

Swimming

Two Dunmow Atlantis swimmers were able to celebrate after receiving Jack Petchey Foundation grants recently.

Daisy Herrington was recognised for her continued determination to improve her personal best times, continually going out of her comfort zone at training.

And clubmate Sophie Taylor was nominated for her tenacity, despite having suffered setbacks during a challenging year due to injury.

Taylor is now on the road to recovery and both are looking forward to the busy season ahead.

Certificates were presented by head coach Darren Tucker, with an official medal ceremony to be held alongside their peers later this year.

Sir Jack Petchey CBE set up the foundation in his own name after his own experiences as a struggling youngster.

It aims to inspire and motivate young people in London and Essex and since 2000 it has invested over £124 million to support and encourage them to reach their full potential.



Dunmow Atlantis Swimming Club's Jack Petchey award winners Daisy Herrington and Sophie Taylor.