

Swimming

Dunmow Atlantis saw three of their young swimmers compete at the National Championships at Ponds Forge in Sheffield.

Rebecca Watt (*right*) stormed through the British 50m freestyle heats and produced a fine swim in the 16 years final to take bronze in 26.47secs.

And Watt was back for the England Summer event, cruising to the 100m freestyle final and taking eighth.

Damon Elliott, 14, reached his 50m freestyle final but just missed out on a medal after a personal best of 25.99.

Elliott (*top, right*) was back in the pool the next day and made the 50m butterfly final, finishing in the top 10.

Josh Smith, 17, (*right*) produced some good swims



in the 100m backstroke and 50m butterfly, but Megan Maybanks was unable to compete due to injury.

All eyes are now on the new 2018/19 season, which is due to begin in earnest.

For more details on the club visit their website dunmowatlantis.co.uk.