

With the 2017 swimming season now in full swing, Dunmow Atlantis took a squad of swimmers to the Derventio Meet at Ponds Forge in Sheffield.

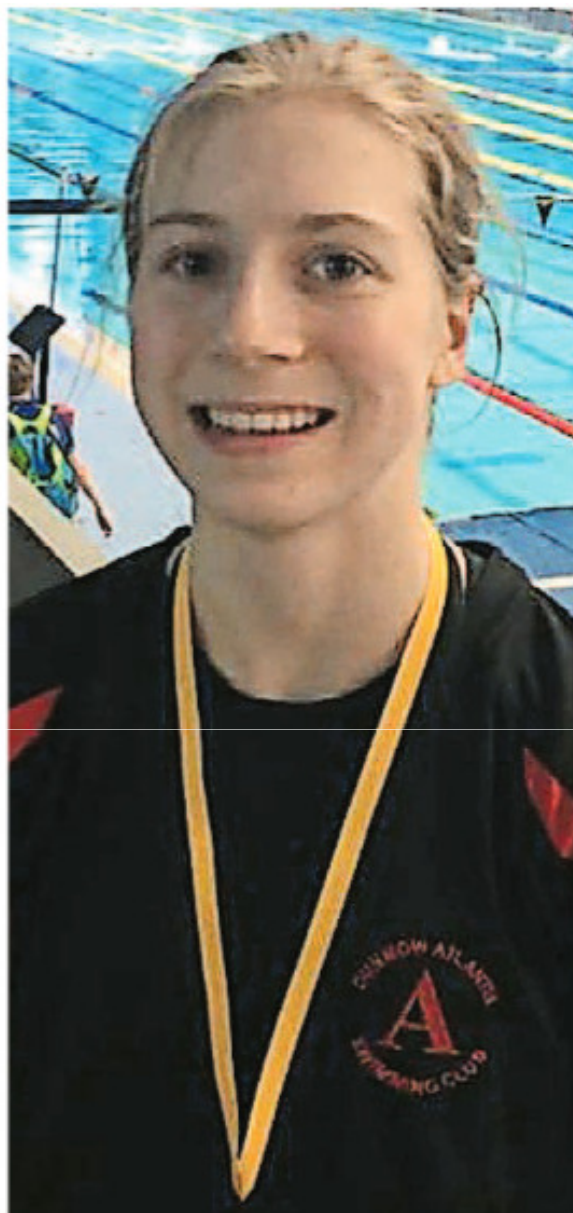
The level one event tested the swimmers across a variety of races at the prestigious 50m facility.

Taking part were Chloe Moloney, Ellie Runnals, Damon Elliot, Kyle Panton, Josh Smith, John Boyle, Jamie McLaughlin, Louis Spong, Rebecca Watt, Meghan Maybanks, Jack Richardson, Matt Mclaughlin and Georgia Harrod.

Dunmow put on a fine display, kicking off with Moloney and Runnals in the demanding 800m freestyle.

Both put in fine performances resulting in personal best times for both swimmers.

Their inspiring efforts set their team-mates up for further success with many of the squad improving their PBs.



Rebecca Watt.

There were also medals for Smith, Maybanks, Elliott and Watt.