

■ Dunmow Atlantis have returned from Lanzarote after a week of intensive training at Club La Santa.

The camp saw 24 swimmers take up the opportunity to improve fitness, technique and stamina at the world-class facilities.

Head coach Darren Tucker, assisted by Amanda Simmons and Heather McLaughlin, oversaw four hours of training a day with workouts on land and team building thrown in.

Back home a handful of senior squad members took part in the East Region Winter Championships at Luton.

Flying the flag for DASC were Sam Dack, Ellie Runnalls, Georgia Harrod, Dylan Nutt and Matthew McLaughlin who all produced strong swims.