

Swimming

Dunmow Atlantis Swimming Club members took part in the Team Luton long course open meet recently ahead of the East Region Championships.

With the start of the National qualifying window approaching, Damon Elliott, Jack Richardson, Sophie Taylor, Matt McLaughlin, Toby Rayner and Harrison Travers were all in action.

And it proved vital in terms of gaining experience at long course competition, as the Dunmow members competed against some of the top swimmers from clubs across the UK, including Birmingham University, Watford and Brompton.

Competing under the gaze of head coach Darren Tucker and Heather McLaughlin, Dunmow swimmers put in a solid display over the two-day event, with Elliott claiming 50m butterfly bronze. See dunmowatlantis.co.uk for more.