

Swimming

Dunmow Atlantis youngsters returned to National Junior Swimming League action for round two of this season's competition.

They took on hosts Haringey Aquatics, as well as Epping Forest, Broomfield Park, Halstead and Borough of Harrow at Braintree in a gala full of tense moments.

And the Dunmow swimmers, aged nine to 12, fought hard against stiff competition across a mixture of relay and individual events to show good form in the water.

The squad was supported by junior coach Holly Miles, assisted by senior club swimmers Ben James, Harrison Brooks and Rebecca Dack,



as well as Sophie Lloyd-Rossi who cheered on youngster sister Zoe (*above*), winner of the April swimmer of the month award.

For more information about the club visit their website dunmowatlantis.co.uk.