

■ Meghan Maybanks, Samuel Dack,  
Jamie McLaughlin, Chloe Moloney  
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## Five go adventuring with personal bests

### Swimming

DUNMOW Atlantis broke new ground at the East Region Swimming Championships.

The club had five swimmers competing – Meghan Maybanks, Samuel Dack, Jamie McLaughlin, Chloe Moloney and Louis Spong – and returned with five personal bests, three bronze medals and a national qualifier.

Dack medalled in the 200m breast stroke and Maybanks secured third place the 100m and 200m backstroke. Her times dipped under the qualifying benchmarks for the National Swimming Championships, taking place in Sheffield in July.

Head coach Steve Turner said: “We have had some incredible results at these championships, with one of our swimmers making national qualifying times, so let’s hope this will give inspiration to many more to achieve their goals as we move forward.

“My congratulations go to all swimmers that have represented our club at these events. I am so proud of them in their achievements this year.

“The clubs’ improvement continues and gives me belief that we can continue this into the new season.”

The club thanked Turner and coach Heath McLaughlin for supporting all the swimmers at poolside at each of the events and the parents for transporting

and staying over in hotels for each of the weekends.

Dunmow Atlantis is looking for sponsorship for its summer swimming camp, which this year will be held in Torremolinos, Spain, where swimmers will have a week training in a 50m outdoor pool, with two sessions a day to “push their physical strength to another level”.

A spokesman for the club said: “We hope that some local businesses can put forward a donation so swimmers can be rewarded with a track suit, swimming bag and cap which will also have the sponsor’s logo attached.”

For more information and contact details, visit [dunmowatlantis.co.uk](http://dunmowatlantis.co.uk)