

WINTER CHAMPS SUCCESS FOR DASC!

Dunmow Atlantis Swimming Club had every reason to celebrate following a very successful weekend at the recent East Region Winter Championships. The Club had six swimmers competing: Louis Spong, Meghan Maybanks, Gemma Bennett and Rosie Musgrove, plus brothers Jamie and Matt McLaughlin. Competition was very strong, but the plucky bunch refused to be daunted, coming away with 9 new PB's, 7 new club records and 7 improved qualifying times for 2015 Essex County and East Region competitions. Twenty-seven year old Gemma Bennett did exceptionally well in the British Disability category, taking home 2 gold (women's 100m and 50m breaststroke), 1 silver (women's 50m backstroke) and 2 bronze medals (women's 100m backstroke and 50m freestyle).