

Dunmow Atlantis swimmers shine

Swimming

Dunmow Atlantis swimmers were back in the medals in the second round of the Essex Championships at Basildon Sporting Village.

Zara Clarkson won 100m backstroke bronze and had top-eight finishes in the 100m butterfly and 200m backstroke, while Damon Elliott added 100m breaststroke bronze and was sixth in the 200m medley.

Beccy Johnson and Matt McLaughlin made their 100m backstroke and breaststroke finals, as Daisy Russell, Sam Dack, Ellis McQuade and Luisa Carey all recorded improved times.

McQuade, Sam Pertwee, Dalen Kurmanbayev and Charlie Hughes just missed a top-eight spot in the 11/12 years freestyle relay, while Henry Pertwee, Ollie Smith, McQuade and Logan Axsel

Zara Clarkson and Beccy Johnson celebrate.



were 12th in the medley event.

Johnson, Sophie Taylor, Maddie Lees and Sarah Edwards were ninth in the open medley relay to round off the weekend.

*Rebecca Watt was fifth in two open finals while in Dubai as part of the DISE programme.

And the 17-year-old also went to Loughborough University with Swim England East Region as part of the Project 2028 pilot for team building, workshops on nutrition and psychology and training.