

Sports shorts

Swimming

DUNMOW Atlantis swimmers returned with a huge haul of medals at an open meet in the new pool in Harlow on Saturday.

Atlantis' 24 swimmers returned to Dunmow with 19 gold, nine silvers and nine bronze medals as well as 63 PBs, 19 club records and 18 top six finishes. This resulted in 10 Essex Counties ASA qualifying times with two new Atlantis swimmers added to the list eligible for competing in county galas in 2013.

Louis Spong had an exceptional day as he won seven gold medals and gained third place in the "top boy at the meet" award.

There were 12 clubs represented at Harlow including Harlow Penguins, Basildon Phoenix, Bishops Stortford, Braintree, LB of Redbridge, Dunmow Atlantis and Saffron Walden. Atlantis finished four highest in the points table.

For more information on joining the Atlantis swimming club, visit dunmowatlantis.co.uk