophie then swam her first competitive 200m Butterfly in a 50m pool to finish 2nd in the 10 yr old championship in 2.56.71 an 18 second pb.

On Sunday, it was the turn of the girls to swim 200m Freestyle. First was 10 year old Sophie who won her heat in 2.24.81, a National Qualifying Time for 11 year olds! She will have to wait another year before she can compete at the National Championships. She was slightly slower in the final, 2.26.93 but this was still enough to win the silver medal. Katie Latham continued to lower her time finishing in 2.21.21.

In between the heats and finals of the 200m Freestyle there was the Girls 200m Breaststroke. Ten year old Mollie Allen swam an excellent race – yet another pb time – 3.19.09 finishing 4th. An excellent time considering how much time she has lost in training with injury this year. Sophie continued an excellent weekend's work winning another 10 yr old Championship in this event in a time of 3.09.02. In the 12 year old age group Katie Latham rounded off a busy weekend with a time of 3.09.19 – 13th place.

The last event of the day was the Boys 200m Butterfly and Dover's only competitor in the event was 11yr old Ben Evans from St Margarets.. Dover had yet another Regional Champion as he finished in yet another National Qualifying Time of 2.39.31.

This group of Dover swimmers had a weekend that exceeded all expectations and shows the growing strength of age group swimming in the area.

To crown an excellent Championships for the Life Guards when points gained in the BAG Cat Championships had been totalled Sophie had finished 2nd 10 year old girl and Ben was 3rd 11 year old boy.

Lifeguards "skin" Opponents at Dover Whitecliffs meet

The members of the Dover squad who were not taking part at the South East regions were also in action as the club hosted its annual white cliffs gala at the town's leisure centre.

There were some excellent results for the team as they aimed to take home the top boys and top girls trophy.

For the boys the following all finished in the top 10 placings-

Dan Latham- Fs (1st), Br (7th), Bk (6th), I.M (2nd).
Tom Latham- Fs (6th), Br (3rd), Bk (2nd), Fly (5th) IM (6th)
Ben Fidock- Fs (5th),
James Smith- Fs (9th), Fly (8th)
Chris Clark- Fs (8th), Fly (7th), Br (5th), Bk (2nd)
Matt Austin- Fly (10th)
Ben Crosland- Br (7th)
Kyle Kent- Fs (6th), Fly (2nd), Br (9th), I.M (2nd)
Cameron Cook -Br (6th), Fly (6th), I.M (1st)
Edward Smith -Br (3rd)
Kieron Menniss -Br (9th)
Callum Haywood- Fs (9th), Br (9th), Bk (3rd)
Sam Gibbs -Fs (1st), Br (1st), Bk (1st)
Luke Menniss (Fs-3rd), Br (1st), Fly (3rd), Bk (2nd), IM (4th)
Luca De Felice -Bk (6th)
Lewis Young -IM (4th)

The girls were equally impressive when their results were added up;

India Ribbans- Fs (3rd), Br (9th)
Charlotte Vosper- Fs (4th)
Alice Latham- Fs (8th), Fly (8th), I.M (3rd)
Grace Beer- Fs (8th), Br (2nd), Fly (9th)
Sara Wain- Fs (2nd), Br (3rd), Fly (1st), Bk (9th), I.M (5th)
Connie Willett- Fs (10th), Fly (2nd), I.M. (10th)
Katie Brown- Fs (1st), Br (6th), Fly (2nd), Bk (1st), I.M (3rd)
Charlotte Hyde- Fs (2nd), Fly (5th), I.M. (1st)
Megan Curtis- Fs (3rd), Fly (2nd), I.M. (8th)
Tasha Hyde- Fs (4th), Bk (1st), I.M. (5th)
Milly Furneaux- Fs (8th), I.M. (7th)
Shannon Smith- Br (3rd), Bk (1st), I.M. (1st)
Pam Flisher- Br (4th), Fly (5th), Bk (7th), I.M. (5th)
Gemma Lawson- Br (8th), Fly (1st)
Brooke Amos- Br (7th), Bk (2nd), Fly (4th)
Amy Gibbs- Br (2nd), I.M. (5th)
Ebony Wright- Fly (4th), Bk (4th), I.M (6th)
Amy Bacmeister- Bk (6th), I.M. (9th)
Devon Amos- I.M. (3rd)

The above set of results was enough to deliver a comfortable win in both the top boys and top girls trophy competition. The icing on the cake came in the skins competitions. Entry into the skins is only open to the top 6 finishers in the individual medley. This involves a series of 50 metre sprint events swum over a very tight time scale with very little rest in between. The stroke to be swum is decided by a draw of coloured balls from a bag between each sprint, this is a true test of versatility, stamina and speed. This event always brings the loudest cheers of the day and the Dover Lifeguard swimmers put into practice the hard work they had learnt from hard training sets and truly "skinned" their opponents.

Every skins event over the weekend was won by Lifeguard swimmers, a true indication that their hard work is paying off.

In the 9/10 year age group the winners were: Sara Wain and Kyle Kent

11/12 year age group: Pam Flisher and Dan Latham

13/14 year age group: Tasha Hyde and Lewis Young

15 and over age group: Katie Brown and Luke Menniss.