

**SWIMMING:** It was another great weekend for Dunmow Atlantis Swimming Club at the Essex Age Group Championships.

The club had 19 personal bests from 23 swims and achieved 14 top eight places, as well as eight new east region qualifying times, five improved regional qualifying times and 15 improved club records.

For the full gala report, visit our website, [dunmowbroadcast24.co.uk](http://dunmowbroadcast24.co.uk)