

Swimming

Tara Stroud and Stephen Beal were among the medals for Dunmow Atlantis at the Norfolk Masters & Senior Long Course Open.

Swimmers aged 25 to over-70 from all over the region took part at the UEA Sportspark, with Beal striking silver in the men's 50m freestyle and gold in the 200m backstroke in 2.47.45.

Stroud, meanwhile, swam to four golds as she took top spot in the women's 50m and 100m freestyle and repeated the trick in the backstroke events.

A time of 35.77 set a new East Region Masters record for the 50m backstroke and Stroud was close to a 100m best too, missing it by just 0.19 seconds.

For more information on joining the DASC Masters, who train twice a week, visit the club website at dunmowatlantis.co.uk.

