

■ Dunmow Atlantis will take over 50 swimmers to the Essex Championships later this month after some fine displays in recent meets.

They co-hosted the popular Christmas Cracker with

Braintree SC towards the end of 2017 and saw many of their members gain county times at the Basildon Last Chance gala a week later.

And Atlantis also just missed out on promotion to the Premier Division of the National Arena League's London section after finishing third in Division One, having only been promoted to that level a year earlier.

Meg Maybanks and Rebecca Watt are due to compete at the Winter Nationals coming soon as the club looks to maintain its momentum in the pool.