

## Dover Lifeguards victorious in last round of National League

The Dover Lifeguard squad were back to almost full strength following a season of injury and illness for their away fixture at Horsham for the final round of the national swimming league 2008.

The guard's went into this gala ranked as outsiders with their league position and total gala points being below all of the other participating teams. Despite this there was a superb team spirit and positive attitude and this soon delivered some good results from the team.

In the opening series of relays the never give up mentality paid dividends as the Dover team secured first places from the 11/u freestyle team of Alice Latham, Sophie Waller, Gemma Lawson, and Katie Latham, Girls 13/u medley team- Megan Basford, Milly Furneaux, Megan Curtis and Katie Latham, Boys 13/u medley team- Callum Basford, Evan Waters, Ben Evans and Callum Haywood and the 15/u girls freestyle team of Devon Amos, Tessa Dunford, Megan Basford and Gemma Lawson.

There was also second place for the girls open medley team of Devon Amos, Charlotte Hyde, Kaira Redman and Tessa Dunford. This set of results had the team sitting in second place going into the individual events and the team were spurred on by the electric atmosphere and the high created by the relay team's success.

Katie Latham secured first places in the 11/u backstroke and butterfly, Ben Evans also secured first places in the boy's 11/u back and fly. Milly Furneaux swam a superb controlled 100m breaststroke to finish with a massive two second PB in a time of 1.25.83 to gain another first place. Kaira Redman grabbed maximum points in the ladies open 100m fly with first place in a close fought race.

There was a fine display of backstroke technique from twins Megan and Callum Basford with both finishing in first place in their respective races in the 13/u age group. Alice Latham (11/u), Charlotte Hyde (Open), Dima Miller (Open), and Tessa Dunford (15/u) all showed great determination and strength to win their breaststroke events and gain more points for this on form team. Gemma Lawson produces a fine swim in the 11/u freestyle to finish first.

Going into the last series of relays the Lifeguards had gained a clear lead in the point's totals. The 11/u girl's medley team of Sophie Waller, Alice Latham, Katie Latham and Gemma Lawson extended this lead with another first for the 'guards and supported with a first place in the girls 13/u freestyle relay from Megan Basford, Megan Curtis, Katie Latham and Gemma Lawson. The 13/u boys freestyle relay team were also on form with a great second place from Ben Evans, Evan Waters, Callum Haywood and Callum Basford.

The lifeguard team had put in some of the best fighting performances in the national swimming league for this year with many gaining extra points and winning races thanks to determination and drive over the last length of most races. When the points totals were announced the 'guards had their most spectacular win against the odds in the national (Speedo) league for over five years, by a comfortable margin.

Coach Tim Hyde said "This group of youngsters have fought hard and deserved to win tonight. They did not give an inch in any race, consistently fighting for every point. The coaching team are proud of every one of them. "