

WSSC athlete Mark Holmes has returned triumphant from the 8th Open European Down Syndrome Championships in Albufeira, Portugal, bringing home four medals and a new world record. Mark, an experienced and popular Team GB swimmer at both European and World events, had the honour of being chosen as the Team GB flagbearer at the opening ceremony for the Championships.

Backstroke specialist Mark, 42, claimed a compelling gold in the 100m backstroke, beating a 22-year-old and a 23-year-old into second and third place respectively in a final in which the average age of the competition was 26 years. In so doing, Mark bettered his own Masters 2 world record set at the 9th World Down Syndrome Championships in Nova Scotia, Canada in 2018. In the individual competition, Mark also won bronze in the 50m backstroke (just 0.02 seconds behind the silver placed swimmer) and in the 200m backstroke. He also qualified for the final of the 100m individual medley and was just pipped out of the medals, taking fourth place. Mark's prowess at the backstroke also saw him selected to swim that leg in the 4 x 50m medley relay, with the GB quartet taking a splendid silver medal in this event. Huge congratulations to Mark who finished the competition as the 9th ranked male swimmer overall.

