

Swimming



Eliza Westcott (left) and Jodie Thompson celebrate their success for Dunmow Atlantis

Dunmow Atlantis Swimming Club saw members of their rookie squad get among the medals at Harlow's Junior Development meet.

The club has seen a surge in youngsters join recently, with many refining techniques and building up stamina in the academy before moving up to the rookies, and Jodie Thompson and Eliza Westcott have won swimmer of the month awards for progress and determination.

Others combined for four gold, four silver and five

bronze at Harlow, plus 44 top-10 places and 47 personal bests. Squad: Zara Clarkson, Zoe Lloyd-Rossi, Arianne van de Ende, Jess Jagathesan, Millie Westcott, Elizabeth Dinning, Amelia Barton, Ella Nutt, Hannah Lock, Henry Bishop, Eliya McHugh, Louie Walker, Emily James, Hettie le Huquet, Rebecca Hayward, Georgia Richardson, Emily Hastings, Eliza Westcott, Ellis McQuade, Ben James, Bertie Warnes, Samuel Hayden, Henry Pertwee, Oscar Hastings, Lucy le Huquet, Sophie Lloyd-Rossi.