

Dunmow Atlantis Swimming Club's junior squad showed top form at the weekend.

Competing at the Harlow Penguins Spring Development meet, for swimmers aged 13 and under, they came away with a fine haul of medals.

The event gave many of the club's youngsters the chance to experience competition conditions for the first time, as clubs from all over the local area took part, including Braintree, Chelmsford, Halstead and Cheshunt.

And Dunmow members thoroughly enjoyed themselves, combining for 11 gold, 11 silver and 10 bronze medals.

The squad also recorded 40 top-eight placings, as well as a host of personal bests across the board.

A group of 10 swimmers also racked up some impressive first times in the pool and anyone wanting more information about the club can visit their website dunmowatlantis.co.uk.



Dunmow Atlantis juniors at the Harlow Penguins meet.