



Dunmow Atlantis youngsters celebrate.

Dunmow Atlantis end on high note

Swimming

Dunmow Atlantis swimmers finished on a high at the Essex Championships.

Sam Dack swam a huge personal best to win bronze in the gruelling 1,500m freestyle to set the scene for a memorable weekend.

Josh Smith added a pair

of gold medals in the 100m and 200m backstroke, with Daisy Herrington coasting home seventh in the 100m breaststroke final and Dylan Nutt taking sixth in the 300m medley.

Patrick Winnington made it through to two finals, while Ellis McQuade was fifth in the 10m butterfly and brother Evan gained an East region qualifying time.

Damon Elliott won 100m

butterfly gold as Smith took silver, before Daisy Russell, Jodie Thompson, Zara Clarkson and Poppy Barton just missed a medley relay medal hat, joined by Alice Fearn, won freestyle silver.

Smith, Mai McLaughlin, Elliott and Dack then led from the start of the 15 & over boys' medley relay final to be crowned county champions and end the campaign in style.