

# Gold medals and club records set

## SWIMMING

Dunmow Atlantis Swimming Club got off to a storming start at the first round of the Essex County Championships, held at Basildon Sporting Village last weekend.

The club have their highest ever amount of swimmers competing this year and the plucky squad really showed their mettle, winning five medals over the first two days.

Atlantis' 14-year-old Josh Smith took top spot in the 200m backstroke, followed by an outstanding swim in the 100m freestyle to take silver.

Meghan Maybanks added to the medal haul with a silver in the girls' 15 years and over 100m backstroke.

It was then over to the girls' relay teams.

Undaunted by the long course facilities, they set the pool alight with incredible performances.

The 11/12 year old medley relay team, consisting of Maddie Lees,



■ Emma Sarginson, Rebecca Dack, Rebecca Watt and Chloe Moloney display their freestyle relay golds.

Daisy Herrington, Amy-Rose Ansell and Rebecca Johnson finished in bronze position with a new club record of 2.30.57.

Golden girls Chloe Moloney, Rebecca Dack, Emma Sarginson and Rebecca Watt proved their worth in the women's 10/14 years 4x50m freestyle event taking top spot and re-writing the existing club record with an incredible time of 1.57.22.

The event, held this year for the first time in a 50m pool, also enabled four of the swimmers to gain

■ Amy-Rose Ansell, Daisy Herrington, Maddie Lees and Rebecca Johnson with their bronze medley relay medals.



■ Dunmow Atlantis Swimming Club's Meghan Maybanks, John Boyle and Josh Smith.

regional qualifying times; Chloe Moloney, John Boyle, Josh Smith and, for the first time, Damon Elliot.

DASC finished Block A lying 10th out of over 30 clubs, with a total of 13 top eight finishes, 52 long course personal bests and 27 first long course times.

Block B of the Championships, held next month, sees the swimmers heading off to the London Aquatic Centre where DASC will once again compete amongst the top clubs in the area.

■ Visit [www.dunmowatlantis.co.uk](http://www.dunmowatlantis.co.uk) for more information about the club.