

SWIMMING

Dunmow Atlantis Swimming Club were back in action last weekend for round one of the 2016 M11 Area Junior Swimming League.

The event, held at Basildon Sporting Village, was hosted by Atlantis for the first time.

Junior coach Holly Miles was delighted with how successful the event was. She said: "Thank you everyone for your support. Our DASC family was fab as always, without you it wouldn't be possible for our club to be so successful."

Atlantis chalked up 52 personal bests and finished third overall.

The young squad consisted of: Rebecca Johnson, Daisy Herrington, Rose Wilkinson, Maddie Lees, Jack Richardson, Elliot Skingley, Damon

Top hosts



Elliot, Toby Rayner, Georgia Richardson, Arriane van de Ende, Neve Winington, Jessica Jagathesan, Oliver Smith, Jack Rayner, Oscar Hastings, Bertie Warnes, Eloise Ansell, Lily Glen-Doppel, Eva Marling, Lucy le Huquet,

Henry Pertwee, Patrick Winington, Harrison Cox, Amelia Barton, Amy-Rose Ansell, Dylan Jewiss and Toby Warnes.

Dunmow dominated the relay races, smashing five club records and taking 11 top three spots.