

Swimming



Dunmow Atlantis youngsters (above) produced a superb performance in the final round of the National Junior League to finish just two points behind winners Haringey Aquatics.

Their efforts ensured a seventh-place finish in the final table, despite stiff competition from much larger clubs.

The Dunmow swimmers fought valiantly across all three rounds and were especially proud to take a full compliment of wins in the nail-biting squadron relay, which sees four girls and four boys from each age group swim a length each, as they remained unbeaten.

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