

Dunmow Atlantis in best Essex finish

Dunmow Atlantis Swimming Club won two gold, seven silver and seven bronze at the Essex Championships.

And their squad of over 50 also managed 22 other top-eight finishes, which helped them finish in a best-ever position of eighth overall.

There was a total of 159 long course personal bests recorded by Dunmow youngsters, with Josh Smith taking the top boy award in the 17 years category.

John Boyle, Sam Dack, Jack Richardson, Damon Elliott, Aidan Clarkson, Meghan Maybanks, Georgia Harrod and Sophie Taylor all finished inside the top eight in their age groups.

And Rebecca Witt set an event best time in the 50m freestyle, as Smith recorded new marks in 50m and 100m freestyle and the 50m backstroke.

Elijah McHugh and Morgan Harrod both received Jack Petchey awards for their positive attitude and



Elijah McHugh and Morgan Harrod receive their Jack Petchey awards from club captain Rose Wilkinson.