

Swimming

Dunmow Atlantis swimmers impressed as the Essex Age Group Championships got underway at the London Aquatic Centre.

Jenson Rule, Dominic Ridley, Arian Kurmanbayev and Angus Winnington were ninth in the 9/10 years freestyle relay, followed by a determined display by Eleanor Lawrence, Melissa Yates, Hallie Hughes and Amber Thompson.

Rule, Winnington and Kurmanbayev were joined by Tino Sanders for a top-10 finish in the medley relay, while club members combined for 19 top-10 spots and a host of personal bests in individual sprint events.

Josh Smith took open silver in the freestyle and butterfly, while Zara Clarkson won backstroke silver and Rebecca



The boys' medley relay squad face the camera.

Watt and Damon Elliott struck gold in freestyle and butterfly.

Day two at Basildon Sporting Village saw Evan McQuade, Sam Dack and Clarkson post top-10 finishes, as Elliott took bronze and Smith and Watt added silvers.

The 4x50m freestyle relay team of Sophie Taylor, Rebecca Johnson, Maddie Lees and Watt added bronze, while Elliott, Smith, Dack and Matt McLaughlin were fifth in the boys' event to help Dunmow into eighth in the club standings.