

Swimming

Dunmow Atlantis swimmers Rebecca Watt and Josh Smith were in superb form for Essex at the senior inter-county competition in Sheffield.

The duo were selected to represent the county against 20 other teams from across the UK, including Devon, Yorkshire and Surrey.

And 17-year-old Smith was delighted to be chosen as Essex captain as he competed in his trademark 100m freestyle event at Ponds Forge.

Smith and Watt also produced fine performances in the medley relays as the Essex squad finished in 10th place overall, their highest placing in Division One for several years.

For more information about the local club see their website dunmowatlantis.co.uk.



Josh Smith and Rebecca Watt represented Essex in Sheffield.