

Swimming

Dunmow Atlantis Swimming Club duo Tara Stroud and Steve Beal flew the flag at the Masters Inter Counties competition recently.

The event was held at Bury St Edmunds where the Dunmow duo represented Essex against the likes of Suffolk, Bedfordshire and Norfolk.

They teamed up with swimmers from clubs across the county, including Basildon, Chelmsford and Romford, and produced some superb swims.

And in a close-fought competition, Essex eventually came out on top.

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

