

Dunmow Atlantis  
Epping Forest Open Meet

## Back in the swim of things!

Dunmow Atlantis Swimming Club were in cracking form at their first gala of the new season, the Epping Forest Season Opener, held at Loughton. The results spoke for themselves, with the swimmers achieving over sixty top 3 places (including 34 gold, 18 silver and 14 bronze medals). Having finished third in division two of the Essex League Gala at the end of last season, expectations were high. Despite a very early start and subsequent long day, the determined swimmers certainly delivered, bagging thirty four PB's, seven new county times, six improved county times and two club records.

Brothers Jamie and Matt McLaughlin kicked off the day's events in fine style, taking silver and gold respectively in the Boys Open 100m individual medley. Gold was certainly 14 year old Louis Spong's colour that day, storming to victory in the second race of the day, the Boys Open 200m butterfly; subsequently earning eight more top spots as the day progressed. Event 4, the Girls Open 50m breaststroke, proved to be a busy one for the Atlantis girls. Taking 7 top five spots from 10 swims, the successes included gold for 12 year old Grace Mellor, and silver for Becca Maybanks, Katie Musgrove and Amy-Rose Ansell. The morning session continued as well as it had begun, with John Boyle and Sam Dack taking gold and bronze respectively in the Boys 11+ 100m backstroke; gold for Meghan Maybanks in the Girls 100m freestyle; then gold and improved county time for Rebecca Watt in the Girls Open 200m backstroke.

An improved county time of 42.10sec and gold medal awaited nine year old Amy-Rose Ansell in the Girls Open 50m backstroke, followed by Rosie Musgrove and Meghan Maybanks taking gold in their age group for that event. Maybanks smashing the club record with an impressive time of 32.04sec. Event 13, Boys Open 50m butterfly, was certainly not unlucky for DASC - there were new county times for Jamie Spong and John Boyle. The McLaughlin brothers ended the morning session as they had started, taking victory in the Boys Open 50m freestyle and Boys 11+ 100m breaststroke.

After a brief respite for lunch, the girls were straight to work in the Open 200m breaststroke, with Saskia Proud and Katie Musgrove earning silvers and new PB's, followed

by Grace Mellor cruising to a gold. Another gold and county time in the Open 100m IM for Amy-Rose Ansell inspired the girls to a further three silvers for Rebecca Romain, Rebecca Watt and Rosie Musgrove, with Grace Mellor adding to her haul of golds with an improved county time. Not to be outdone, the boys followed on with successes in the Open 50m breaststroke, where Damon Elliot, Jack Richardson and Jamie Spong improved their PB's whilst Sam Dack, Louis Spong and Matthew McLaughlin increased the medals total with a silver and two golds. The 11+ 100m backstroke was a breeze for the girls, with Moloney sisters Chloe and Rebecca taking gold and bronze in their age group, Sophie Taylor improving her PB and taking silver, followed by Meghan Maybanks picking up gold. Eighteen girls took part in event 21, the Open 50m freestyle - of these, ten took top five places in their age group, with new PB's for Maria Irani, Hannah Flynn, Abi Barnes and Amy-Rose Ansell. The girls were on a roll, with notable performances in the 100m breaststroke from Rebecca Dack, Saskia Proud and top two spots going to Katie Musgrove, Chloe Moloney, Becca Maybanks and Grace Mellor.

As the afternoon drew to a close, there were more golds in the Boys Open 50m backstroke for John Boyle and Louis Spong; followed by the final event of the day, the Girls Open 50m butterfly, where Amy-Rose Ansell shaved almost 7 seconds off her time to claim New club record and DASC's last gold for the gala. A super team effort along with the hard work and commitment from swimmers, coaches and parents resulted in fantastic start to the season. For more information on the club please visit [dunmowatlantis.co.uk](http://dunmowatlantis.co.uk).