

## Swimming

### Four Dunmow Atlantis swimmers competed at National competitions recently.

Josh Smith and Rebecca Watt went to the British finals in Glasgow, accompanied by head coach Darren Tucker and assistant Jamie McLaughlin.

And Smith, 18, was 0.01secs off his 50m backstroke best in a hard-fought heat.

Watt, 17, finished fifth in the 50m freestyle final in a best of 26.38, while Damon Elliott, 15, flew the flag at the Welsh Nationals in Swansea.

After making the 50m freestyle final, he won 50m butterfly bronze, silver in the 100m and just missed out on a 100m freestyle medal by a hundredth of a second.

Sophie Taylor, 16, made her debut at the English finals in Sheffield and defied a niggly shoulder injury with determined swims in the 50m and 100m freestyle.

Smith was back in action in the 100m backstroke and reached the final in a new best. For more details see [dunmowatlantis.co.uk](http://dunmowatlantis.co.uk).



Four Dunmow Atlantis swimmers and their coaches at National Championships.