

## Ambitious Atlantis show their class

Dunmow Atlantis SC (DASC) started their 2015 Essex League campaign at Basildon on 28<sup>th</sup> February. Having finished 3<sup>rd</sup> in Division 2 last year they knew they would face tough competition against Braintree, Basildon, Barking&Dagenham and the relegated Leyton. Therefore DASC stepped up their game and duly delivered a classy performance to win on the night by 1 point from Basildon.

DASC started with back to back 4th places from the 11/U relays but Abbie Hart took the win in 50m Fly and this kicked started the night as Jamie McLaughlin and Chloe Moloney won 50m Fly and 50m backstroke by comfortable margins. After this trio of victories and a 3rd and 4th in 13/U boys backstroke and 15/U girls breaststroke, the 15/U boys 100 breaststroke saw Louis Spong kick start another trio of victories with Amy-Rose Ansell and Jack Richardson winning their respective 11/U freestyle races. Later in race 12 Spong and J McLaughlin were joined by Matthew McLaughlin and George Simmons in the open medley relay team and stormed to victory with a 2 second margin. This put DASC in a comfortable 2nd place with 47 points just 2 behind early leaders Basildon.

The next 5 races saw DASC finish first in 3 and second in 2, the first places came from 13/U girls freestyle relay team (Moloney, Lauren Barker, Katie Musgrove, Rebecca Watt), Meghan Maybanks who the 15/U 100m freestyle with ease and finally Ansell returned for another win in the 25m fly. The second places came from 13/U boys freestyle relay team (Jamie Spong, Aidan Clarkson, Will Smith, Sam Dack) and Josh Smith in the 100m freestyle. After a disqualification, Rebecca Moloney took 2nd place in the open 100m back with a storming swim before Musgrove took a vital 3rd place in a close race in the 13/U 50m breaststroke. Then in the boys event Dack took the win gaining another 5 points. A 2nd place from the 15/U Girls medley relay team (R Moloney, C Moloney, Maybanks, Watt) and the boys 3rd place (J Smith, Callum Whelan, L Spong, J Spong) racked up 7 points between them giving DASC 90 points, but they had now fallen 6 points behind the leaders. However it had now become clear that it was a 2 team contest for the win. With all races hotly contested, Atlantis knew every point mattered.

The 11/U girls (Maddie Lees, Daisy Herrington, Ansell, Harriet Smith) this time in the medley relay finished 2nd beating Basildon by less than 0.3 of a second. The boys managed another 4th place in the same event. M McLaughlin took the 100m breast and earned a massive 5 points as Basildon were starting to run away with it. This inspired the DASC team with R Watt winning the 13/U 50m freestyle but S Dack was touched out into 3rd. Maybanks and Spong took the full 10 points, both winning the 50m fly by massive margins. Richardson won the 50m back followed by the 13/U medley relay girls (C Moloney, K Musgrove, R Watt, L Barker) winning again as well as smashing the club record. After 36 races, Atlantis moved onto 137 points and

within 3 of Basildon. DASC knew they needed to dominate the last 13 races and they duly delivered with 8 wins.

Starting with the 15/U girls freestyle team (R Moloney, C Moloney, L Barker, M Maybanks) dominating from start to finish to take a very comfortable win. After the boys gained a point, Rosie Musgrove got DASC back to winning ways by taking the 100m free. Then Atlantis took 2<sup>nd</sup>, 4<sup>th</sup>, 4<sup>th</sup> and 2<sup>nd</sup> in the next 4 and could feel the chance of victory slipping away however it's amazing what one race can do for the team. J Spong took victory in the 50m fly touching out Basildon and it lifted the whole squad and saw DASC go on to win the next with C Moloney again swimming up an age group. J Smith then duly delivered a victory too. Into the last 3 races, the relays and Atlantis needed something special and the girls (Hart, R Musgrove, R Maybanks, M Maybanks) started it off winning by 4 seconds in the open 4x50m freestyle relay and the boys stepped up with M McLaughlin, L Spong, G Simmons and J McLaughlin bringing it home with ease. Finally the race that gets everyone on their feet is the squadron relay, the team of Ansell, Richardson, Watt, Dack, M Maybanks, L Spong, Hart and J McLaughlin set the pool alight as they led from start to finish winning by a margin of 4 seconds and securing 6 wins on the bounce taking 30 points meaning that DASC took first place with 190, one point clear of Basildon.