

Swimming

Dunmow Atlantis Swimming Club youngsters were back in action at the Harlow Penguins Spring Junior Development Meet.

Despite stiff competition from other local clubs, including Chelmsford, Braintree, Redbridge and the hosts, Dunmow dazzled with some superb performances throughout the evening.

For Yasmin Bretman and Logan Axsel, along with Violet and Rufus Gray, it was a very successful first ever open meet, while other members of the squad were able to smash personal bests.

Not only that, the phenomenal medal tally was proof that hard work pays off, with the squad combining for a total of nine gold, 11 silver and seven bronze.

The evening was topped off with another Regional qualifying time for 13-year-old Ellis McQuade in the 200m freestyle – his sixth this season – to the delight of junior coach Holly Miles, who was over the moon with the squad's outstanding achievements.

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



Dunmow Atlantis youngsters at the Harlow Spring meet.