

Swimming

Dunmow Atlantis made an impressive debut on the National stage at the British Masters in Plymouth as they claimed 15 medals.

The women's 4x50m medley relay squad of Tara Stroud, Holly Miles, Nicola Russell and Sarah Edwards led the way with a superb gold.

And there were silvers for Kyle Panton (400m freestyle), Abbie Hart (100m butterfly) and Louis Spong (200m medley, 100m butterfly).

Stephen Beal, Russell, Matt McLaughlin and Stroud won mixed 4x50m medley relay silver, as the men's 4x50m medley squad did the same.

Bronze medals went to Dylan Nutt (200m butterfly), Stroud (200m freestyle), Panton (200m freestyle, medley) and Spong (200m breaststroke), as well as the mixed 4x50m freestyle relay squad of Spong, Edwards, Jamie McLaughlin and Stroud.



Dunmow Atlantis members at the British Masters.

The men's and women's 4x50m freestyle relay squads added further bronze medals as Dunmow finished 22nd overall out of nearly 200 clubs

across the UK. For further information about joining the club, you can visit their website dunmowatlantis.co.uk.