

Swimming

Dunmow Atlantis Swimming Club youngsters were back in the pool at the Epping Forest season opener at Loughton.

The short course level three meet also saw teams from Harlow Penguins and Canvey Island in action, with many swimmers looking to gain Essex qualifying times.

And the Dunmow squad were on top form, adding to their medal tally throughout the day to maintain their momentum in the early stages of the 2018/19 season.

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



Dunmow Atlantis face the camera at Epping Forest.