

# League crown and promotion secured



■ Dunmow Atlantis Swimming Club's triumphant youngsters

## SWIMMING

Dunmow Atlantis Swimming Club (DASC) have won Essex Swimming League Division Two and secured promotion.

The initial three rounds had been hotly contested between Basildon & Phoenix and DASC.

With Dunmow getting the better of Phoenix in the first two rounds, Phoenix took the win in round three to set up a title decider and it was winner takes all on the night.

DASC were fired up for the challenge, however it was first blood to Basildon, taking the opening race.

Tables-turned as Jack Richardson grabbed first for the 11&U relay.

Abbie Hart, Jamie McLaughlin and Chloe Moloney all took wins in their events, then Grace Mellor and Louis Spong won the 100m breaststroke. Spong and McLaughlin returned in the medley, plus George Simmons and Matthew McLaughlin, winning by a comfortable margin.

The 13&U relay girls led from the start to win by a good 15m; Meghan

Maybanks and Josh Smith took victories the 100m freestyle to extend Dunmow's lead.

Basildon responded with four straight wins to close the gap.

Mellor won the 50m breaststroke then joined Moloney, Maybanks and Rebecca Watt to win the 15&U medley relay.

At halfway DASC maintained a slender lead, but were unlucky in a few races as Basildon enjoyed a winning streak. However, Atlantis' fortunes turned with wins for Watt, Maybanks, Spong and Richardson.

Victories for the Moloney sisters, Katie Musgrove and Maybanks in the relay, and J McLaughlin for the 100m freestyle had DASC feeling confident.

Basildon took the next six races, however Hart, Mellor, Rosie Musgrove and Maybanks broke the two minute barrier to take medley relay victory, whilst Basildon's freestyle relay team were no match for Spong, Simmons, and the McLaughlin brothers.

A nail-biting squadron relay saw Atlantis hold on for first and secure a five point victory over Basildon.