

Mark Holmes, 40, returned a proud bronze medal winner from the European Down Syndrome Swimming Championship held in Padua, Italy last week. Mark, who trains with West Suffolk Swimming Club in Haverhill, was selected to represent Great Britain in six event – his favoured backstroke (50m, 100m and 200m), the 50m and 100m breaststroke and in the men's 4 x 100m freestyle.

Mark qualified for the final in each of his backstroke races, achieving a very respectable 7th place in the 100m event and in 8th place in the 50m and 200m. The bronze medal came in a thrilling relay event, with Mark competing alongside teammates William Roberts from St Ives Swimming Club, Daniel Daley from Liverpool and Cheshire Penguins and triple world champion Mark Evens from Hitchin Swimming Club. The quartet edged out the Irish team to take the podium place behind Portugal and hosts Italy.

Team GB had a very successful Championship, winning the overall Team prize with 742 points, ahead of Italy (508) and Portugal (460).

Mark was back in the pool as soon as he returned to the UK, with his next goal the 11th World Down Syndrome Swimming Championships in Antalya, Turkey in March 2024.



Mark Holmes, second from left, with his 4 x 100m freestyle teammates.



Mark with the Championship Cup awarded to Team GB