

Atlantis keep up the good form

Swimming

DUNMOW Atlantis swimmers continued their impressive early season form in the West Suffolk Swimming Club Open meet in Bury St Edmunds last weekend. Racing for qualification into the eastern regional championships, 41 out of 50 Atlantis swimmers topped their personal best times. Nine of the swimmers also gained top three places for their events with Meghan Maybanks getting an excellent first place in the 200m backstroke. Her finish of 2:45.56 was also a regional qualifying time.

It was a good gala for the Maybanks family as Meghan's sister Rebecca also had a fantastic swim in the 50m freestyle and her time of 31.35s is her first county qualifying time. For the boys, there were two times that qualified for the Essex county races when Jamie McLaughlin finished third in the 50m backstroke in 31.72s and Louis Spong was also third in the 50m freestyle with 31.17s.

Last year, for the first time in their history, Atlantis had five swimmers who gained qualification to the 2012 Essex Age Group County Championships with two of these swimmers gaining Eastern Region qualification. So far this year five Atlantis swimmers have gained qualification to county level competitions and with a further seven months left it looks like it will be a record-breaking season for the club. Coach Amanda Simmons said: "Dunmow Atlantis is split into three sections: development, club and masters.

"Members within the development section are aged from seven years old. The coaches will teach them correct stroke technique and improve their stamina.

"The club section is for members that have attained a good swimming level and are able to compete in club galas.

"Their stroke techniques, stamina and times are continually being improved upon."

For information contact Amanda Simmons on 01371 830822 or visit dunmowatlantis.co.uk