

**Dunmow Atlantis Swimming Club showed fine form in the second block of the Essex Age Group Championships at London Aquatic Centre.**

The weekend focused mainly on 50 metre sprint events, as some swam in the Olympic pool for the first time.

But Dunmow's Daisy Russell, Jodie Thompson, Zara Clarkson and Luisa Carey finished sixth in the medley relay final, before Russell, Thompson and Clarkson were joined by Georgia Bishop to win 4x50m freestyle relay bronze.

The boys' freestyle squad of Zac Lund, Alex Rolfe, Samuel Pertwee and Evan McQuade were 10th and the club earned 30 top-10 places overall as John Boyle, Josh Smith, Damon Elliott, Meghan Maybanks, Sophie Taylor, Rebecca Watt, Jamie McLaughlin and Jack Richardson shone.

Ellie Runnals, Chloe Moloney and Taylor were in the top six for the 800m at Basildon, with Aidan Clarkson, Sam Dack and Kyle Panton in the 1,500m medals.



Dunmow Atlantis youngsters face the camera at the Essex Age Group Championships at London Aquatic Centre.