

## Dunmow Broadcast 2007



**PERFORMANCE:** Sporting new quick drying t-shirts, but with a grant from the Youth Opportunity fund, now Atlantis Swimming made a splash in round of the Essex winter league at Ham on Saturday.

six of the first team swimmers missing, the team narrowly beaten into fifth

place, but still managed to produce 11 personal best times in individual events and the under 11 boys, under 13 girls, under 15 girls and open girls relay teams all improved their times.

Personal bests were recorded by Maria Jewsbury in the 100metre front crawl, Anna Heywood, 50m back crawl, Rob

Taylor, 100m breaststroke, Georgia Foster, 100m backstroke, Andrew Pacetti, 50m breaststroke and Connor Howard in the 100m breaststroke.

Also improving on their times was Luke Brown in the 50m butterfly, Hanna Palmer, 50m back crawl, Steven Heywood, 50m breaststroke and Josh Brown in the 100m back stroke.

The evening was finished off with the four girl and four boy squadron relay coming home in first place.

Dunmow Atlantis are on the look out for level 12 swimmers of all ages. Contact the coaches Louise Poulton or Neil Hawes at Dunmow Leisure Centre Thursday Nights at 6.15pm or e-mail [Dunmowatlantis@aol.com](mailto:Dunmowatlantis@aol.com)