

SUPREME START FOR DASC IN 2015!

Dunmow Atlantis Swimming Club burst into the new year in style at the Basildon & Pheonix SC Winter Open Meet last weekend. The squad performed admirably, despite tough competition from the host club amongst others. Following an extremely successful year in 2014, the swimmers were determined to keep up the momentum, and the results spoke for themselves: 26 PB's, 7 new and 16 improved Essex and Regional qualifying times plus 6 new Club records. The weekend's medal haul totalled 58 – 20 gold, 21 silver and 17 bronze. Head Coach Steve Turner acknowledged the swimmers' hard work, commenting that the medal total "had made the meet very worthwhile. Unfortunately, technical problems with the pool resulted in the original Long Course meet being swum as a Short Course. Sadly due to withdrawals, the time to recover between events was minimal but our swimmers handled this very well. Our thanks as always go to the coaches poolside and parents supporting the event."

Thirteen year old John Boyle kicked off proceedings with gold in event 1, the Boys 400m freestyle. Two silvers and a bronze followed for the girls in the 200m freestyle for Rebecca Watt, Meghan Maybanks and Rosie Musgrove, with Rebecca Dack unlucky to just miss a medal spot. Boyle was on top form again in the Boys 100m backstroke, claiming prime position, with Louis Spong taking bronze in the 15+ years category. DASC girls fought hard in event 6, the Girls 50m butterfly, with 10 year old Amy-Rose Ansell and 14 year old Meghan Maybanks picking up golds, followed shortly after by bronze for Abbie Hart. The morning session rounded up nicely with silver and bronze respectively for Sammy Dack and Matt McLaughlin in the Boys 100m breaststroke.

After a brief respite, the second session kicked off in first-rate style, with Daisy Herrington and Grace Mellor taking silver each in the Girls 200m breaststroke. The winning streak continued for Amy-Rose Ansell, flying home in the Girls 100m freestyle event to take gold, shortly followed by silvers for Rebecca Watt and Meghan Maybanks. An improved regional time and bronze were the rewards for 21 year old Matt McLaughlin in the Boys 50m breaststroke, with 12 year old Sammy Dack taking third spot in his age group. A further flurry of medals followed to finish off the afternoon, with a bronze for Abbie Hart in the Girl's 100m butterfly; Louis Spong taking bronze in the gruelling Boy's 200m fly; and finally a 200m backstroke silver and improved county time for Amy-Rose Ansell, with a further bronze for 12 year old Rebecca Watt.

A foggy drive down to Basildon the following morning did nothing to dampen the DASC spirits, with 12 year old Chloe Moloney storming home to victory in the first event, the Girl's 400m freestyle. DASC girls dominated the following event, the 50m freestyle. There were medals galore for Amy-Rose Ansell, Rebecca Watt and Meghan Maybanks (gold); and silver each for Sophie Taylor, Grace Mellor and Chloe Moloney. Not only that, Taylor and Mellor also improved their county times; with a new county time for 13 year old Katie Musgrove. Fifteen year old Abbie Hart gave an outstanding performance to swim under 29 seconds for the first time in this event. Girl's Senior Captain Rosie Musgrove and Jack Petchey award winner Rebecca Romain ensured the Dunmow contingent had plenty to

shout about up in the stands. Not content with taking top spot and improving his regional time in the boy's 200m freestyle, 13 year old Josh Smith also grabbed Club record, as did Matt McLaughlin (also earning a new county qualifying time), with John Boyle narrowly missing a PB but still taking silver medal.

New county qualifying times and silver medals were the rewards for Amy-Rose Ansell and Sophie Taylor in the Girls 100m backstroke; Chloe Moloney also took silver whilst Meghan Maybanks grabbed gold; followed by improved county time for Rebecca Watt. Josh Smith flew home to gold in event 21, the Boys 50m butterfly, whilst Matt McLaughlin earned himself another improved county time. DASC's medal sweep continued in the last event for the morning session, the Girl's 100m breaststroke, with silvers for Grace Mellor and Chloe Moloney then bronze for Daisy Herrington and Rebecca Watt. Katie Musgrove narrowly missed out on the medals, but contented herself with a new county time, taking over 3 seconds off her PB.

The sun may have been hiding behind the clouds still but there was plenty to smile about in the last session of the weekend. In event 23, the Girl's 200m I/M, Amy-Rose Ansell and Grace Mellor both substantially improved their current county qualifying times. Senior Boys Captain, Louis Spong, swiftly responded with an improved regional time of over 4 seconds in the Boy's 200m breaststroke, also claiming a new Club record. A fine display in event 25, the Girl's 50m backstroke, resulted in golds for Amy-Rose Ansell, Lauren Barker and Meghan Maybanks; followed by improved county time and bronze for Sophie Taylor.

In the closely fought Boy's 100m freestyle event that followed, Sammy Dack cruised to victory and improved county time; whilst Josh Smith also took top spot for 13 year olds, plus refined his regional time to 3 seconds inside qualifying and claimed a new Club record. Improved regional time and silver were Grace Mellor's rewards in the Girl's 50m breaststroke; Meghan Maybanks also took silver for the 14 year old age group. Josh Smith continued his run of success with victory in the final two races, Boy's 100m butterfly and 200m backstroke. Fellow 13 year old John Boyle was runner up in the final event, comfortably earning a new regional qualifying time with his trademark backstroke.

Dunmow Atlantis certainly have plenty to look forward to in 2015, with the imminent Essex County Championships throughout this month and next, followed by the much anticipated Essex League Gala events starting in March. If you would like to be part of the success of this fantastic club, please visit www.dunmowatlantis.co.uk for more information.