



Dunmow Atlantis swimmer John Boyle.

Dunmow Atlantis youngsters make splash at nationals

Swimming

Dunmow Atlantis Swimming Club had four of their youngsters in action at the British and English National Championships in Sheffield.

And the quartet of Josh Smith, Rebecca Watt, Meghan Maybanks and John Boyle did not disappoint as they proved up to the challenge at Ponds Forge, where they took on the best in the country.

Watt had two personal bests in the 15-year-old 50m freestyle, cruising through to the final where she came fifth.

And Maybanks competed in the 50m freestyle in the 17/18 years age group, producing a classy swim in the heats to smash her best time and just missing out on the medals in fourth place.

The next day saw 16-year-old Maybanks racing in the 50m backstroke, where she once again made the final, finishing seventh.

A determined Smith was consistent across all four of his events and more than proved his worth, particularly in his favoured 50m backstroke where he was an agonising 0.03



Dunmow Atlantis trio Meghan Maybanks, Josh Smith and Rebecca Watt.

seconds off his personal best.

Not to be outdone, 18-year-old Boyle was within a hair's breadth of his 50m backstroke best, swimming out of his skin in a time of 29.88secs.

Training now begins in earnest for the new season, with swimmers keen to capitalise on their superb National success. For more information on the club, visit dunmowatlantis.co.uk.