

Atlantis trio shine

Dunmow Atlantis Swimming Club youngsters played a key role as Essex won the Junior Inter Counties competition at Luton.

The talented trio of Damon Elliot, Jack Richardson and Harrison Cox were selected alongside other youngsters from across the area to represent the county at the prestigious event.

And despite fierce competition from the likes of Bedfordshire, Cambridgeshire, Hertfordshire, Norfolk and Suffolk, the Essex squad were able to replicate the success from the senior event early in the summer and were crowned champions.

For more information on the Dunmow club visit their website dunmowatlantis.co.