

Swimming

Dunmow Atlantis enjoyed a fantastic weekend at the Swim England East Region Championships at UEA Sportspark in Norwich.

A group of five youngsters in the 10-14 year group competed at the three-day event, where competition was tough as six Eastern counties took part.

After weeks of training and preparation Zara Clarkson was in great form in the 50m butterfly, 50m and 100m freestyle

and Ellis McQuade made the top 10 in the 200m butterfly and swam 50m and 100m freestyle.

Beccy Johnson also made her event debut and set a new best in the 200m backstroke, as Patrick and Neve Winnington shone.

Patrick smashed several personal bests after qualifying for six backstroke and breaststroke events, while Neve pulled out all the stops in a tough 50m breaststroke race.

For more details about the club see dunmowatlantis.co.uk.