

BACK IN THE SWIM OF THINGS!

Dunmow Atlantis Swimming Club added to their season opener medal haul at the recent BSSC Open Meet. A total of 4 new county times, 11 improved county times and 12 new personal bests at the two day event served to boost the Club's profile even further. The impressive medal collection for the weekend included 12 golds, 11 silver and 11 bronze. A total of 59 top 5 places showed that the Club is certainly a force to be reckoned with.

Session one kicked off in fine style with Sammy Dack finishing strongly in the Boys Open 200m freestyle, improving his county time and taking bronze in the process. Dack proceeded to take top spot shortly after in the Boys Open 100m I/M. John Boyle then shaved 2 seconds off his county time, finishing in 1:17.14. Gold was the colour for 13 year old Grace Mellor in the first event of the day for the girls, the Open 100m breaststroke. Improved PB's for Rebecca Watt, Amelie Jones and Katie Musgrove followed in this closely fought event.

DASC's three competitors in event 6, the Boy's Open 100m backstroke – Jack Richardson, Sammy Dack and Louis Spong – each grabbed spots in the top 5 for their age group, with Spong earning gold. The ever popular Girl's Open 50m freestyle followed, where the girls earned 7 top 10 spots, including bronze for Grace Mellor and gold for Rebecca Watt. As the morning drew to a close, there were further medals for Louis Spong (bronze) and Jamie McLaughlin (gold) in the Boy's Open 50m butterfly.

Session two commenced with the Girl's Open 200m I/M, proving successful for Abbie Hart, who not only improved her county time but also took silver for her efforts. Positive vibes were flowing, and John Boyle then took gold for the club in the Boy's Open 400m freestyle. In the Open 100m freestyle, DASC girls again showed their strength in this stroke, as all the swimmers claimed top 10 spots. Another medal for Grace Mellor, this time a silver, preceded a well-earned bronze for Rosie Musgrove. The afternoon drew to a close with victory in the Girl's Open 50m breaststroke for Mellor, followed by bronzes for Katie Musgrove and Abbie Hart, with a shiny new county time to match Abbie's medal. The last event of the day, the Boy's Open 50m backstroke produced another three top 5 places, including gold for 17 year old Jamie McLaughlin.

Sunday morning's session commenced with the Girl's Open 200m freestyle, where Katie Musgrove produced a great performance to nab a new county time and 4th place. A gutsy swim from Louis Spong in the following event, Boy's Open 200m butterfly ensured 3rd place and another medal for the collection. Some brisk swimming in Event 20, the Girl's Open 100 I/M, secured a medal each for Grace Mellor (gold), Abbie Hart (silver) and Chloe Moloney (bronze). A new county time for Callum Wheelan and gold medal for Louis Spong were the rewards in the Boy's Open 100m breaststroke.

Notable swims followed in the Girl's Open 100m backstroke for Nicole Stanton and Grace Mellor. Jamie McLaughlin replicated his success from the previous day by snatching gold in the Boy's Open 50m freestyle, with 12 year old Jamie Spong earning a new PB of 34.19 seconds. Session 3 drew to a close with the Girl's Open 50m butterfly, with improved county times and silver medals for Grace Mellor and Abbie Hart.

The girls continued their success in the 400m freestyle, with substantial improved PB's for Nicola Rose and Rebecca Watt, then bronze and silver medals for Chloe Moloney and Rebecca Romain respectively. Not one but two medals were snatched by Sammy Dack (silver) and Louis Spong (gold), in event 27, the Boy's Open 200m backstroke. Silver was Katie Musgrove's colour in the Girl's Open 200m breaststroke, with a new PB further cause for celebration.

Jamie Spong repeated his earlier speedy freestyle performance in the Boy's 100m race, cutting 1½ seconds from his PB. Abbie Hart improved her county time and took bronze medal in the Girl's Open 100m butterfly. The penultimate event, the Boy's Open 50m breaststroke, produced the final medals of the day for the boys – a silver for Callum Wheelan and bronze for Jamie McLaughlin. The concluding race for the day, the Girl's Open 50m backstroke, produced fine sprints from Katie Musgrove and Nicola Rose, with Abbie Hart rounding off a very successful weekend for DASC with a silver medal.

For more information on the club please visit www.dunmowatlantis.co.uk.