

# Atlantis again on top form

Dunmow Atlantis have been punching above their weight once again, having taken part at the ASA East Region Winter Championships.

The prestigious competition, held at Luton, saw 15 swimmers from the club compete against individuals from all over the east.

Dunmow were on fine form, taking a total of 13 top 20 places and improving 26 personal bests.

The qualifying times may have been tough, but the squad were more than prepared, having recently returned from their week-long training camp in Tuscany.

Those taking part were: Ellie Runnalls, Chloe Moloney, Louis Spong, Georgia Harrod, Meghan Maybanks, Dylan Nutt, John Boyle, Josh Smith, Jamie McLaughlin, Kyle Panton, Matt McLaughlin, Rebecca Dack, Emma Sarginson, Rebecca Watt and Sophie Taylor.

Visit [www.dunmowatlantis.co.uk](http://www.dunmowatlantis.co.uk) for more information on the club.