

## Swimming

**Dunmow Atlantis SC began the new season with their club championships and presentation evening, with Essex ASA president Steve Turner as special guest.**

Swimmers competed in 50m sprints in all four strokes, adding points to middle and long distance events.

And awards went to the top swimmers in each group, including Zara Clarkson and Samuel Pertwee (10), Eliza Westcott and Bertie Warners (11-12), Maddie Lees and Aidan Clarkson (13-14), Ellie Runnalls and Mat McLaughlin (15+).

Lees and Clarkson took the top boy and girl awards, with captains confirmed as Dylan Nutt and Rose Wilkinson as Sophie Taylor and Josh Smith won gold in a 50m freestyle skins event.



Smith and Runnalls earned cash prizes in a close final, before 12-year-old Ellis McQuade (*above*) was named Swimmer of the Year by coach Darren Turner, who said: "Ellis has amazed me this year, working hard. His attitude is outstanding."