

British Down Syndrome Swimming Championships

The British Down Syndrome Swimming Championships took place at K2, Crawley over the weekend of 16-17 November. We were proud to have WSSC athlete (and world record holder) Mark Holmes (41) represent the Club at this event. Mark won gold medals in all of his eight events (50m, 100m, 200, backstroke, 50m and 200m freestyle, 50m butterfly, 100m breaststroke and 100m IM) in the 35 years and over category and took two splendid British Championships silver medals (50m and 200m backstroke), in both cases behind 28-year-old British Champion Billy Birchmore. Huge congratulations, Mark!

