

Swimming

Dunmow Atlantis swimmers competed in the Essex Masters Championships at Basildon Sporting Village recently.

And they squad showed fine form, against the best in the county, to win a host of medals.

Steve Beale won gold in the 50m butterfly, 50m and 100m backstroke, as well as 100m medley silver to lead the way for Dunmow.

Sarah Edwards won 50m backstroke and freestyle golds and 100m freestyle silver while improving times in all events, as Nicola Russell took silvers in 100m medley and 50m freestyle, but just missed out in the 50m butterfly.

Michele Romain was 50m and 100m breaststroke champion in her age group, while Cheryl Herrington won 100m breaststroke gold and silver in the 50m event.



Dunmow Atlantis members face the camera.

And their combined efforts and success over the course of the weekend certainly proved

the squad's motto 'there isn't anything faster than a Dunmow Master!'