

SWIMMING

Atlantis round off Essex event

The 2017 Essex County Swimming Championships have come to a close, and for Dunmow Atlantis it has been a momentous competition.

The final weekend of events saw the club scooping a multitude of accolades.

They secured 28 top eight places; two County Champions (Josh Smith, 100m backstroke and Meghan Maybanks, 100m free-style); plus silver medals for both swimmers (Maybanks, 200m I/M and Smith 100m fly) and bronze for 11-year-old Aidan Clarkson in the 200m freestyle.

Six swimmers improved their East Region QT's) and there was a superb new club record for 13-year-old Maddie Lees in the girls' 100m butterfly in 01:13:50.

Overall, this year's competition has netted the club 13 new and 27 improved East Region times; eight gold, 12 silver and nine bronze medals plus an incredible 93 top eight finishes.

The determined swimmers are now training in earnest for the upcoming Regional events to be held in April and May.

Visit www.dunmowatlantis.co.uk for more information on the swimming club.