

SWIMMING

Two swim at the nationals

Two Dunmow Atlantis Swimming Club members reached finals for the first time at the ASA British National and English National Swimming Championships in Sheffield.

At the British Championships, Meghan Maybanks, aged 14, competed in the 15/16yrs women's 50m butterfly, clocking a heat time of 30.37 seconds.

The teenager was then ninth in the 50m backstroke heats with a personal best time of 30.90 seconds to make the final where she finished ninth.

The next day she went on to take 14th place in the 50m freestyle in 27.69secs.

The following week, in the English Championships, Maybanks took 12th place in the 100m backstroke in 1min 09.75secs.

Fellow 14-year-old Josh Smith, competing in his first ever English Championships, made the final of the 50m backstroke with a PB time of 30.32secs.

The final saw him set another career best, 30.24secs, to come sixth overall.