

Impressive start by Atlantis youngsters

Swimming

Dunmow Atlantis swimmers made a great start to the Essex Championships with medals won on the first weekend.

Josh Smith won gold in the open 100m backstroke and butterfly, plus bronze in the 200m backstroke.

And Elliot won silver in the 15 years' 100m butterfly, before joining Smith, Matt McLaughlin and Kyle Panton to win silver in the open medley relay.

The 11/12 girls' 200m freestyle relay team of Zoe Lloyd Rossi, Neve Winnington, Zara Clarkson and Olivia Syddell finished fifth in their final as Ellis McQuade and Winnington claimed their first ever East Region qualifying times.

Henry Pertwee, Patrick Winnington, Josh Toms, Harrison Travers, Toby Rayner, Jack Richardson, Sam Dack, Amelia Barton, Daisy Herrington, Sophie Taylor and Dylan Nutt also competed.



Dunmow Atlantis youngsters celebrate their relay success.