

Exceptional start to year for Atlantis - 54 medals at weekend gala

Additional early morning training sessions are paying dividends for Dunmow Atlantis swimmers who put in some exceptional performances at the New Year Open Gala in Basildon at the weekend.

DASC came away with 54 medals – made up of 27 gold, 17 silver and 10 bronze – with 66 personal bests achieved, 11 new Essex county age group qualifying times, and another 27 improved Essex county age group qualifying times.

It's been a great start to 2014 for the club, having already reached five east region qualifying times, and it is shaping up to be a

SWIMMING

very exciting year for all.

Club spokesman Darren Dack said: "A great big thank you goes out to all the swimmers, coaches, helpers and parent who, without their support, this club would not be reaching the level of success we are currently enjoying.

"The whole town should be very proud of this group of children and young adults."

Any local businesses that would like to sponsor DASC for the year can contact the club through its website – dunmowatlantis.co.uk – to arrange details.

■ Dunmow Atlantis' gala swimmers with head coach Steve Turner (front).
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