

DUNMOW DELIGHTS AT TIME TRIALS

Following their recent success at the Essex League Gala, Dunmow Atlantis returned to Basildon last weekend to take part in the BPSC Time Trial Open Meet. It was a good opportunity for some of the younger members of the squad to compete, plus for the more experienced to improve or gain East Region qualifying times before the cut off date at the end of April. The swimmers didn't disappoint, with superb results as follows: 51 PB's, 4 new and 3 improved East Region times, 7 revised Club Records and 47 medals (16 gold, 21 silver and 10 bronze).

Kicking off the day of racing were the boys in the 50m freestyle, with PB's from Toby Rayner, Damon Elliot, Max Glen-Doepel, and Jack Richardson. Nine year old Patrick Winnington had even more reason to celebrate, with a new PB and revised Club Record having clocked 37.50 seconds. Fourteen year old John Boyle took silver and Richardson secured bronze. Two super swims from Grace Mellor and Abbie Hart in the 100m butterfly ensured both girls' silver medals, plus a 5 second PB and Club Record for 13 year old Mellor. The younger boys swam hard in Event 3, the 100m backstroke, with new times for Elliot and Aiden Clarkson, and a super 9 second PB and silver medal the reward for Richardson.

A flurry of medals followed for the girls in the 200m backstroke, with golds for Amy Rose Ansell and Chloe Moloney, silver for Rebecca Moloney and bronze for Mellor. Winnington just missed out on the medals in the 200m breaststroke but earned a new Club Record, whilst 21 year old Matt McLaughlin picked up a bronze with his time of 2.41.85. The girls enjoyed a highly successful 100m freestyle event, with PB's for Emily Green, Rebecca Johnson, Ansell, Katie Musgrove and Sophie Taylor, plus medals for Johnson (silver), Ansell (gold), Taylor (bronze) and a gold medal for C Moloney.

Winnington claimed another Club Record in the 200m freestyle with an incredible 17 second PB, with improved PB's plus silver and bronze respectively for Richardson and Boyle, who also grabbed a new East Regional time of 2.13.86. Ten year olds Emily Green and Daisy Herrington were highly delighted with new PB's and top spot for Herrington in the 100m breaststroke, then silver for Mellor and new PB for Musgrove. The girls continued to impress later that morning in the 200m I/M, where Ansell and Johnson both took silver and improved their PB's, followed shortly after by the Moloney sisters, Rebecca and Chloe, bringing home silver and gold. The final event, the exciting 'skins' final for boys 50m freestyle saw 15 year old Senior Captain Louis Spong represent the Club, finishing 7th after putting up a tough fight.

The Meet continued the following day, with high hopes for continued success for DASC, starting with the popular sprint event, the Girl's 50m freestyle. Atlantis had 13 swimmers competing, earning new PB's for Eloise Ansell, Green, Maddie Lees, Rebecca Romain, Taylor, Rebecca Dack and Mellor. Yet more medals proved the girls' dominance at this event, with golds for A-R Ansell, Mellor, Hart and C Moloney, who also qualified for East Regional championships later in the Spring with her time of 29.88 seconds. The medals kept coming, with 10 year old

Aiden Clarkson taking bronze and 9 year old Patrick Winnington earning silver in the 100m butterfly event. The girls kept up the momentum in the 100m backstroke, achieving gold for Ansell and Moloney, bronze for Rebecca Watt and new PB's for Ansell, Taylor and Lauren Barker. Twelve year old Chloe Moloney not only took gold, but also improved yet another Regional Time with 1.11.66.

All three boys brought home medals in the following event, the 200m backstroke whilst improving their PB's; silver for Richardson and Sammy Dack, then gold and new Regional time for John Boyle. Ten year old Emily Green raised excitement levels even further with an incredible 19 second PB, inspiring Herrington and C Moloney to take silver and gold respectively. Patrick Winnington continued to smash more Club Records as the afternoon went on, finishing the 100m freestyle in 1.26.23. Success followed too for Clarkson (silver) and Boyle (bronze), with Richardson and Dack unlucky to just miss out on medals.

The PB's just kept racking up, with a strong Dunmow contingent in the Girl's 200m freestyle intent on proving they have the upper hand in this stroke. There were new times for Green, Ansell, Musgrove, Taylor, Dack and Mellor; commendable swims from Romain and Moloney plus medals for Ansell (silver), Mellor (silver) and gold for 12 year old Rebecca Watt. Event 19 saw impressive 5 seconds taken off times for Dack and Rayner, who also grabbed silver for the 10 yrs and under category. McLaughlin came home in a notable 1.11.67 plus added a gold to his medal tally. The penultimate event, the 200m I/M earned Winnington's final revised Club Record, along with bronze for Clarkson and silver for Boyle. It was then the turn of the girls for the 50m freestyle 'skins', with C Moloney, Mellor and Hart each earning a place in the final. The girls did the Club proud, finishing 7th, 6th and 4th respectively. For more information about the club, please visit www.dunmowatlantis.co.uk.