

## **MEDALS GALORE AT COUNTY CHAMPS**

Following their success two weeks ago in the first leg of the Essex County Championship, Dunmow Atlantis Swimming Club continued to shine at the second block last weekend. The squad competed at the Southend Leisure Centre against some of the best clubs in the county, yet they refused to be daunted, once again proving they can more than match their opponents. A busy morning kicked off with finalists' places for Josh Smith and Sammy Dack in the Boys 10/14 yrs 400m freestyle event; followed by a gutsy swim by 15 yr old Louis Spong in the Boys 15yrs/over 100m butterfly, resulting in a bronze medal. Meghan Maybanks and Gemma Bennett swam superbly in the Girls 15 yrs/over, where Maybanks finished 4<sup>th</sup> in the finals with an incredible time of 1.19.93.

The 5<sup>th</sup> event of the morning, the Girls 10/14 yrs 100m freestyle proved just as exciting, with 12 yr old Sophie Taylor earning her first ever finalist place (finishing 5<sup>th</sup> overall in her agegroup); new PB's for team mates' Rebecca Dack and Grace Mellor; then for the 13yr olds, 10<sup>th</sup> place for Chloe Moloney and a place in the final for Rebecca Watt (finishing 7<sup>th</sup> overall). The morning concluded with a determined performance and improved PB from Junior Boy's Captain Sammy Dack in the 100m breaststroke.

There were plenty more reasons to celebrate in the afternoon session: Abbie Hart took 6<sup>th</sup> place and a new regional time in the Girl's 15yrs/over butterfly; Louis Spong grabbed bronze in the Boy's 15yrs/over 100m breaststroke; John Boyle took 4<sup>th</sup> overall in the Boy's 10/14yrs 100m freestyle; finally Grace Mellor finished 4<sup>th</sup> overall in the Girl's 10/14 yrs 100m breaststroke.

Sunday morning began with the distance races, with Watt taking 11 seconds off her PB in the Girl's 12yrs/over 800m freestyle; Moloney improving her PB by 8 seconds and finishing 6<sup>th</sup> overall, followed by an improved PB for John Boyle in the gruelling Boy's 12yrs/over 1500m freestyle race. The afternoon session kicked off with the Girl's 11/12yrs 200m medley relay race, where the team of Taylor, Daisy Herrington, Amy Rose Ansell and Maddie Lees took a second off their PB. Louis Spong and Matt McLaughlin fought hard in the Boy's 15yrs/over 100m freestyle; followed by great performances from Rebecca Maybanks, Abbie Hart, Rosie Musgrove and Meghan Maybanks in the 15yrs/over 100m freestyle, culminating in a bronze medal for Meghan and a new PB of 1.00.18.

Ten year old Amy Rose Ansell earned herself a place in the finals in the Girl's 10/14 yrs 100m backstroke, finishing 8<sup>th</sup> overall and improving her time substantially. There were improved PB's too for Taylor, Watt and Maloney. The two 'J's - John and Josh - swam valliantly in the 10/14yrs 100m backstroke, with the boys having to swim against each other in the finals, resulting in a 4<sup>th</sup> place for Boyle and a silver medal for Smith. The penultimate event, the Girl's 15yrs/over freestyle relay, saw a courageous performance from Hart, Musgrove and the Maybanks sisters. The girl's were rightly very proud of their achievement of earning a place in the finals, finishing 8<sup>th</sup> overall. The final event of the day saw the DASC boy's 200m freestyle relay team: Jack Petchey award

winner Callum Whelan, plus Spong, Smith, and McLaughlin, put up a formidable fight against stiff competition, finishing in a time of 1.51.34.

The final block of the Essex County Championships concludes on the 14<sup>th</sup> and 15<sup>th</sup> February, with DASC once again hoping to bring home some more medals and records. For more information on the Club, please visit [www.dunmowatlantis.co.uk](http://www.dunmowatlantis.co.uk).