

Swimming

Dunmow Atlantis were in good form at the recent East Region Championship.

Taking part in the 15+ age group were John Boyle, Louis Spong, Josh Smith, Georgia Harrod, Chloe Moloney, Rebecca Watt, Meghan Maybanks, Kyle Panton, Matt McLaughlin, Ellie Runnals, Sam Dack and Jamie McLaughlin.

Competing at a high level meet such as this proved challenging, but the Dunmow contingent gave their absolute best and all were a credit to the club.

Five swimmers gained finalists places – Boyle, Smith, Maybanks, Watt and Jamie McLaughlin – while there were also bronze medals for Smith and Maybanks.

In the 10-14 year old age group Aidan Clarkson, Patrick Winnington, Jack Richardson, Damon Elliot, Maddie Lees, Daisy Herrington and Sophie Taylor represented the club.

Strong swims from the group led to new PBs and seven top-10 places.