



Dunmow Atlantis Swimming Club's left to right Jamie McLaughlin, Sarah Edwards, Michele Romain, Holly Miles and Matt McLaughlin.

Swimming

Dunmow Atlantis Swimming Club's masters were in fine form as they competed in the Essex Masters 2017 Championships.

The formidable five took on the best in the county at Basildon Sporting Village, but some outstanding swims meant they came away with an impressive medal haul.

There were two silvers and a bronze for junior coach Holly Miles (50m and 100m breaststroke, plus 50m freestyle), while the McLaughlin brothers took home five golds between them (50m and 100m breaststroke for Matt, then 50m and 100m freestyle, plus 50m fly for Jamie).

Michele Romaine ticked the

double gold box in the 50m and 100m breaststroke events, while Sarah Edwards currently lies in the Essex top spot for her age group, having stormed to victory in both the 50m freestyle and backstroke.

Visit www.dunmowatlantis.co.uk for more information on joining the masters who train twice a week at Dunmow Leisure Centre.