

**Dunmow Atlantis have stormed into the Essex Championships action with some impressive displays across the board.**

An unprecedented 50 Dunmow swimmers are competing in this year's event, proof that the club is going from strength to strength.

The first weekend, held at Basildon Sporting Village, saw a mixture of events from individual medleys, to mid-distance freestyle and highly contested relays.

Head coach Darren Tucker encourages his swimmers to challenge themselves not only when racing, but also in training, with many of them able to improve their times, gain regional qualifying times and top eight spots.

Coveted medals were won by Aidan Clarkson, Meghan Maybanks, Josh Smith, John Boyle and Sam Dack.

Dunmow dominated the youth relay events, with the girls taking freestyle gold and the boys a medley silver. For more information visit [dunmowatlantis.co.uk](http://dunmowatlantis.co.uk).



Dunmow Atlantis youngsters Meghan Maybanks, Georgia Harrod, Chloe Moloney and Rebecca Watt (above) with ASA Essex President and former head coach Steve Turner, who also poses with Josh Smith, John Boyle, Jamie McLaughlin and Kyle Panton (right).

