

Swimming

Eight Dunmow Atlantis swimmers took part in the Swim England East Region Long Course Championships at Luton Inspire.

The three-day event saw months of gruelling training pay off, as swimmers from all over Essex, Suffolk, Cambridgeshire, Norfolk, Bedfordshire and Hertfordshire took part.

Just to qualify is a huge achievement due to the stringent times which must be met and the Dunmow squad were determined to make every meter count.

Harrison Travers, Jack Richardson, Maddie Lees, Josh Smith, Sophie Taylor, Rebecca Watt,



Matt McLaughlin and Damon Elliott gave their all, as head coach Darren Tucker and assistant Jamie McLaughlin provided poolside motivation.

And Smith took bronze in the 50m backstroke final, followed by Watt

striking gold in the 50m freestyle.

Smith earned silver in the 100m backstroke the next day and was seventh in the 200m, with Taylor fifth in 100m freestyle. Elliott was sixth in 50m and 100m butterfly and seventh in 100m freestyle.