



Dunmow Atlantis Swimming Club's Rob Stranders, Michele Romain and Matt Hodge won medals at the annual Valentine's Senior and Masters Open Meet. See inside for the meet report.

## Masters shine for Dunmow in Valentine meet

**Dunmow Atlantis have been celebrating many successes during the current Essex County Championship, however their senior swimmers have also been flying the flag for the club.**

A group from the Masters' squad took part in the annual Valentine's Senior and Masters Open Meet on Saturday, held at Sudbury Leisure Centre.

They competed in a variety of events against swimmers from all over the area, and can now boast of three champions - Michele Romain (200m breaststroke), Tara Stroud (50m, 100m freestyle) and Rob Stranders (50m freestyle).

The accolades didn't stop there, with the formidable four also scooping further medals - bronze for Matt Hodge (50m breaststroke), Stranders (200m bronze and silver in 400m freestyle) plus Romain (silvers 50m, 100m breaststroke).

Also competing for the Masters in the Essex Championship at Basildon over the weekend was 31-year-old Sarah Edwards, smashing her old 100m freestyle PB and now currently lying 10th in the county in her age group.

Visit [www.dunmowatlantis.co.uk](http://www.dunmowatlantis.co.uk) for more information on joining the DASC Masters.