

Long course test for Atlantis swimmers

SWIMMING

Dunmow Atlantis swimmers from regional and county squads were in action last weekend, taking part at the 'Team Luton level 1 long course meet.

The annual event was a final chance for most of the swimmers to secure qualification for the imminent East Region Championships.

The squad consisted of Louis Spong, Rebecca Johnson, Daisy Herrington, Emma Sarginson, Jack Richardson, John Boyle, Josh Smith, Maddie Lees, Meghan Maybanks, Rebecca Dack, Chloe Moloney, Sophie Taylor, Rebecca Watt, Rose Wilkinson, Patrick Wittington and

Lucy le Huquet, plus McLaughlin brothers Matt and Jamie.

Dunmow set the pool alight, showing true determination to come away with 23 long course personal bests and eight medals in total.

Top spot for the girls' 50m freestyle went to 14-year-old Watt, with silver medals aplenty for Maybanks and Smith in their trademark freestyle and backstroke events.

To complete the accolades Rebecca Dack, Emma Sarginson, Rebecca Watt and Sophie Taylor gained the coveted regional qualifying times they had worked so hard to attain.

■ Dunmow's Chloe Moloney, Rebecca Watt, Sophie Taylor and Emma Sarginson

