

Atlantis nets the top club award at meet

There was a top club award for Dunmow Atlantis at the fourth Eric Shepherd meet at Harlow last weekend.

The triumph follows their recent success gaining promotion in the Essex League Gala.

Thirty eight swimmers, aged nine to 27, took part in the competition against more than 300 swimmers from the host club and others, including Bishop's Stortford, Epping, Southend and Cheshunt.

Not only did they take the top club accolade, the impressive squad also won 25 gold medals, 27 silver medals and a further 25 bronze.

To add to their impressive medal haul, the swimmers also gained 20 new and 29 improved Essex County qualifying times, plus 79 personal bests.

The icing on the cake for Atlantis was five new club records from their swimmers.

Two were for 14-year-old Louis Spong for the boys' 14 plus open 200m individual medley and 50m backstroke.

There was three club records for nine-year-old Patrick Winnington in the boys' nine years and under 50m freestyle, 100m breaststroke and 100m freestyle.

As the season draws to a close, Dunmow Atlantis have much to be proud of and have high hopes for next year.