

Dunmow Atlantis see Masters claim medals

Swimming

Dunmow Atlantis Swimming Club had more to cheer in the pool recently.

After the club's highly successful start to the Essex Age Group Championships, hopes were high for the Essex Masters event held at Basildon Sporting Village.

And Dunmow's fantastic five of Michele Romain, Cheryl Herrington, Stephen Beale, Nicola Russell and Tara Stroud were in fine form as they combined for an impressive tally of six gold, six silver and two bronze medals.

And their combined efforts meant Dunmow finished 11th overall out of 20 clubs from across Essex who were competing at the event.

Dunmow Atlantis Masters train three times a week at the Dunmow Pool & Leisure Centre and if you would like more information about the club visit their website dunmowatlantis.co.uk.



Dunmow Atlantis members face the camera.