

Dunmow Atlantis swimmers Megan Maybanks and Rebecca Watt were in superb form at the recent Winter Nationals competition.

Qualifying for the event, which was held at Sheffield's Ponds Forge venue, in the first place was no mean feat for the pair.

And adding to the pressure was the fact it was held in conjunction with trials for the Commonwealth Games.

However, the Dunmow teens were undaunted by the stiff competition from all over the UK – having swam at the British Summer event – and Maybanks, 17, secured a top 10 place in both her 50m specialities of backstroke and freestyle.

The club can also now boast a National medal winner as 15-year-old Watt claimed an age-group bronze in her 50m freestyle.

If you are feeling inspired to give swimming a try, why not contact the Dunmow Atlantis club.

More details are available on their club website at dunmowatlantis.co.uk.

