

County silver for McLaughlin

With much of the squad away training in Italy, the Dunmow Atlantis contingent was smaller than usual at the Essex County Senior/Junior Winter Championship.

Undeterred, 12 swimmers represented the club with flying colours.

They bagged nine new and 13 improved Essex qualifying times.

The impressive squad consisted of Aidan Clarkson, Kyle Panton, Damon Elliot, Maddie Lees, Morgan Harrod, Lauren Barker, Dylan Nutt, Abbie Hart, Daisy Herrington, Jamie Spong, Meghan Maybanks and Jamie McLaughlin.

The icing on the cake was a silver medal for McLaughlin in the 50m butterfly with 26.56secs and a 1min 10.55secs swim by Panton, ensuring him a 100m breaststroke bronze.

Both earned East Region qualifying times for next year, as did Elliot, Lees, Maybanks and Clarkson.



■ Jamie McLaughlin with his 50m butterfly silver medal.