

Swimming

Dunmow Atlantis youngsters dug deep to finish third in the latest National Arena League meeting at Becontree.

Buoyed by their impressive second place finish in the first round fixture, they took on seven other clubs from the London area, including Barking & Dagenham, Luton, Watford and Potters Bar.

And they showed plenty of grit and determination in individual sprints and relay races to finish just a few points behind runners-up Barking, as Watford took top spot.

That left Atlantis in fourth place overall in the 16-team Division One competition and the nailbiting, decisive final round is next month.

For more information visit dunmowatlantis.co.uk.



Dunmow Atlantis swimmers face the camera at their latest National Arena League meeting at Becontree. The young squad impressed in the pool once again and face the decisive final round next month.