

MORE ESSEX SUCCESS FOR DASC!

Dunmow Atlantis Swimming Club once again showed just how far they have progressed in the past year, following a superb display of swimming at the final block of the Essex County Championship's last weekend. With a total of 63 PB's, 10 new East Region qualifying times, 14 improved East Region qualifying times and 13 Club Records, the swimmers more than proved their worth against the biggest clubs in the county over the two day event. The fantastic achievements did not stop there, with the squad taking 32 Top 8 placings and 4 silver medals. Not only that, the Club can now boast of another County Champion – 14 year old Meghan Maybanks – who took gold in the Girl's 50m freestyle event, plus earning Event Best Time of an incredible 26.99 seconds, (breaking the previous record held since 2011 of 27.23 seconds). Head Coach, Steve Turner expressed his delight, saying "Congratulations to all swimmers in attaining our best EVER achievement at county level, finishing 10th in Essex! Also well done to all our coaching staff for the excellent progress made over the past 12 months."

The weekend kicked off with PB's from Simone Irani and Gemma Bennett in the Girl's 15 yrs/over 50m freestyle, plus solid performances from Nicola Rose, Nicole Stanton and Rebecca Moloney. Dunmow Atlantis Masters were well represented by Holly Miles and Sarah Edwards; followed by outstanding swims from Abbie Hart (5th in final) and gold for Maybanks. The Girl's 10/14 yrs 50m backstroke highlights were a creditable swim from Lauren Barker; PB's from Amy-Rose Ansell, Sophie Taylor, Grace Mellor, Rebecca Watt and Chloe Moloney, with Ansell and Moloney taking 5th and 7th places in the finals respectively. Fourteen year old Josh Smith took 4th place and earned a new Regional time in the 100m butterfly; followed by strong swimming by Louis Spong and Matt McLaughlin in the following event, the Boy's 15 yrs/over 200m freestyle.

Junior Boy's Captain, Sammy Dack pushed hard in the Boy's 200m backstroke, taking 2 seconds off his PB; followed by Smith grabbing silver and improved Regional time, with team-mate John Boyle taking 5th and new Regional time. The Boy's 15 yr/over 50m butterfly saw McLaughlin and George Simmons swim well, with Senior Boy's Captain, Spong improving his time and finishing 4th in a hard-fought final. All three girls – Daisy Herrington, Chloe Moloney and Grace Mellor – improved their PB's in the next event, the 10-14 yrs 200m breaststroke, with Mellor taking 5th place in the final plus a new Regional time. The eagerly anticipated 200m medley relays were next, and the teams certainly did not disappoint. Competing for the girls were C Moloney, Katie Musgrove, Mellor and Watt, finishing in a time of 2.14.76 in 6th place. The boys – Boyle, Dack, Jamie Spong and Smith – also finished in 6th place in 2.15.18. The outstanding performances from both teams showed they can compete against (and beat!) some much larger clubs in the county.

An early Sunday start for the swimmers did nothing to dampen the high spirits from the previous day, beginning with 6th place in the finals for Spong in the Boy's 15 yrs/over 100m backstroke; then PB's for Rosie Musgrove, Sarah Edwards and Rebecca Moloney in the 15 yrs/over 50m backstroke, with more finalists' places for Hart (8th) and Maybanks, (silver and improved Regional

time). All 5 girls – Ansell, Taylor, Watt, C Moloney and Mellor – improved their PB's in the 100m I/M, plus finalists' places for Ansell (7th), Moloney (8th) and Mellor (6th). Strong swimming from Sammy Dack and Josh Smith in the 50m breaststroke earned a new PB for Dack (going under 40 seconds for the first time) and new Regional time plus 8th place for Smith. In the Boy's 15yrs/over 200m breaststroke, both Spong and McLaughlin had well earned places in final, with McLaughlin taking 7th, then not only silver but improved time for Spong. Maybanks once again proved her mettle against stiff competition in the 200m I/M event, securing a new Regional time and 5th place.

More excitement followed for the 200m freestyle teams; swimming for the 9/10 yr boys were Aiden Clarkson, Jake Blohm, Dylan Jewiss and Patrick Winnington. Despite all the boys swimming their hearts out, they were unlucky to be disqualified due to a technical infringement. It was over to the 11/12 yrs old girls next, with the team of Ansell, Harriet Smith, Maddie Lees and Taylor. The girls rose to the occasion, racing hard and finishing a creditable 12th out of 23 teams.

The final session commenced with the Boy's 10/14 yrs 50m freestyle, where first time county swimmers Clarkson, Winnington and Jack Richardson all PB'd. So too did Dack, Boyle and Smith, with Dack unlucky to finish just outside of the medals, Boyle in 4th and another silver for Smith. Competing in the Boy's 15 yrs/over breaststroke were Callum Whelan, Spong and McLaughlin, with improved Regional times for both plus 4th place for Spong. Superb performances followed in the 10/14 yrs 50m butterfly from Ansell, Watt, Moloney and Mellor, with all improving their times plus Ansell and Mellor taking 7th and 5th respectively. Yet more finalists' places awaited for Dack and Smith in the 200m I/M, 8th for Dack and 5th for Smith. This was followed by early birthday presents for Abbie Hart - a finalist's place and new PB in the 100 I/M; with Maybanks taking Club Record and 5th place. Louis Spong responded with an improved time and 4th place in the 200m backstroke. There were substantially improved PB's in the Girl's 200m freestyle for Ansell, Taylor, Watt and Moloney plus new Regional time and 6th place for Moloney.

The 2015 competition drew to a close with two final relays for the girls. In the 9/10 yr medley team were Lucy Le Huquet, Katie Harris, Rebecca Johnson and Eloise Ansell. The girls' performance against more experienced teams was exceptional, and they were very unlucky to be disqualified for an early take-over. The 15 yr/over team of R Moloney, Gemma Bennett, Hart and Maybanks fought hard and finished in a very commendable 10th place.

If you would like to find out more about this small, friendly club that is certainly going places please visit www.dunmowatlantis.co.uk