

Swimming

Dunmow Atlantis swimmers showed fine form at the East Region Championship at Luton.

Maddie Lees, Damon Elliot, Toby Rayner, Patrick Winnington and Daisy Herrington had all met tough qualification times and impressed against some stiff competition.

Herrington and Rayner shone in freestyle and breaststroke, respectively, while Winnington improved his 100m butterfly and 200m backstroke times.

Lees set new bests in all four of her butterfly and freestyle swims, but was unlucky not to make finals.

However, Elliot, 14, made the finals of all of his events, producing an outstanding 100m freestyle swim of 58.63 seconds.

Atlantis head coach Darren Tucker said: "There were consistent swims and a big effort from everyone, pushing to the very end of a long weekend. I am so proud, well done to all."