

Maybanks is the cream of the crop as swimmer wins four golds

Dunmow Atlantis took a squad of 17 swimmers to the UEA pool at Norwich for the annual Level One meet.

Taking part in the prominent three day contest were Matthew McLaughlin, Louis Spong, Amy-Rose Ansell, Josh Smith, Jamie McLaughlin, Katie Musgrove, Sophie Taylor, Charlotte Speakman, Emma Sarginson, Rebecca Watt, Meghan Maybanks, Jack Richardson, John Boyle, Rose Wilkinson, Abbie Hart, Chloe Moloney and Kyle Panton.

The top class event, held at the university's long course facility, gave the squad chance to gain and improve East Region times.

It also gave them the opportunity to improve their ranking in preparation for the ASA National competitions later in the summer

Despite the pressure of the races, each and every swimmer rose to the challenge, clocking some fast times and impressing everyone with their cool tenacity.

Atlantis' Watt picks up silver

Many swimmers claimed new personal best times, which was a huge achievement given the competition at this prestigious event.

Fifteen-year-old Meghan Maybanks' determined display won her four gold medals in total.

She picked them up for the 50m and 100m freestyle plus the 50m and 100m backstroke.

Rebecca Watt took silver in the 50m freestyle, whilst the club also featured in the finals for the 50m breaststroke (Matt McLaughlin), 50m butterfly (Jamie McLaughlin and Meghan Maybanks) and 100m breaststroke (Kyle Panton and M McLaughlin).

Twelve-year-old boy's junior captain Jack Richardson also had plenty to celebrate for the swimming club as he added a further three new regional times to his already impressive tally.

Those also gaining new or improved regional qualifying times were Maybanks, Josh Smith, and Kyle Panton.

Dunmow certainly proved their worth at the tournament as they punched way above their weight against swimmers from clubs from all over the Eastern counties and beyond.

With the regionals looming ever closer, the tough training regime resumes, but the successful return on effort continues to do the club proud.

For more information about Dunmow Atlantis go online at www.dunmowatlantis.co.uk.