



Dunmow Atlantis won bronze in the 200m freestyle relay at the Regional Masters event.

# Atlantis rewarded

**Dunmow Atlantis swimmers had more to celebrate at the East Region Masters earlier this month.**

As well as landing medals in the individual events, they also saw their women claim bronze in the 200m freestyle relay.

Tara Stroud took silvers in her 50m backstroke and freestyle swims, with Nicola Russell doing the same in her events and also finishing fifth in the 100m medley.

Michele Romaine claimed bronze in 50m breaststroke and was fourth over 200m and fifth in her 50m freestyle.

Sarah Edwards was fourth in her 50m backstroke and fifth in freestyle, as Rebecca Moloney finished fifth in her 50m backstroke and seventh in the freestyle.

Russell, Moloney, Edwards and Stroud then combined force to win the relay bronze as Atlantis swimmers also set a host of new improved times.

For more information on the Masters, who train twice a week at Dunmow pool, visit [dunmowatlantis.co.uk](http://dunmowatlantis.co.uk).