

Atlantis impress at Luton meet

SWIMMING: Dunmow Atlantis swimmers are once again proving they are a force to be reckoned with.

Competing at the prestigious Luton Long Course Open Meet, coming away with eight medals and seven long course personal bests.

Clubs from all over the south east were present, with many swimmers using this as part of their race preparation for the imminent regionals championships, while improving their times for this year's British Summer National competition.

Competing for Dunmow were:
Damon Elliot, Matt

McLaughlin, Meghan

Maybanks, Sophie Taylor,

Chloe Moloney, Louis Spong,

John Boyle and Rebecca Watt.

Despite formidable opposition, DASC were undaunted, with bronze medals for Maybanks (50m backstroke), Elliot (100m fly), Moloney (800M freestyle), Boyle (50m and 100m backstroke), Spong (200m breaststroke), with Watt and Maybanks taking gold and silver respectively in their age groups in the highly contested 50m freestyle.