

# Atlantis head east for medal haul

## Swimming

DUNMOW Atlantis Swimming Club, *pictured*, travelled to Norwich to participate in a Level 1 long course (50m pool) open meet.

It was a great experience for all swimmers as they picked up a great deal by swimming and watching Olympians and national swimmers at work.

The club finished a credible 20th position, above such other clubs as Harlow, Barking & Dagenham, Bishop's Stortford and Borough of Southend.

They had 32 long course personal best times and came away with six medals from the Open. Megan Maybanks, 12, competed in the

14-year-and-under 50m Freestyle girls final.

Other achievements included two new east region qualifying times for 2013 and 20 new or improved Essex qualifying times for 2014.

Steve Turner, head coach, said: "I would like to give a personal thanks to all swimmers and coaching staff who assisted poolside, and a big thanks to all parents who transported and supported the swimmers over the weekend."

The squad included Lauren Barker (age 11), Samuel Dack (10), Abigail Hart (14), Hannah March (14), Megan Maybanks (12), Rebecca Maybanks (14), Jamie McLaughlin (16), Matthew McLaughlin (19), Katie Musgrove (11), Rosie Musgrove (14), Joshua Smith (12), Louis Spong (13), Nicole Stanton (15) and Rebecca Watt (11).

