

ASA Winter Nationals for Dunmow swimmers



■ Meghan Maybanks and Josh Smith with Dunmow Atlantis Swimming Club head coach Darren Tucker.

SWIMMING

Flying the flag for Dunmow Atlantis recently were Meghan Maybanks and Josh Smith as they competed at the ASA Winter Nationals event at Ponds Forge, Sheffield.

The duo beat stiff competition just to qualify.

The formidable duo did themselves and the club proud.

Kicking off proceedings was Smith

in the 50m backstroke; the event which currently sees him sit in the top spot in Essex and third in the East.

A superb swim saw Smith bag a new personal best of 27.94 seconds and a place in the British top 25 for his age group.

Keen to add to her current Essex number one and East Region second place rankings, Maybanks stormed home in the 50m backstroke in 29.78 seconds and now lies ninth in

Britain.

The following morning saw Maybanks back in the water, this time in the 50m freestyle.

It was a tough task, but Maybanks was delighted not only to improve her career best to 26.26 seconds, but also now sits comfortably in sixth place nationally for her age group.

Visit www.dunmowatlantis.co.uk to find out more about the club and how to join.