

Swimming

A duo from Dunmow Atlantis Swimming Club donned the colours of their county and played their part as Essex travelled to the East Region Inter-County competition.

Josh Smith and Sophie Taylor were the pair who made the trek up to the University of East Anglia Sportspark in Norwich for the event after a hard-fought selection process.

To be selected to represent their county, the pair had to reach stringent qualifying times in their age groups with some of the fastest swimmers from across Essex making up the squad.

The competition itself was fierce, with Essex facing challenges from

Norfolk, Cambridgeshire, Suffolk, Bedfordshire and last year's winners Hertfordshire.

Smith was on good form in the 100-metres butterfly and he demonstrated his versatility in swimming both the medley and freestyle relays.

Meanwhile, Taylor fought hard in the 4x50m freestyle relay with a determined swim which saw a nail-biting finish and third place for Essex.

Until the very last minute Essex were sitting fourth in the overall standings but some superb performances in the final relays saw them overtake Cambridgeshire to take third spot with 206 points.

That left them just behind winners Norfolk and runners-up Suffolk.



Josh Smith and Sophie Taylor with Dunmow Atlantis head coach Darren Tucker.