

Swimmers start the New Year in style

SWIMMING

Dunmow Atlantis Swimming Club burst into the new year in style by claiming 58 medals at the Basildon & Phœnix SC Winter Open Meet.

Following a successful 2014, the swimmers were determined to keep up the momentum and 26 personal bests, seven new and 16 improved Essex and Regional qualifying times plus six club records, as well as 20 gold, 21 silver and 17 bronze medals ensured they did.

Thirteen-year-old John Boyle kicked off proceedings with gold in the boys' 400m freestyle. Two silvers and a bronze followed for the girls in the 200m freestyle for Rebecca Watt, Meghan Maybanks and Rosie Musgrove.

Boyle was on top form again in the boys' 100m backstroke gold with Louis Spong taking bronze in the 15 plus years category.

The girls' 50m butterfly saw 10-year-old Amy-Rose Ansell and 14-year-old Maybanks picking up golds, followed shortly after by bronze for Abbie Hart.

The morning session ended with silver and bronze respectively for Sammy Dack and Matt McLaughlin in the boys' 100m breaststroke.

The second session kicked off in first-rate style, with Daisy Herrington and Grace Mellor taking silvers in the girls' 200m breaststroke.

Ansell won the girls' 100m freestyle with silvers for Watt and



■ Grace Mellor

Maybanks. An improved regional time and bronze were the rewards for 21-year-old McLaughlin in the 50m breaststroke, with 12-year-old Sammy Dack taking bronze.

A further flurry of medals followed to finish off the afternoon.

There was a girl's 100m butterfly bronze for Abbie Hart, Louis Spong took bronze in the boys' 200m fly. Ansell set an improved county 200m backstroke time in taking silver and 12-year-old Watt won bronze.

The following day 12-year-old Chloe Moloney won the girls' 400m freestyle. The 50m freestyle saw golds for Ansell, Watt and Maybanks and silvers for Sophie Taylor, Mellor and Chloe Moloney.

Not content with taking top spot

and improving his regional time in the boys' 200m freestyle, 13-year-old Josh Smith also set a club record, as did McLaughlin with Boyle narrowly missing a PB but still taking silver medal.

New county qualifying times and silvers were the rewards for Ansell and Taylor in the girl's 100m backstroke. Moloney also took silver whilst Maybanks won gold, followed by improved county time for Watt.

Smith flew home to gold in the boys' 50m butterfly, whilst McLaughlin earned himself another improved county time.

The girls' 100m breaststroke saw silvers for Mellor and Moloney, and bronzes for Daisy Herrington and Watt. In the girls' 200m I/M Ansell and Mellor both improved their county qualifying times.

Senior boys' captain, Spong improved his regional time by more than four seconds in the 200m breaststroke, also claiming a club record.

The girls' 50m backstroke resulted in golds for Ansell, Lauren Barker and Maybanks and bronze for Taylor.

In the boys' 100m freestyle, Dack cruised to victory and improved county time; whilst Smith also took top spot for 13 year olds.

There was an improved regional time and silver for Mellor in the girls' 50m breaststroke, Maybanks took silver in the 14-year-old age group. Smith won the final races, the boys' 100m butterfly and 200m backstroke. Boyle was runner-up in the final event.