

Dunmow duo are Masters in pool!

Swimming

Dunmow Atlantis duo Michelle Romaine and Steve Beale were among the medals at the 25th Masters & Seniors Age Group Valentines Meet at Sudbury.

The pair were up against swimmers aged 25 to 70 from across the East region, including Colchester, Ipswich and Chelmsford, at the Kingfisher Leisure Pool and showed great form.

Beale improved his 50m backstroke best to win the first of his four golds, before also coming home first in his 100m backstroke, 50m butterfly and 100m medley swims.

And Romaine was also celebrating after she won a hat-trick of golds in her trademark 50m, 100m and 200m breaststroke swims.

Dunmow Atlantis Masters were formed in 1998 and have competed at county and national level



Steve Beale and Michelle Romaine.

over the years.

Open to swimmers aged 16 and over, their tri-weekly sessions are coached and followed a written set. See dunmowatlantis.co.uk for more information.