

## Swimming

**The Dunmow Atlantis Swimming Club flag was flying high at this year's Inter-Counties competition.**

Held at Basildon Sporting Village, four swimmers from the club were chosen to represent Essex against county teams from across the east region.

The four were Meghan Maybanks, Josh Smith, Rebecca Watt and Jamie McLaughlin who were delighted to be part of the winning squad, beating Bedfordshire, Cambridgeshire, Hertfordshire, Suffolk and Norfolk.

**For more information on the club, visit [www.dunmowatlantis.co.uk](http://www.dunmowatlantis.co.uk)**



Dunmow Atlantis's Meghan Maybanks, Josh Smith, Rebecca Watt and Jamie McLaughlin represented Essex at the inter-counties event in Basildon.