

Determined group impress in Luton

SWIMMING

Dunmow Atlantis took a small, but determined group of swimmers to compete in a level one meet at the Luton Sports Village last weekend.

Swimming against clubs from all over Hertfordshire, as well as further afield, they performed admirably in the 50m long course pool.

The weekend's successes included two gold, eight silver and two bronze medals, plus numerous PBs and two new East Regional times.

The first few events were dominated by the strong trio of Louis Spong, John Boyle and Josh Smith.

There were 100m breaststroke and 200m backstroke PBs for Spong, followed by a 50m backstroke bronze for Boyle and a 200m backstroke PB, plus a new times and silvers for Smith in the backstroke events.

The girls also rose to the challenge; 13-year-old Chloe Moloney

flew to a new time of 2mins 46.03secs in the 200m L/M, then improved her PB in the 100m backstroke event, as did Rebecca Watt and Meghan Maybanks, who also claimed her first of two silver medals that day.

Yet more improved times followed in the 200m freestyle for Smith and Boyle, the 200m breaststroke for Spong, plus the 50m butterfly for Moloney and Maybanks, who then went on to grab a second silver.

Silver was also the colour for 14-year-old Smith, who set a 27.61secs PB in the boys' 50m freestyle.

There were 100m freestyle successes for Rebecca Watt who took bronze and Moloney who set a PB and East Region qualifying time.

The swimmers started day two just as determined as the previous day.

Chloe Moloney cruised through the 100m breaststroke to an improved time of 1min 30.84secs.

In the 50m backstroke Sophie Taylor gained a new time while

Maybanks stormed to gold.

A gruelling 400m freestyle followed for Watt and Moloney, but both improved their times.

Watt was then in action in the 200m backstroke improving her PB to 2mins 48.11secs.

Smith, Boyle and Spong put up a formidable fight in the 100m backstroke, where Smith won silver.

The afternoon session kicked off with the 200m freestyle, with new times for Taylor and Watt.

Outstanding swims followed for Smith and Boyle in the 100m freestyle, where Smith took his fifth silver medal of the weekend.

The penultimate event, the boys' 50m butterfly, saw Smith, Boyle and Spong all improve their PBs.

In the final event of the weekend, all three girls were rewarded with PBs and a first East Region qualifying time for Taylor, then a silver medal for Watt and gold for Maybanks.