



Watt a super team effort

SWIMMING

Dunmow Atlantis Swimming Club (DASC) enjoyed great success in the opening rounds of the Essex League Gala, in Dagenham.

After being promoted to division two in the new structure of Essex Swimming League, DASC were racing against Barking & Dagenham A, Harlow and Epping, as well as Basildon & Phoenix and Chelmsford.

With 56 personal bests, 15 club records, 32 top-three finishes and coming third place overall, it proved a fantastic night.

DASC won 12 of the 49 races. They got off to a flying start in the first 12 with the 11-and-under girls Chloe Moloney, Rebecca Dack, Sophie Taylor and Rebecca Watt storming to victory in the 4x25m free relay in a club record in the first race.

Three races later Jamie McLaughlin won the Open 50 Fly.

DASC did not have to wait long for another win as Josh Smith took the field apart in the 13-and-under 50 back.

Watt took her second victory in the 50 free to leave DASC in second place, just a point behind Harlow.

Dunmow had a run without winning but picked up valuable points in races that were tight.

In race 29, the 13-and-under 50 free, Meghan Maybanks took DASC's fifth win. Abbie Hart then took race 31, the 15-and-under 50 fly.

Watt returned to the pool in the

50 back and took victory for the third time.

The 15-and-under girls free relay team, made up of Rosie Musgrove, Hart, Rebecca Moloney and Maybanks pulled off one of the best wins, beating all the competition, including a previously undefeated Harlow girls relay team from the Arena League – smashing the club record.

In the last 12 races of the night, DASC had the strongest finish of all the teams, taking 63 points with five wins, four seconds, three thirds and one sixth place.

McLaughlin won his second individual of the night in the Open 100 free and Chloe Moloney matched it by winning the 11-and-under 50 breast. Maybanks then stepped up and won her 13-and-under 50 fly.

DASC swimmers stepped up a gear and produced some entertainment for the spectators in the last three relays of the night.

The girls open relay of Becca Maybanks, Hart, Nicole Stanton and Rosie Musgrove finished in a creditable second place, touching out Harlow but just beaten by Epping.

The boys matched it with George Simmons, Ed Horrocks, Alf Blohm and McLaughlin taking second.

The squadron relay rounded off the night in spectacular style with the Dunmow squad of Rebecca Watt, Sam Dack, Maybanks, Josh Smith, Becca Maybanks, Louis Spong, Stanton and McLaughlin winning the event.

Results:

- Barking & Dagenham A - 213
- Harlow Penguins - 210
- Dunmow Atlantis - 195
- Basildon & Phoenix - 152
- Epping Forest - 137
- Chelmsford - 105