

Swimming

With the British Summer Championship qualification window drawing to a close, a small handful of Dunmow Atlantis Swimming Club members took part at two long course events.

The Luton Open meet saw superb performances including from Toby Rayner (fifth in 400m freestyle), Damon Elliot (fourth in 100m freestyle), Jack Richardson (silver medallist in 100m and 200m breaststroke) and Maddie Lees (fourth for 100m fly and freestyle).

The 15 and over age group saw a bronze for Chloe Moloney in the 800m freestyle and medals for Meghan Maybanks (100m backstroke gold and 100m freestyle silver) and Josh Smith (100m backstroke bronze).

At the London Aquatic Centre Open Moloney improved her 800m freestyle time to 9:37.00. There was a top five place for Runnalls in the 400m freestyle, plus PBs for Kyle Panton (200m individual medley) and Matt McLaughlin (400m freestyle).