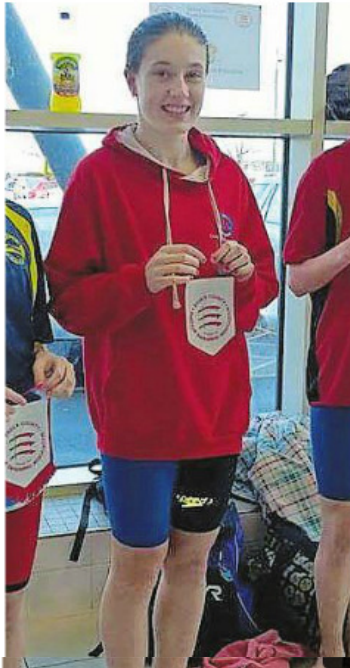


Medals, records and more for Atlantis



■ Meghan Maybanks



■ Grace Mellor



■ Sammy Dack

SWIMMING

After a tremendous build up to the 2015 Essex County Championships, Dunmow Atlantis swimmers took their rightful place amongst the top clubs in the area last weekend.

The club competed in the first of three blocks of races at the Basildon Sporting Village, coming away with 55 personal bests, 21 top eight positions, nine medals, two new East Region qualifying times, 11 improved East Region times and eight revised club records.

Having entered this year's competition with an unprecedented 35 swimmers qualifying for this year's Championships, the club finished their highly successful first leg in 10th place, with 34 more club points than at the same stage last year.

Due to the DASC's continued

success, head coach Steve Turner and the club committee decided to also enter relay teams for the first time.

The girls' 10-14 years 200m freestyle team consisted of Chloe Moloney, Lauren Barker, Grace Mellor and Rebecca Watt. They came fifth in the final in 2:01:20.

The boys' relay team of John Boyle, Jamie Spong, Sammy Dack and Josh Smith clocked a time of 1:59:23, but were disqualified for a technical infringement.

The individual medal winners for the club: Josh Smith who won three medals; 14-year-old Meghan Maybanks was a finalist in five races and went on to win three medals; 13-year-old Grace Mellor won bronze in the 50m breaststroke; 12-year-old Sammy Dack took silver in the 200m breaststroke and the club can boast an Essex County champion for 50m



■ Rebecca Watt

freestyle as 12-year-old Rebecca Watt won gold.

For further information on DASC Visit www.dunmowatlantis.co.uk for further information about the club.