

Atlantis club enjoys more Essex success

SWIMMING

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.

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 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 fourth in 1:19:33.

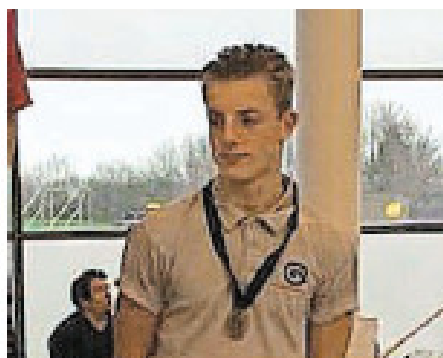
The fifth event of the morning, the girls' 10/14 yrs 100m freestyle proved just as exciting, with 12-year-old Sophie Taylor earning her first ever final place coming fifth.

There were PBs for Rebecca Dack and Grace Mellor; then for the 13yr olds, 10th place for Chloe Moloney and a place in the final for Rebecca Watt (finishing 7th overall).

The morning concluded with a determined display and improved PB from junior boys' captain Sammy Dack in the 100m breaststroke.

In the afternoon session Abbie Hart took sixth place and a new regional time in the girls' 15yrs/over butterfly; Louis Spong grabbed bronze in the boys' 15yrs/over 100m breaststroke; John Boyle took fourth in the boys' 10/14yrs 100m freestyle; and Mellor was fourth in the girls' 10/14 yrs 100m breaststroke.

Sunday morning began with the distance races. Watt took 11 seconds off her PB in the girls' 12yrs/over 800m freestyle. Moloney improved her PB by eight seconds finishing



■ Dunmow Atlantis' bronze medal winner Louis Spong



■ John Boyle and Josh Smith

sixth, followed by an improved PB for John Boyle in the boys' 12yrs/over 1,500m freestyle.

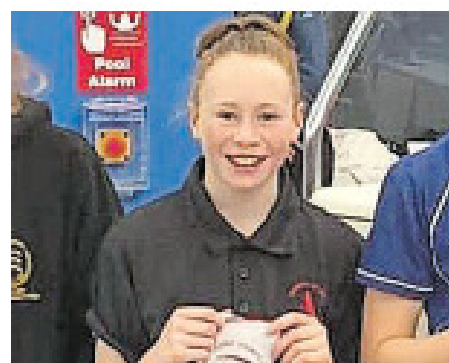
The afternoon session kicked off with the girls' 11/12yrs 200m medley relay; Taylor, Daisy Herrington, Amy Rose Ansell and Maddie Lees took a second off their PB.

Spong and Matt McLaughlin fought hard in the boys' 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 for Meghan and a PB of 1:00:18.

Ten-year-old Amy Rose Ansell earned herself a place in the finals in the girls 10/14 yrs 100m back-



■ Meghan and Becca Maybanks, Rosie Musgrove and Abbie Hart



■ Chloe Moloney

stroke, finishing eighth and improving her time substantially.

There were improved PBs too for Taylor, Watt and Maloney.

Boyle was fourth and Smith won silver in the 10/14yrs 100m backstroke.

The penultimate event, the girls' 15yrs/over freestyle relay saw Hart, Musgrove and the Maybanks sisters come eighth.

The final event of the day saw the DASC boys' 200m freestyle relay team of Callum Whelan, Spong, Smith and McLaughlin put up a formidable fight against stiff competition finishing in 1:51:34.

The final block of the Essex County Championships concludes this weekend.