

SWIMMING

Busy time for Dunmow Atlantis

Dunmow Atlantis Swimming Club have had a busy couple of weeks' increasing their medal haul and PB's substantially.

Some of the squad travelled to Norwich for the UEA Easter Meet, where they earned 39 personal bests, an array of medals and a new East Region time.

The girls' 100m freestyle race saw Rebecca Dack, Grace Mellor and Meghan Maybanks all clock PBs, with Maybanks also a finalist later that morning.

In the 50m backstroke Josh Smith, Louis Spong and John Boyle all made it to the finals, as did 18-year-old Jamie McLaughlin in the 100m butterfly.

There were PBs in the 50m breaststroke for Rebecca Watt and Mellor, while the boys' 200m saw superb

swimming from Sammy Dack and Matt McLaughlin, with senior boys' captain Spong improving his PB.

Sixteen-year-old Abbie Hart improved her 100m butterfly PB and Mellor did the same in the 200m breaststroke.

Boyle, Smith and Spong improved their times in the 200m backstroke.

Day one drew to a close with Dack, Spong and Matt McLaughlin competing in the 50m breaststroke, where he improved his PB further.

Day two commenced with Watt taking silver and Maybanks bronze in the girls' 50m freestyle.

Mellor set a new East Region time.

Fourteen-year-old Josh Smith improved his PB in the finals of the 100 freestyle.

A flurry of PB's followed for Watt (400m freestyle and 50m fly), Mellor

and Hart (200m I/M and 50m fly) and Smith (50m butterfly).

Girls' captain and National's 2014 swimmer Maybanks improved her 50m fly time and earned a 100m backstroke final place.

Boyle, Smith and Spong had fine swims and faster times in the 100m backstroke, with Boyle and Smith going even faster in the finals.

The trio were then in action for the 50m freestyle finals, again improving their times.

More PBs followed, this time for the girls. Watt and Maybanks in the 200m freestyle and Mellor in the 100m breaststroke.

Boyle grabbed bronze with a PB in the 200m freestyle.

The girls performed superbly in the 50m backstroke turning in faster times and a top spot for Maybanks.
