

Swimming

Dunmow Atlantis ended the Essex Championships in fine style with personal bests, medals and regional times.

Zara Clarkson, 11, won silver in the 100m backstroke and butterfly and finished second in the Top Girl standings in her age group after earning five East Region qualifying times.

Evan McQuade, Ollie Smith, Seb Vinall and Zac Lund were inside the top 10 in the medley and freestyle relays, while Sophie Taylor took 200m freestyle bronze.

Josh Smith was second in the open age group's Top Boy standings as Dunmow finished 11th out of more than 30 clubs and Clarkson and McQuade were selected for the Essex talent camp.

Also taking part were Beccy Johnson, Lucy le Huquet, Maddie Lees, Damon Elliott, Toby Rayner,



Jack Richardson, Matt McLaughlin, Sam and Rebecca Dack, Neve Winnington and Georgia Harrod.

Michele Romain won a gold and two silvers in breaststroke and the Sudbury Masters meet, while Stephen Beal had a gold and three silvers in mid-distance events and 50m butterfly.



Zara Clarkson (above) and Evan McQuade (left).