

Swimming

Rubbing shoulders with an Olympian and World Champion spurred a Dunmow Atlantis swimmer to new heights at the British Championships.

Meghan Maybanks' said it was a "great opportunity" to meet

Adam Peaty, who was also competing at the prestigious event in Glasgow.

And the 16-year-old showed she could shift too by putting in some superb performances.

She not only improved times but also gained a place in two youth age-group finals and

securing her place at the imminent British Summer Championships.

Maybanks took fifth spot in the 50m freestyle in 26.6 seconds, and did so again in the 50m backstroke, with a new personal best time of 29.85 seconds.