

Swimming

Dunmow Atlantis continued their season at the Team Luton Long Course Meet.

Many club swimmers took this final chance to gain or improve their East Region times while many others were able to clock some impressive new personal bests (PB).

A plucky swim from Daisy Herrington, who was recently awarded the club's Swimmer of the Month award, saw her grab a regional 50m breaststroke time of 40.0 seconds.

There was then an incredible 14-second PB for Matt Mclaughlin in the 1500m freestyle.

This was followed by Rose Wilkinson, whose trademark backstroke performance earned her an improved sprint event time.

Polished performances and PBs also came from Josh Smith, Kyle Panton, Dylan Nutt and Daisy Hughes.

These were followed by new best and regional times for fellow club swimmers Sophie Taylor and Ellie Runnals.