

Swimming

Dunmow Atlantis members were among the medals at the British Masters Championships in Cardiff.

The three-day event hosted by Swim Wales is the highlight of the calendar for those aged 16 to 60-plus and a squad of nine represented Dunmow.

Sarah Edwards won bronze in the 50m backstroke before joining forces with Tara Stroud, Abbie Hart and Georgina Harrod to add silver in the 4x50m freestyle relay.

And there were further bronze medals for Stephen Beale in the 200m backstroke



Dunmow Atlantis swimmers at the British Masters Championships in Cardiff.

and Matt McLaughlin in the 50m breaststroke, as well as a silver in the gruelling 200m

butterfly for Dylan Nutt.

Michele Romain and Nicola Russell were

also in action for a Dunmow squad which set 10 improved times between them.

For more information about the club visit dunmowatlantis.co.uk.

