

Swimming



Meghan Maybanks and Rebecca Watt with their regional medals.

Dunmow Atlantis Swimming Club members were on top form at the East Region Championships at the UEA Sportspark in Norwich.

Competing against other swimmers aged 15 and above from across Essex, Herts, Cambs, Suffolk, Norfolk and Bedfordshire, the squad produced a superb display.

Assisted by head coach Darren Tucker, those taking part included John Boyle, Jack Richardson, Josh Smith, Sophie Taylor, Rebecca Watt, Meghan Maybanks, Sammy Dack, Louis

Spong, Matt McLaughlin, Ellie Runnals, Kyle Panton, Rose Wilkinson, Georgia Harrod and Jamie McLaughlin.

And despite the very high standard of competition, with the added pressure of competing at this level, there were some fantastic personal bests and final appearances for Smith, Taylor, Watt and Maybanks.

Watt took silver in the 50m freestyle, with Maybanks crowned regional champion in 50m backstroke. For more information on the club visit dunmowatlantis.co.uk.

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Members of Dunmow Atlantis Swimming Club before (above) and after (right) the Nuclear Rush Race, where they were trying to raise £1,500 for St Clare Hospice. Anyone interested in making a donation to the cause can go to uk.virginmoneygiving.com/Team/NuclearRushDunmowAtlantisSwimmingClub.