



Dunmow Atlantis youngsters at Basildon. Inset, Harrison Cox won three gold medals for Dunmow Atlantis at their latest meeting.

Dunmow Atlantis swimmers produced excellent displays and a host of medals at the Basildon time trials.

As well as claiming 18 golds, 10 silver and five bronze medals, the squad saw Sophie Taylor achieve coveted East Region qualifying times in the 100m and 200m freestyle, alongside Sam Dack (200m breaststroke), Jack Richardson (200m backstroke), Aidan Clarkson and Patrick Winnington (both 200m medley).

And Dunmow youngsters recorded no fewer than 49 personal bests at the gala, despite fierce competition from the Southend, Bishop's Stortford and Barking & Dagenham clubs.

Harrison Cox, Toby Rayner, Damon Elliott, Josh Smith, Rebecca Johnson, Maddie Lees, Rose Wilkinson, Georgia and Morgan Harrod, Matt and Jamie McLaughlin, Neve Winnington, Lucy and Hettie le Huquet, Rebecca Dack, Rebecca Romain, Daisy Herrington and Ella Nutt completed the successful Atlantis squad.

