



 Swim
England

Big In Japan

THE STORY OF THE TOKYO 2020
OLYMPIC GAMES // PARALYMPIC GAMES

INSPIRED TO TRY OUR SPORTS?



Excellence, excitement, emotion... success inspiring next generation

The rearranged Tokyo 2020 Olympic and Paralympic Games will go down in the history books – and not only because of the year-long postponement. Early mornings cheering on our swimmers, divers and artistic swimmers were certainly worth it as we returned from Japan with a total of 37 medals across both Games.

It was the most successful Olympic swimming campaign ever for Team GB with eight medals won – while another three podium places were secured by the diving team.

No sooner had the excitement of the Olympics died down, the Paralympics were in full swing. Eight gold medals were won in the pool out of a total of 26 for the British squad during a competition full of excellence, excitement and emotion thanks to Paralympic debutants and veterans of the Games alike.

It's not just about the medals though. Every single British athlete, coach, volunteer and member of the support staff are now role models for the next generation. This book – which recognises all the British athletes competing in Tokyo but predominantly focuses on Swim England members – aims to encapsulate those magical memories and inspire more and more to get involved with our wonderful disciplines.

We hope you enjoy recalling why everyone was Big In Japan and the legacy they have achieved.

Jane M Nickerson MBE
Chief Executive, Swim England

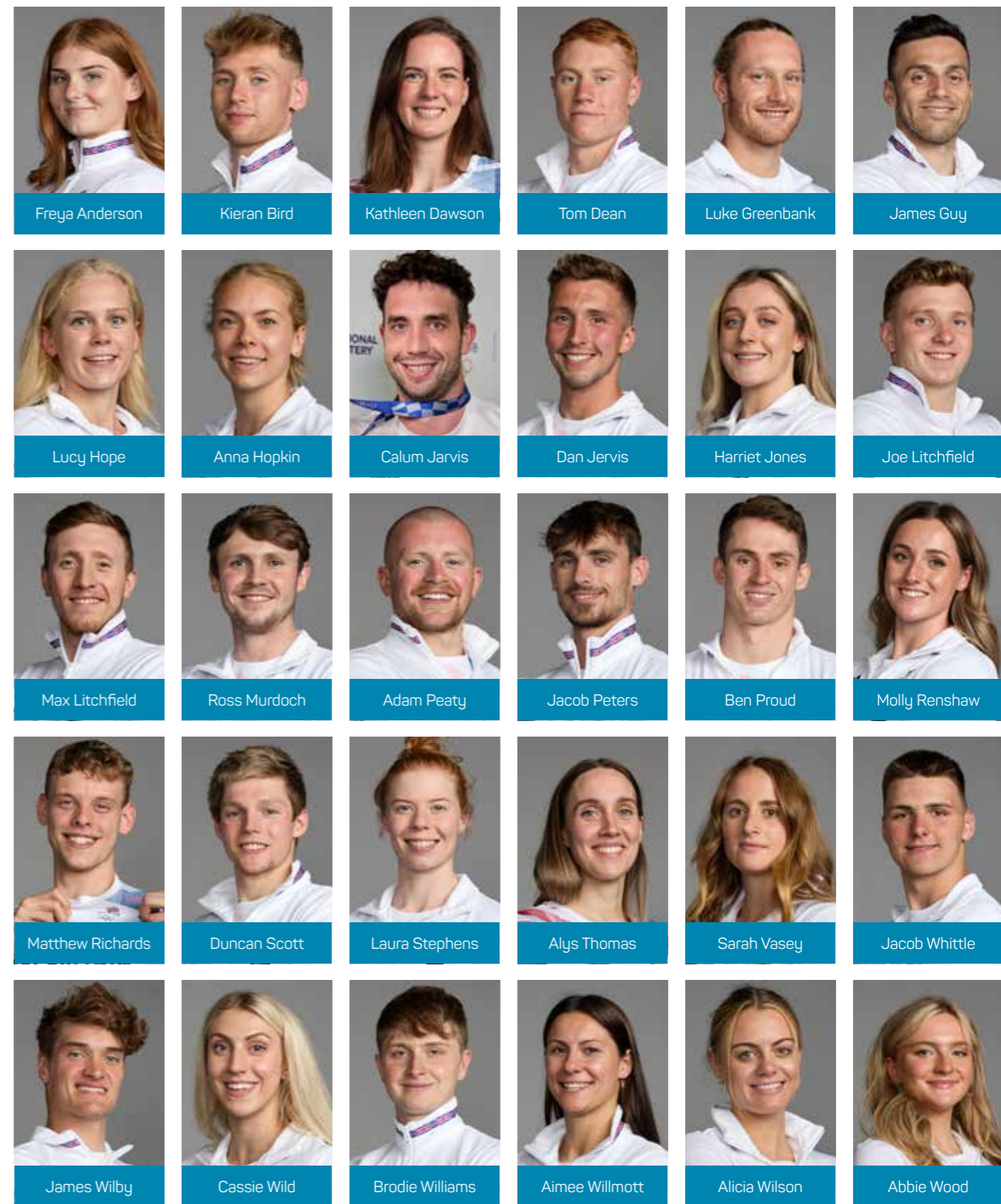
Acknowledgements

Editor: Ian Whadcoat;

Design: Mel Pollard; Content: Ian Whadcoat, Dan Richardson, Lydia Ferrari Kehoe; Pictures: Getty Images, ParalympicsGB.
All articles were originally published on the Swim England website prior to and during the 2020 Olympic and Paralympic Games.

TOKYO 2020 // OLYMPIC GAMES

Swimming





'Fearless' Team GB can deliver 'explosive performances'

Steve Parry backing Britain's swimmers to eclipse the six medals won at the Rio 2016 Games in Japan.

Olympian Steve Parry believes Team GB's fantastic blend of experienced swimmers and fearless younger talent can deliver 'explosive performances' at the Tokyo 2020 Olympic Games.

Eight days of swimming action kicks off at the Tokyo Aquatics Centre on Saturday 24 July with Parry relishing the prospect of what he says is the strongest GB team for a while can achieve.

Impressive performances in the 2019 World Championships in Gwangju, South Korea, and topping the medal table at the recent European Aquatics Championships in Budapest, Hungary, are among the reasons why Parry is so upbeat about Team GB's chances of success.

"I'm excited," said Parry, who won a bronze medal in the 200m Butterfly at the 2004 Athens Olympic Games. "I don't think we've seen a stronger team for a while. I think it's a fantastic blend of experience and younger talent – and that can be explosive in terms of performance.

"Having the likes of Adam Peaty, James Guy and Duncan Scott there that have been there and done it before gives everyone else a level of belief.

"And then you've got a combination of younger talent there that doesn't seem to be scared of anything and that's why we have had such strong performances for many years.

"I'm excited to see how they do against the Americans who always turn up at the Olympics but also the Australians who, on paper, look better than the Americans this year."

"So can the Brits do it against

those teams, not to mention all the Asian teams who will be bang up for it because it's in their backyard."

Parry, who will be commentating for BBC Radio 5 Live during the Olympics, reckons Team GB's tally of six medals at Rio – one gold and five silvers – can be eclipsed in Japan.

While Adam Peaty will be aiming to become the first British swimmer to defend an Olympic title, Parry says there are also several other opportunities to top the podium.

"Adam Peaty he has to be one of the biggest odds-on favourites for any gold medal at any Games," he said. "The question is how close can he go to his world record?"

"It will be incredibly tough to beat his world record. If you break Adam's performance down into four segments and pick the best ones from all the years, you come out with a 56.3 or 56.4.

"So he is capable but I would consider that to be a perfect swim – so it's whether he can get that. One thing for sure, he's going to be 57 low or 56 high.

"The world record, though, is the cherry on the top. It's about the hardware. The more significant event for Adam is can he be the first Brit ever to back up a gold medal in successive Games.

"There's a reason it's not happened before and that's because it's incredibly tough to do so I think he'll be focused on that.

Load of confidence

"Adam could win two gold medals. The Americans are incredibly strong in that 4x100m Medley Relay but if you look at our lads now, you're going [Luke] Greenbank backstroke, Peaty

breaststroke, James Guy fly and Duncan Scott freestyle – that's really, really strong.

"What's great about this team is they don't seem to have any fear. They have gone from successive meets and really delivered when it counts and that will give them a load of confidence.

"There are a couple of other options I could see us pushing for top honours in the relays – the men's 4x200m Freestyle and the 4x100m Mixed Medley.

"I wasn't supportive of a mixed event as I thought there was enough events in swimming but I think I was being a little bit naive – we are really, really good at it.

"Those are the events you do get excited about because there can be a real turnaround in how the event unfolds and I think it's really appealing to the mass public as well – people who haven't really seen swimming can relate to that.

"It's fascinating to see how it pans out and it's one of the races I most enjoy commentating on."

Parry thought a lack of fans would initially be a problem but now doesn't think an empty Tokyo Aquatics Centre will be an issue for Team GB's swimmers.

He said: "Once athletes have got their heads around the fact that parents won't be there and friends and family haven't got the opportunity to support, they have really managed to find a way to go through the process and deliver times.

"I don't think that will be a consideration at all. There are Olympic medals on the line and people want to do personal bests at the Games and that's what they will be focused on."

Brits set new relay record as Team GB get off to a flying start in Tokyo

There was a new British relay record and four swimmers progressed through the heats in an exciting opening session of swimming action at the Tokyo 2020 Olympics.

The Women's 4x100m Freestyle Relay team of Freya Anderson, Abbie Wood, Anna Hopkin and Lucy Hope broke the British record back in May at the European Aquatics Championships.

In their first race in Tokyo, the quartet lowered the record once again, this time by 0.14, after finishing in 3:34.03 to win heat one.

This sees the European champions through to Sunday's Olympic final as the fourth fastest team, with Australia, Netherlands and Canada going quicker in heat two.

It was a slow start off the blocks for Team GB, but they were able to come back from behind to touch the wall first.

Hope was first up, followed

by Loughborough swimmers Hopkin and Wood.

The British team were in third as Wood took the plunge and managed to gain a place before Wood handed over to Anderson.

Anderson chased down the Swedish team and was only 0.39 behind at the turn.

A strong finish from Anderson saw Great Britain come out on top.

"It was really good," said Anderson. "It was a really good way to kick off this meet with these three girls.

"Couldn't ask for a better start really. All the support from home has been amazing, it feels like the whole country's behind us which is really nice."

Wood also says the relay event was the 'best way' to start off

her Olympic campaign. She said: "I think a relay with the girls is the best way to kick it off and it's just a good one to start off with. It's nice having a girls relay in the mix because usually it's just boys all the time."

Hopkin added: "We've been itching to get going and I think it was just good to get a swim out on the first day and get comfortable with the arena, so I think we did a good job there.

"They weren't even considering us for a relay here until we did so well at Euros. We just proved to everyone that we're here to do something good for GB."

Peaty and Wilby progress

Both Adam Peaty and James Wilby progressed through to the semi-final of the Men's 100m Breaststroke event.

Peaty goes through with the fastest time of 57.56, only 0.43

"All the support from home has been amazing. It feels like the whole country is behind us which is really nice."



outside the Olympic record (57.13) he set in Rio.

European bronze medallist, Wilby, was the sixth fastest in the 100m Breaststroke, clocking in at 58.99.

The pair will feature in Sunday's semi-final as they aim for a place in the final on Monday.

Speaking of how he felt about his opening swim, Peaty said: "Very fast, very solid. You know it's a bit weird when you come to an arena like this, you never know where you're going to be.

"You can do all the preparations you can do but tonight it was all about shaking the cobwebs out, and I haven't done something like that in a long time so I'm looking forward to seeing where we can build off that."

Impressive Willmott

The Women's 400m Individual

Medley heats saw Aimee Willmott touch in second place after an impressive performance in the final heat.

Her time of 4:35.28 was the second fastest heading into the final behind the winner of the same heat swim, USA's Emma Weyant (4:33.55).

Willmott's heat time was only 0.24 slower than the time she swam in the final of this event at the Rio 2016 Olympics.

On her performance, the 28-year-old said: "Mad! I was quite, not nervous, but I just wanted to do myself proud here and have loads of fun with it. I'm really happy with that to be honest. That's the fastest I've been in a couple of years I think, so I'm actually really, really happy with that.

"I could feel myself starting to tie up a little bit but I guess I've

just got to recover now and who knows what will happen in the morning."

Max through but Brodie out

Max Litchfield and Brodie Williams were the first English swimmers in action – the pair featured in heat three of the Men's 400m Individual Medley.

With a strong field in this event and only the top eight going through to the final across the four heats, Litchfield and Williams had work to do.

Loughborough National Centre swimmer Litchfield had a strong finish to touch the wall in 4:10.20, which was enough to secure a place in Sunday's final.

Williams, of the Bath National Centre, made his Olympic debut and put on a determined performance but missed out on a place in the final after his time of 4:17.27.



Another record but it's so near and yet so far for Team GB

Great Britain's Women's 4x100m Freestyle Relay team shattered their own national record during an opening Olympic Games finals session of near misses for Team GB.

"I feel like we all stepped up for our first Olympic final and I think we did ourselves proud by coming away with a British record."

The team of Anna Hopkin, Abbie Wood, Lucy Hope and Freya Anderson finished in 3:33.96 as they took fifth spot to lower their previous best of 3:34.03 they clocked in the semi-final yesterday.

A lifetime best of 53.16 from Hopkin got the team off to a great start and the team were third following Wood's leg of 53.23.

However, they couldn't hold onto that spot despite the efforts of Hope (54.73) and Anderson (52.84).

Wood said: "To come away with the best time as a relay team, we couldn't have done much more."

"I feel like we all stepped up for our first Olympic final and I think we did ourselves proud by coming away with a British record."

Anderson added: "We were in the race for bronze and just missed it but considering where we were last year, I don't think any of us could have expected this."

moved up to fifth after the breaststroke leg and looked liked he was going to take third following a strong freestyle swim in the final 100m – only to miss out yet again.

America's Chase Kalisz took the gold medal in 4:09.42, with his compatriot Jay Litherland second in a time of 4:10.28.

Litchfield said: "It's tough, fourth again, but it is what it is. I've got more years in me so I'll come back and I'll be better next time."

"I said I'd put my head down and go for it. It just wasn't quite enough but that's sport. Sometimes you fall short."

Emotional Aimee seventh

Emotional Aimee Willmott admitted it had been a tough race as she finished seventh in the Women's 400m Individual Medley.

Willmott had qualified second quickest in 4:34.28 but couldn't replicate that performance in the final as she clocked 4:38.30.

She said: "It is kind of where I'm at – I just wanted to have fun."

"The time was a little bit off the boil but I just had to get in and do my best ... it was a pretty tough race if I'm being honest"

"I'm pretty kind of happy with my career and to make another Olympic final, I almost kind of shocked myself a little bit. That was amazing for me."

Peaty, Wilby safely through

Adam Peaty and James Wilby comfortably booked their places in the Men's 100m Breaststroke final.

Defending Olympic champion and world record holder Peaty clocked 57.63 to win his race and finish as the fastest qualifier, while Wilby was third in his semi-final in a time of 59.00.

Olympic Tweets



4 Retweets 23 Likes

Agony for Litchfield

Max Litchfield vowed he would 'come back better' after finishing agonisingly outside the medals in the 400m Individual Medley for the second successive Games.

After taking fourth spot in Rio in 2016, Litchfield, swimming in lane eight, was within shot of bettering that in the final 50m of a thrilling race.

However, he touched in 4:10.59 – only 0.21 seconds behind Australia's Brendon Smith, who took the bronze, and level with Hungary's David Verraszto.

Loughborough National Centre swimmer Litchfield was sixth at the halfway stage but had

Team GB will build momentum following proud performances

Olympian and BBC 5 Live commentator Steve Parry gives his reaction to the first swimming finals session at the Tokyo 2020 Olympic Games.

Steve Parry believes Team GB's swimmers will build momentum following a number of phenomenal performances during the first finals session of the Tokyo 2020 Olympic Games.

Although Team GB failed to pick up a medal in the pool, Parry was encouraged by several swims at the Tokyo Aquatics Centre which he hopes will spur on the rest of the squad.

He said the Women's 4x100m Freestyle Relay Team of Anna Hopkin, Abbie Wood, Lucy Hope and Freya Anderson should be 'very proud' of their performance after shattering their own British record once again – while he backed Max Litchfield to bounce back from a second fourth-place finish at the Olympics. Litchfield, who was also just

outside the medals at the Rio 2016 Games, was 0.21 adrift of a podium place, finishing joint fourth in the 400m Individual Medley.

Parry said: "It was agonisingly close for Max. I thought, coming down that last 50m, he just had enough to do it but he swam exceptionally well, given the challenges of having to get up and deliver in a morning, which is something he's clearly not used to.

"He has a great character and is an incredibly hard worker. I would love to see him do it, especially with only one year to go to the Commonwealth Games.

"It was great to see Aimee [Willmott] in the final but it was shame that clearly the morning swim for her was tough. Aimee's journey has been an amazing one and she put herself in a



Olympic Tweets



11 Likes

great position but I think she might be a little bit disappointed.

"The [Women's 4x100m Freestyle Relay team] gave it their all. Anna Hopkin was unbelievable leading out. It was a phenomenal performance by her and I think that's going to be interesting for the individual [race].

High-quality race

"I think if you said at the start of the year the 4x100m team would win the Europeans and break the national record three times not many would have believed you. That quartet has got a lot of potential and will probably go on and pick up a lot more major medals – they should be very proud of their performance."

Parry is looking forward to the Men's 100m Breaststroke final after Adam Peaty and James

Wilby booked their place in the race.

He said: "The top six men of all time are in that race which is fascinating.

"Adam really put a marker down with his 57 mid and I still hope Wilby can get in get in the mix on the medals – but it is an incredibly high-quality race.

"I don't think when the schedule came out people thought we would definitely get a medal on day one.

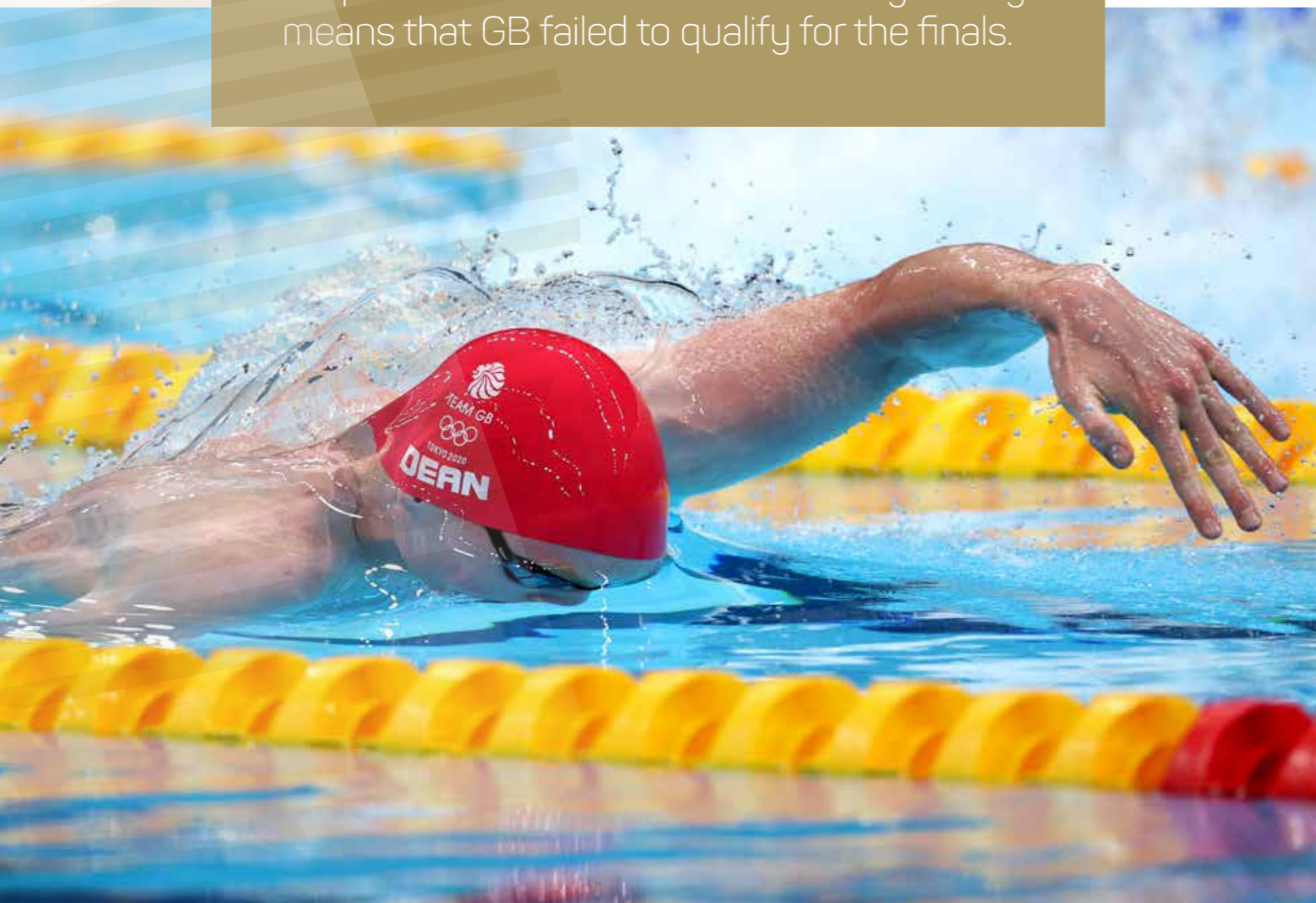
"I was excited to have three bites of the cherry. It's not disappointing but maybe a missed opportunity one of the three didn't convert.

"Let's hope the momentum really kicks off in the middle of the night, with maybe one, maybe two medals."

"It was agonisingly close for Max... I thought, coming down that last straight, he had enough to do it but he swam exceptionally well."

Dean posts 'quickest heat swim ever' to reach semi-final

Day two of Olympic action in Tokyo saw Team GB putting out more solid performances, though an upset in the Men's 4x100m Freestyle relay means that GB failed to qualify for the finals.



Tom Dean and Duncan Scott were standouts in the Men's 200m Freestyle and progress comfortably to the semi-finals.

Swimming in lane four, Dean's morning swim of 1:45.24 saw him finishing second in his heat. Speaking after his race, he said: "It was good, it's the quickest heat swim I've ever done.

"The South Korean lad went a bit quicker than I was expecting – 1:44 in the heat but that's the way the event is going at the moment. It's just about progressing round-to-round so yeah, happy with it."

He touched on the unpredictable nature of the Games, saying: "Anything can happen at the Games, we saw that last night and this morning already on day one so yeah, anything can happen.

"Two times out with Covid this season but I was able to have a good trials and I've had a solid block since then so all looking good moving forward."

A timing malfunction meant that Duncan Scott's time for the 200m Freestyle was amiss directly after his race, however, it was later confirmed that he clocked 1:45.37.

The British record holder in this event and University of Stirling swimmer has a lifetime best of 1:44.47 which he swam in April of this year.

Relay devastation

The quartet of Matt Richards, James Guy, Joe Litchfield and youngster Jacob Whittle suffered an agonisingly close ninth-place finish in the Men's

4x100m Freestyle. The team put on a fantastic display, with Richards raising spirits with an early lead after the first leg with a best time of 48.23.

Experienced athlete and two-time Olympian Guy carried the torch across the second 100 metres, though tough competition from Canada, Australia and America saw the GB men dropping to second place at the halfway point.

It was then up to Joe Litchfield and 16-year-old Jacob Whittle to bring the race home, both of whom did so in a gutsy fashion.

Whittle, who anchored the race for Great Britain, stormed down the last 50m and split a time of 47.50 for his leg of the race.

An extremely tight finish between GB and Canada saw the Canadians just getting their hands on the wall first – only 0.17 ahead of fifth place finishers GB.

With the team only 0.04 behind eighth place Russia, they failed to qualify and will therefore not progress to the final."

Dawson and Wild progress

Strong opening swims from Kathleen Dawson and Cassie Wild saw the Stirling pair securing their places in the semi-finals of the Women's 100m Backstroke.

Dawson finished second in the final heat with a time of 58.69 – just over half a second off her British record time of 58.08 which was set at the European Championships earlier this year.

Wild's time of 59.99 saw her dipping under the minute-mark and also guaranteeing her spot in the semi-finals.

Olympic Tweets



6 Likes

"Two times out with Covid this season but I was able to have a good trials and I've had a solid block since then..."

It means the world to me... Adam Peaty wins second Olympic title

History-making Adam Peaty stormed to victory in the Men's 100m Breaststroke to become the first British swimmer to retain his title – and admitted: “It means the world to me.”

The 26-year-old thanked the nation for being behind him for the last five years and dedicated the victory to his family, friends and British Swimming team-mates.

Peaty, who is unbeaten in seven years in the 100m Breaststroke, clocked his fifth fastest time ever as he finished in 57.37 – 0.63 seconds clear of Netherlands' Arno Kamminga (58.00), who took the silver.

It was slower than his Olympic record he set at the 2016 Rio Games but Peaty said the victory was more important than the time.

He said: “I have not felt this good since 2016.

“It just means the world to me. I thought I had the best preparation of my life but then

they threw in morning finals and you throw all that out the window. That's what it takes to be an athlete.

“It's not who is the best all year round, it's the best on the day and who is the most adaptable and who wants it more.

“I did feel a little pressure but it was a good pressure – I needed to put myself on edge.

“When it comes to this, I'm not racing for a time. I'm racing myself and these great athletes here. Bill and Mel said it wasn't about the time, it was about the race.

“This has closed the chapter for me – it was unfinished business. I want to thank the nation for being behind me the last five years.

“Thanks to my family, my gorgeous partner, my gorgeous



Olympic Tweets



8 retweets

131 Likes

son. My family back home have been with it every step of the way.

“This victory wasn't mine – it was the British Swimming team, my family, my friends and those people that I had to put to the sidelines for a moment.

“I knew it was going to take absolutely every single bit of energy to get to this point and I'm glad – I'm very relieved.”

I did it for them

After receiving his gold medal, Peaty said the main emotion he felt was pride – and relief.

“I cannot think of the amount of emotion it's taken to get here,” he said. “Back there, I hugged Mel (Marshall) and started crying.

“A lot of countries did not have the strict lockdown we did. They were still doing training camps,

we had no training camps, little international competition

“I saw a few GB flags and that's all I needed. I did it for them.

“I'm so relieved [the Games happened]. Especially with George now – being a father I have done it for him. All that time I had to go training and leave him, and leave her in very difficult situations, it's all been worth it – I love them so much.”

James Wilby, swimming in lane seven, was fifth in a time of 58.96 but said morning finals were not to blame.

He said: “I'm a little bit disappointed – my best time would have been right in the mix.

“It's a challenge that's for sure but everyone is in the same situation and all that matters is that we do what we do best and try and get there on the podium.”

“This has closed the chapter for me – it was unfinished business.

I want to thank the nation for being behind me the last five years.”



'Dominant Adam Peaty is a legend of British sport'

Olympian and BBC 5 Live commentator Steve Parry gives his reaction to Adam Peaty's second Olympic title.

"Adam has done something that no British swimmer has managed to do in 120 years and that's win back-to-back gold medals in an Olympic event."

Steve Parry hailed dominant Adam Peaty as a 'legend of British sport' after watching him rewrite the history books at the Tokyo 2020 Olympic Games.

Peaty became the first British swimmer to retain an Olympic title as he cruised to the 100m Breaststroke gold medal in a time of 57.37.

It means Peaty is unbeaten in that race for seven years, during which time he has won two Olympic titles, two Commonwealth Games golds, four European Championships and three World Championships – and set numerous world records.

Parry said Peaty had taken the sport to heights that he never thought were possible.

"I just think Adam is a marvel," said Parry. "For a lad to win the Commonwealth Games on his first major international in 2014, it's hard to understand how formidable and dominant he has been – and so consistent over that seven-year period.

"It's brilliant for him, his family, for British Swimming and amazing for the country. What a way to kickstart the gold medal tally for Team GB.

"Adam has done something that no British swimmer has managed to do in 120 years and that's win back-to-back gold medals in an Olympic event.

"He is a legend of British sport. I'm not sure he is recognised as such yet but I hope he gets those plaudits when he returns from Tokyo.

"I think one of the biggest things

he has had to deal with is the pressure – the pressure he has been under for someone that has been dominant so long creates a focus where if you don't do it the fear of failure could be massive.

"But he's dealt with that miraculously.

"All that when the second, third, fourth and fifth fastest swimmers of all time were in the race. It's not like the competition isn't there – this is the greatest field of backstrokers ever compiled. I hope he enjoys the moment of being a double Olympic champion.

"He was the first guy under 58 barrier, the first under 57 barrier and he has broken numerous world records. He has taken it to heights that I never thought it would get to – it's just miraculous really."

Olympic Tweets



10 Retweets 111 Likes

Peaty's swimming teacher and first coach react to second Olympic gold

On a day when Adam Peaty created sporting history at the Tokyo Olympics, we caught up with two important people who helped towards the beginning of his journey to greatness.



Just like everyone, the now double Olympic gold medallist and the first British swimmer to successfully defend an Olympic title had to learn somewhere.

That somewhere was Uttoxeter Leisure Centre, in Staffordshire, and Adam's learn to swim teacher from his early years of swimming lessons, Sheila Hughes, was one of many who had an early alarm set so she could watch the final of the Men's 100m Breaststroke.

"I was up at 3 o'clock and went back to bed at half past three," she said. "I didn't get too excited because I was more nervous for him to make sure that he won the gold again.

"I first came across Adam when he was in the beginners' class. Julia was teaching him at that point and she said 'Sheila, have a look at this little boy'.

"We looked at each other – we hadn't seen anything like it – his feet were so dorsiflex we agreed that he wouldn't get any success unless we taught him breaststroke.

"So not long after that he had his 10 metres badge and he was able to move into my intermediate class and he followed in my classes until he was 11. Because he was so breaststroke orientated and we needed to get him back next week, in the latter years I taught him, I used to make a plan for his lesson.

"There were 12 swimmers and they could swim 10 minutes of their number one stroke, their favourite stroke. Eleven chose front crawl so I used to help them with their tumble turns and Adam swam on the end – always breaststroke."



On his technique now, she says: "Well, I always taught a narrow kick – it's phenomenal isn't it? Will anybody ever catch him? I don't think so."

After progressing through his learn to swim journey and on to club level swimming, Adam's first club was Dove Valley Swimming Club which also trained at the same facility.

Anything is possible

His first coach, John Plant, described his 'admiration' for Peaty and everything he has achieved since his time at his small hometown club.

John said: "We always knew that he could do it but until he gets in the pool, things can go wrong. But no, nothing went wrong. He blitzed obviously a world class pool and won by half a second so figures do the talking.

"Swimming's a hard game and for Adam to have been at the top of his game for seven years now, speaks for itself. Adam is very dedicated, he's very focused.

"You saw him when he came out – he's absolutely focused. He looks like a sort of warrior and that's the approach he takes to it and that's what makes him

such a great personality. He is somebody to be thoroughly admired at whatever standard or wherever you stand – absolute admiration for Adam.

"It just goes to show that if you put your mind to it, almost anything is possible. Adam put his mind to it and look what he's achieved."

He was phenomenal

George Wood, Swim England sport development director, praised Peaty and said he hoped people understand 'just how great an achievement' it is to retain an Olympic title.

He added: "My goodness he was phenomenal and brought it home comfortably, which you can't say very often about a British Olympic gold medal. I just hope people understand how great an achievement that is. To retain a title over a five-year gap – it hasn't been done before by one of our swimmers.

"We've got literally hundreds of thousands of swimmers and all of them love competing. They will be inspired by Adam. I think it's going to be amazing for our sports – swimming, water polo, diving, artistic swimming – seeing someone in the water smashing it. Fantastic!"



Room-mates Dean and Scott set up 200m Freestyle final showdown

They're sharing an apartment in Tokyo ... now Tom Dean and Duncan Scott will be bidding to share a place on an Olympic Games podium.

"On paper, the stat is we were first and second quickest coming into the Olympics... but it's not raced on paper."



The duo both booked their spots in the 200m Freestyle final with Scott qualifying quickest in 1:44.60 after winning the second semi-final and Dean fourth fastest in 1:45.34.

They'll go head-to-head at 2.43am UK time on Tuesday 27 July.

Dean said: "On paper, the stat is we were first and second quickest coming into the Olympics – but it's not raced on paper.

"We've got to wait and see but we're in a great position going into tomorrow morning."

Scott added: "It feels good being in the final. It's great to have Deano there as well – I love racing with him. He's a great team-mate and we're in an apartment together as well, so it's really good fun."

Meanwhile, Sarah Vasey was looking at the positive of reaching an Olympic Games semi-final after just missing out on a place in the Women's 100m Breaststroke final.

Vasey clocked 1:06.87 to finish fifth in her race and 11th overall.

But the 24-year-old was not downbeat after saying: "The Olympic experience is amazing.

Pinching myself

"If I'd told myself 10 years ago I'd be doing this, I'd have been

pinching myself at being in an Olympic semi-final, so you've got to take the positives.

"I thought it was going to be a lot faster. I feel like I'd done everything I can to prepare for that and I feel like I deserved a better race but sometimes you've just got to deal with what you're dealt. I felt really good and I knew what I needed to move on from last night. I thought I'd done that but obviously not."

Kathleen Dawson booked her spot in the Women's 100m Backstroke final – but Cassie Wild missed out.

Dawson was third in her semi-final in 58.56, while Wild finished eighth – and 15th overall on her Olympic debut – in 1:00.20.

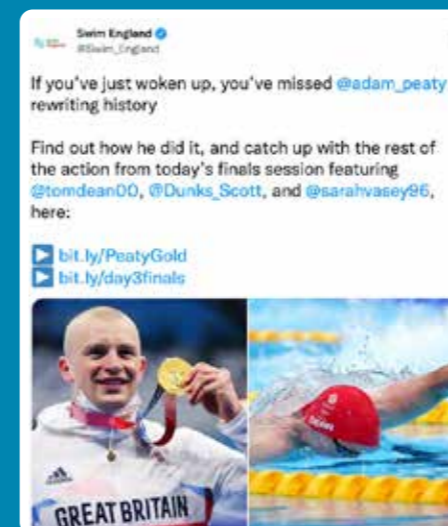
"I feel like I've had a great load of confidence building up into this," said Dawson. "Especially winning Europeans twice in the same night!"

"I was really confident coming in. It's definitely been a rollercoaster over recent years, but I think the proof is in the swimming that I've come back stronger than ever.

"It's amazing just to be a part of this point in history in backstroke.

"I'm not too focused on getting a medal because there's obviously some great competitors in there but I want to be in the mix – and it could be anyone. It's just about getting your hand on that wall."

Olympic Tweets



5 Retweets

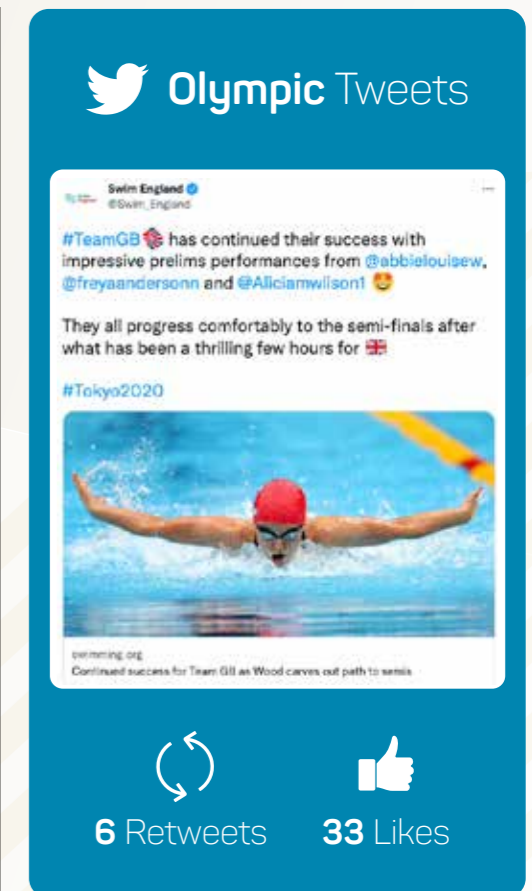


39 Likes



Continued success for Team GB as trio carve path to semis

Team GB has continued its earlier success with Freya Anderson, Abbie Wood and Alicia Wilson all securing spots in the semi-finals during the day three heats.



After what was a historic night for British swimming – which saw Adam Peaty defending his title and winning another Olympic gold – his team-mates posted some fantastic heat swims.

Anderson was up first in the 200m Freestyle and clocked a time of 1:56.96, just off her lifetime best.

Swimming in lane four alongside world record holder in this event, Federica Pellegrini, Anderson held her own and qualifies in 12th position into the semi-finals.

A strong first 100m from the National Centre Bath athlete saw her touching third at the halfway point after splitting 56.63.

Anderson stayed with the

leaders in her heat, and a storming final 50m sees her through to the semi-finals in what is a very competitive field.

Anderson said: "Obviously it was a good way to start as a relay, and it's pretty good to get my first individual out of the way. It's now just about getting faster each round but that was good enough for a heats swim."

Wood wins heat

Medley specialist Wood continued her flying form in the Women's 200m Individual Medley with a superb heats swim. She won her heat in a time of 2:09.94 which means she qualifies for the semi-finals in joint third.

The Loughborough National Centre athlete has a best time of 2:09.23, which she set at the British Olympic Trials in April. Her swim in the prelims saw her climbing the ranks from touching in fourth position at the halfway

mark, to getting her hand on the wall first ahead of her nearest competitor, Maria Ugolkova of Switzerland (2:10.04).

Wood said: "It was nice to get the first individual out the way, just so you know where you're at. I feel ready to build through the rounds and every race that I'm in - I think that's what I'm best at doing rather than looking at times going on around me. So yeah, I'll just race my semi-final and see where that gets me."

Alicia Wilson, was also swimming in heat three and joins Wood in the semi-finals. Her time of 2:10.39 earned her a fifth-place finish. She said: "I was happy with that.

"I hadn't been to a senior meet before this year so it's definitely a big step up and that's probably the most nervous I've ever been before a race. It's my only event here, so that's a good way to start for me."

Olympic champion Tom Dean 'lost for words' as he leads British one-two

Newly-crowned Olympic champion Tom Dean admitted he was 'lost for words' after shattering the British record to pip his team-mate Duncan Scott to gold at the Tokyo Aquatics Centre.

Dean, who has twice contracted Covid and spent seven weeks out of the pool in the last 12 months while he recovered, clocked 1:44.22 to touch only 0.04 seconds ahead of Scott in a thrilling 200m Freestyle race.

It sealed the first one-two for Britain in an Olympic swimming final since 1908.

It was an incredible performance from Dean, who knocked 0.36 seconds off his lifetime best to seal top spot on the podium.

He said: "I knew it was going to be a dogfight – I didn't know how people were going to swim it."

"It was just race the race and that's what I did."

"I want to say thanks so much to everyone back home. My mum, my family, my girlfriend – I'm lost for words."

"All the boys back at

Maidenhead – thanks for staying up."

"It's amazing."

Scott, who also swam a lifetime best to take silver, was quick to praise Dean for his performance.

He said: "A massive credit to Deano there – it was unbelievable. Olympic champion."

"He has come along so far in the last 18 months – it's a pleasure to watch."

"It's great to be able to say he is a good mate out of the pool and it's great to be able to compete against him as well."

Amazing story

Swimming in lane six, Dean was in contention throughout and was third as they turned into the last 50m, with Scott just behind him in fourth.

But a superb last 50m saw him claw his way past Brazil's Fernando Scheffer and Korea's Sunwoo Hwang and he just had enough to touch first ahead

of his room-mate Scott. After receiving his medal, National Centre Bath swimmer Dean added: "Two Brits on the podium going one-two shows dominance in this event and how far British Swimming and Team GB have come."

"My coach, Dave McNulty, I can't thank him enough for what he has done."

"He said we were writing an amazing story this year with the Covid cases."

"I've had six or seven weeks out of the pool during an Olympic year – that's unheard of but he brought me through it."

"I can't thank him enough and here we are – I can't ask for a better end to the story."

Dean and Scott now join Henry Taylor and Thomas Battersby and Frederick Holma and William Robinson, who were gold and silver medallists for Britain in the 1500m Freestyle and 200m Breaststroke respectively at the London 1908 Olympic Games.



Olympic Tweets



3 Retweets

100 Likes



Wood and Wilson 'keep the ball rolling' as they reach first Olympic final

Abbie Wood believes Team GB's gold medal success in the pool is helping inspire other members of the squad to 'keep the ball rolling'.

Wood qualified for her first Olympic Games final after finishing second fastest in the 200m Individual Medley semi-final in a time of 2:09.56.

She was joined by team-mate Alicia Wilson, who clocked 2:10.59 to finish third behind Wood and also secure a final place in her maiden Games.

Wood revealed how both her and Wilson were full of emotion before their swim after seeing Tom Dean and Duncan Scott seal Britain's first one-two in an Olympic swimming final for 113 years.

She said: "Adam getting gold, we hoped that would set the team up, that really showed with the boys, and now me and Alicia making the final.

"It just keeps the ball rolling, it's really exciting and I don't think there was a dry eye in the house with Deano and Duncan.

"Getting one-twos has never been a thing for Britain. It was really special – Alicia and I were tearing up during the warm-up.

"It's been a really good morning for Team GB. I'm glad I did my job as well and hopefully tomorrow I'll be going in a bit more clear-headed and can keep the energy going."

Wilson added: "For me, it's about getting your hand to the wall first, as quick as you can and try to out-touch the people around you.

"These Games are wide open. It's not really about the times – it's



hard because it's a race against people."

Freya's frustration

Freya Anderson missed out on a place in the 200m Freestyle final as she finished seventh in her semi-final to take 12th spot overall in a time of 1:57.10.

The 20-year-old said: "I don't think it was there this morning. I left myself too much to go but I got to compete in the semi-final of the Olympics

"This year has been really interrupted for me dealing with injury and illnesses so I'm just happy I actually made it here in one piece. I didn't have the race I wanted, but then seeing Deano do what he did, I'm so happy for him. I've never, ever seen him do a bad session – I can't think of anyone who deserves it more."

Anderson will be looking to bounce back when she swims in the 100m Freestyle heats on Wednesday 28 July.

Mixed emotions

Kathleen Dawson said she felt a mixture of emotions after finishing sixth in the 100m Backstroke final.

Dawson clocked 58.70 and admitted: "I can't help but feel a little disappointed, especially having gone faster in the heats and the semis.

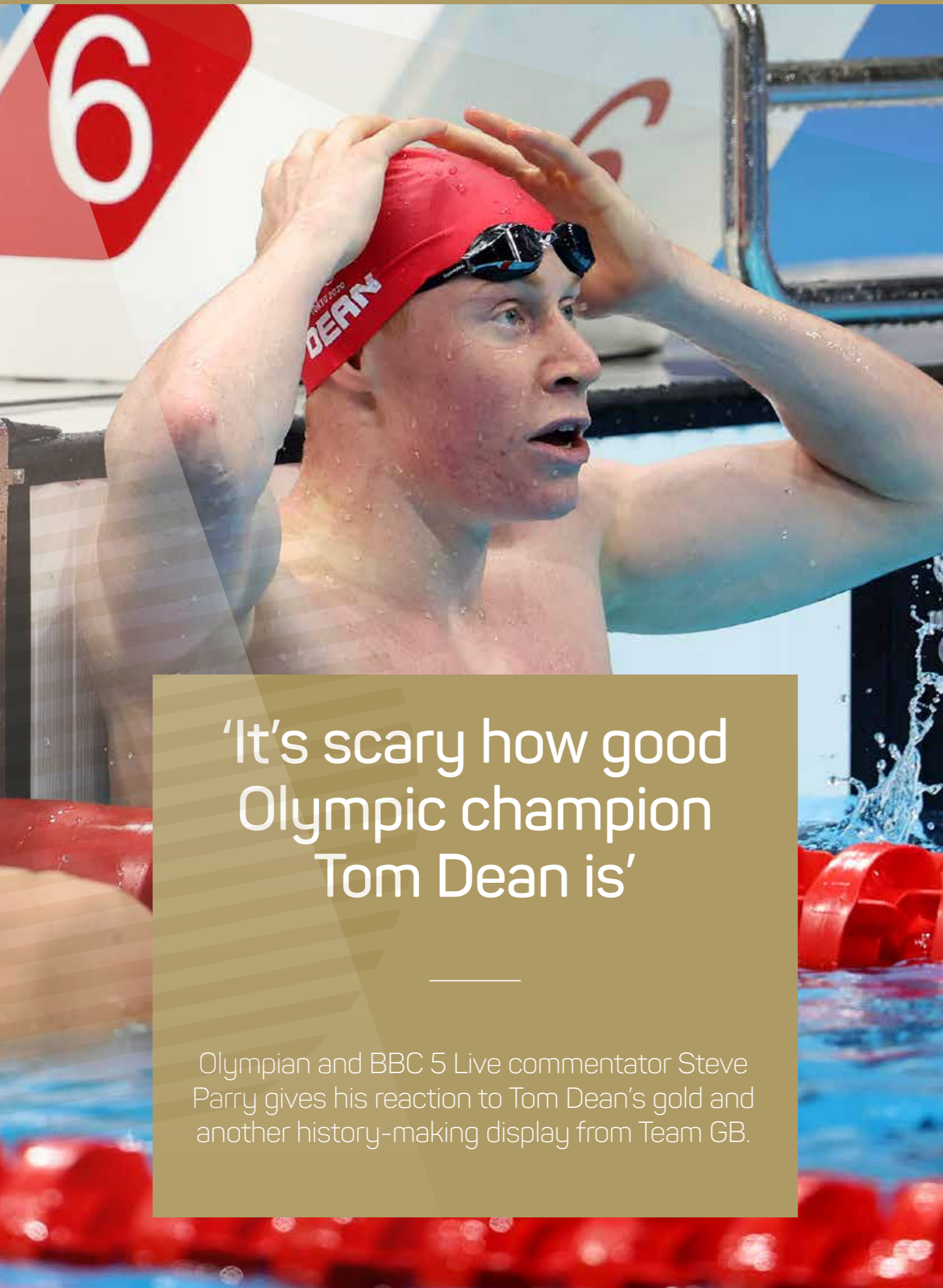
"It felt like the best race I could've put out, so I can't dwell on it too much – I just have to look forward to the relay now.

"I also can't help but feel proud that I'm a part of this part of history. Five of the fastest all-time swimmers were in that race.

"Even though I didn't put up a time that matches, that was the fifth-fastest time in history to win, it's such a stacked event to be in."

Dawson will be in action in the Mixed 4x100m Medley Relay and she said: "I'm just going to look to get as big a gap between myself and the next person so that Adam can take over and feel pretty confident.

"I managed to watch Tom and Duncan's 200m Freestyle final before my race – it was amazing to see the boys do so well. They both deserve it so much so it was amazing to see."



'It's scary how good Olympic champion Tom Dean is'

Olympian and BBC 5 Live commentator Steve Parry gives his reaction to Tom Dean's gold and another history-making display from Team GB.

Steve Parry hailed the incredible strength of Tom Dean after he bounced back from two bouts of Covid to win an Olympic gold medal – as Team GB sealed an historic one-two.

Dean triumphed in the Men's 200m Freestyle by 0.04 seconds from his good friend Duncan Scott to help Britain secure gold and silver in an Olympic swimming final for the first time since 1908.

And it was the double success and the fact Dean had to spend seven weeks out of the pool as he recovered from coronavirus which impressed Parry so much.

He said: "That was absolutely brilliant – I loved it.

"I can't believe you can have that amount of time off and perform like he [Dean] did.

"Clearly Dave McNulty has coached down in Bath who has produced a long list of talent in Michael Jamieson, Jo Jackson and Siobhan-Marie O'Connor – but I think this is the performance to top the lot.

"I think Sunwoo Hwang really helped him out. He went off in world record pace, not that it acted like a slingshot, but it might have helped Tom pacing his race. But to do a best time, a British record, in the morning even at an Olympic Games – we haven't seen many people manage to produce their best in the morning.

"Both guys were absolutely brilliant. Duncan in the middle lanes as well put together a really well-planned race.

"They were pretty much identical, only four one hundredths of a second between the two of them and the touch just going to Tom. Tom, especially with the time off he's had this year with two bouts of Covid, to be able to do that, it's scary how good he is at 21 years of age and he's already been top of the medal podium at the Olympic Games."

Parry praised the character of Scott after he was quick to acknowledge the performance of Dean straight after the race.

"Duncan is a class act," he said. "An absolute class act. "To be so gracious about his team mate speaks volumes of the sort of character he is. He is a really good man and I think that shows signs of a true champion to be honest."

Parry is also predicting more medal success for Team GB.

The squad has already doubled the number of golds it won in Rio 2016 and Parry thinks the overall medal tally will also be eclipsed.

He said: "The biggest thing for me was the one-two as it's 113 years since that's been achieved, plus two gold medals in the space of 24 hours at the Olympics. I think we will beat the volume of medals from Rio.

"I said I don't know where the second gold was going to come from but there might a third as well now as that 4x200m Freestyle team is looking ridiculously strong.

"The big guns of Russia and America only had one inside the top 16. There is a lot of work to be done but it's looking positive."

"To do a best time, a British record, in the morning even at an Olympic Games – we haven't seen many people manage to produce their best in the mornings."

Olympic Tweets



5 Retweets



26 Likes

Tom Dean's first club coach says Olympic champ has 'inspired their programme'

Tom Dean's first club coach, Paul Lloyd, has praised the newly-crowned Olympic champion after he made history in Tokyo in the Men's 200m Freestyle final.



Dean swam out of his skin to win Olympic gold ahead of his team-mate Duncan Scott, who together have achieved a feat that no two British swimmers have done for 113 years.

Lloyd coached Dean between the ages of eight and 18 at Maidenhead Marlins Swimming Club, with Dean previously crediting him for being 'invaluable' to his development in the sport.

He explained that he first knew 'something special was brewing' with Dean as an athlete when he was roughly 15-years-old.

"It became evident that he would certainly be capable of winning Europeans, never mind qualifying," he said. "So it was that sort of 16th year that it really began to dawn on us that there was something special brewing."

Dawson and Wild progress

After watching on proudly as Dean achieved his 'lifelong' dream, Lloyd said: "It's really still sinking in to be truthful. It's a real validation of the principles that you've always held dear.

"Tom has already inspired our programme because when he won the European medals before, they [club swimmers] know how hard he used to work."

Lloyd explained that not only has Tom been an integral member of the club for many years, his success and the person he is have also contributed to the culture of the club.

"Just his whole ethos and demeanour – that culture has really set in the club. We've got such a good well-disciplined,



well-drilled group of swimmers thanks to Tom, all the way down to even the seven and eight-year-olds," he said. "The fact that they now know him and they feel as if they know him personally gives a massive boost to them.

"Thinking actually, the Olympics isn't a 'pot of gold' at the end of the rainbow' dream because they can see someone personal that they can aspire to be.

"Having that role model certainly does motivate them and get them through those moments when they doubt themselves. The great thing with it as a coach is that you've got such strong evidence for what you're doing."

Lloyd added that Maidenhead is currently in a 'great place' after moving to a new training facility late last year.

Speaking on the promise the current athletes in the club are showing, he said: "We've got a really good crop of 12-15-year-olds coming through. We've got a lot of talent coming through and it's really quite exciting.

"There's a very, very positive future for Maidenhead for sure."

Olympic Tweets



3 Retweets

50 Likes

Men's Freestyle Relay team 'get job done' in impressive fashion

The Men's 4x200m Freestyle Relay team have sealed their place in Wednesday's final after they cruised to victory in the heats.

Team GB came home with a silver medal in this event following the Rio 2016 Olympics. Only James Guy and Duncan Scott remain from the team that achieved that result.

This time around, the quartet of Guy, Matthew Richards, Calum Jarvis and Tom Dean finished almost two seconds ahead of their opposition and head into the final as favourites.

They competed in the second and final heat of the 4x200m Freestyle Relay, with Richards swimming the opening leg.

Next up was Guy who put on a stunning performance and managed a 1:44.66 for his leg before handing over to Jarvis.

Jarvis put in another strong swim and then it was the new Olympic champion Dean who eased his way home. The final time was 7:03.25, a total of 1.75

ahead of the Australian team in second.

After the performance, Guy said: "It was great. To get the job done tonight and get a good heat time was really really good. Job done and onto tomorrow for the final."

Olympic gold medallist Dean explained that the team were looking 'so strong' and that he himself has 'plenty more in the tank'.

He said: "This morning feels like a million miles away.

"Honestly doesn't feel like it's the same day but like Jimmy said, it was just about getting the job done tonight, securing a lane in the middle of the pool tomorrow for our final.

"We're just looking so strong, everyone's doing great splits, I've got plenty more in the tank. I just kind of took my foot off the gas a bit in that back end because it was just about getting the job done.

"I can't wait for tomorrow morning, I just need to get a good night's sleep first."

Richards added: "It's good, we were coming into that one feeling quite confident.

"We all knew we had a job to do and the job was executed well by all of us. I think we can walk away from that happy with a smile on our faces.

"I think it's just a good way to start off that particular relay and I think that the morning's going to be really exciting to see what all the lads can do again."

Whittle wins heat

Jacob Whittle, Britain's youngest swimmer at the Tokyo Games, swam a brilliant heat to book his place in the semi-final of the Men's 100m Freestyle. The youngster swam in heat six and clocked a time of 48.44, a new personal best. Whittle says it was still 'slightly slower than he expected' but was happy with the result.



"We're just looking so strong, everyone's doing great splits ... I can't wait for tomorrow morning."

"It was a good race," he added. "Slightly slower than I expected but I'm really happy with it – great experience. Obviously individual race is completely different to the relay we had the other day and the pressure's all on you. I really enjoyed it and gained some valuable experience.

"It was great. It's nice to do it by yourself and see if you can deal with the pressure on your own and I really enjoyed it and we'll see what happens really."

Two Brits in Butterfly semi

In the final heat of the Women's 200m Butterfly, Plymouth Leander's Laura Stephens touched the wall in third place to qualify for the semi-final.

She was beaten by the dominant Yufei Zhang of China, who finished first, and Hungary's Boglarka Kapas in second.

Stephens' time of 2:09.00 was the seventh fastest, with Welsh swimmer Alys Thomas (2:09.06) following closely behind. Only 0.6 separated the British pair, resulting in Thomas also making the semi-final.

Stephens reflected on the race, saying: "It's nice to get the first one under my belt. Hopefully I can move that forward again.

"This is my first Olympics so just being here and being in the pool is amazing and taking every opportunity that I get. I was a little nervous but I'm just excited for tomorrow.

"We're having a fantastic competition so far in the pool, it makes me super proud to be part of this team and watching the success we've had so far it just inspires you and it pushes you and it makes me want to perform at my very best as well."

Wilby and Murdoch through

James Wilby and Ross Murdoch just made it into the sixteen to go through to semi-finals of the Men's 200m Breaststroke, taking the final two qualifying spots.

Wilby was in second place at the halfway point of his heat but the final result saw him finish in fourth with a time of 2:09.70. Following closely behind him was GB team-mate Ross Murdoch who was fifth in 2:09.95.

Wilby said: "I made a bit of a mistake in 2019, being a bit too settled and easing in the first round or two, so coming off the back of the 100m didn't really get stuck into the next event.

"Basically I tried to get stuck in down the first 100m there so I'm ready to push into the pain come the semi-finals."

Record-breaking relay team seal Britain's third Olympic swimming gold

Great Britain's record-breaking swimming squad have sealed a third gold medal at an Olympic Games for the first time since 1908 after a stunning performance from the Men's 4x200m Freestyle team.



Olympic champion Tom Dean, James Guy, Matt Richards and individual silver medallist Duncan Scott set a new European record of 6:58.58 to top the podium by a whopping 3.23 seconds.

It was just about perfect from the British quartet who lived up to their billing of being race favourites after qualifying from yesterday's semi-finals almost two seconds faster than the rest of the field.

Dean led the team out with a 1:45.72 and they were third behind USA and Russia when Guy took over.

Guy clawed back America's advantage of almost a second with a 1:44.40 swim to put Britain ahead as 18-year-old Richards dived in for leg three.

It was a hugely impressive swim from Richards, who recorded a time of 1:45.01 to give Scott a 1.5 second lead.

And he was in no mood to relinquish it as he touched home in 1:43.23 to spark wild celebrations among the team.

Guy, who was part of the team which finished second at the 2016 Rio Games, was visibly emotional as he celebrated a 'dream come true'.

He said: "As a kid, I was dreaming of an Olympic gold medal.

"To do it finally after 25 years is pretty emotional. These four lads are the best freestylers in the world. My [National Centre Bath] team-mate [Dean] and Duncan are first and second is amazing. We are Olympic champions and it's a dream come true."

For Dean, it was a second gold

medal in the space in only 24 hours after winning the 200m Freestyle individual race.

He said: "I can't put it into words – I couldn't yesterday and I don't think I can today. It's unreal."

Really special

Richards said: "When racing with guys like this, having a great leg comes easy.

"I think when they set you up as well as they did and then you have literally one of the best freestylers in the world – and one of the best freestylers ever – going in straight behind you, the privilege and confidence that gives someone of my age, money can't buy it."

Scott joked afterwards he was 'gutted' the team hadn't managed to set a new world record – they were only 0.03 seconds outside the time set by the Americans in Rome in 2009.

He said: "Myself and Jimmy have been on so many four by twos together.

"We've managed to win the worlds, Europeans and in 2016 came second, which was a monster achievement at the time.

"It was really special with those boys.

"Matt in third was so composed and the boys up front executed their race plan really well.

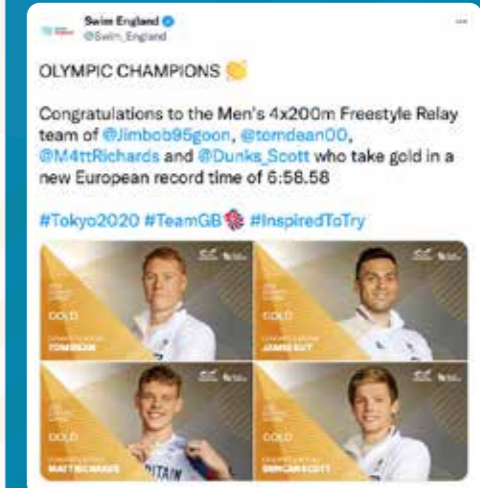
"So close to a world record at the end – if anything I'm a bit gutted."

Dean was quick to pay tribute to Calum Jarvis, who swam in the semi-final to allow Scott to rest.

He said: "A big thanks to Calum Jarvis, sitting there in the crowd.

"We couldn't have done it without him."

Olympic Tweets



39 Retweets 337 Likes

"As a kid, I was dreaming of an Olympic gold medal ... to do it finally after 25 years is pretty emotional."



Freestyle team can dominate after perfect performance

Olympian and BBC 5 Live commentator Steve Parry gives his reaction to Team GB's third swimming Olympic gold medal of the Tokyo 2020 Games.

"There was some talk about the world record but let's get things into perspective. We've not won a relay Olympic gold medal since 1908 and this is something that should be savoured."

Steve Parry praised the perfect team performance from Britain's Men's 4x200m Freestyle relay squad – and predicted they could go on to dominate the event.

Tom Dean, James Guy, Matt Richards and Duncan Scott set a new European record as they stormed to victory to claim the third swimming gold medal of the Tokyo 2020 Olympic Games.

They clocked 6:58.58, the third fastest time in history, and were 3.23 seconds clear of the second-placed Russians, with America failing to reach the podium.

"After the last two days, that's the perfect next chapter," said Parry. "To beat America, Australia and Russia, such powerhouses in this event for as far back as I can remember,

was perfect. They dominated didn't they, especially when it came to Matt Richards and Duncan Scott at the back end. Everyone played their part with the perfect outcome.

"There was some talk about the world record but let's get some things into perspective.

"We've not won a relay Olympic gold medal since 1908 and this is something that should be savoured.

"The world record would have just been the cherry on the top. Us being 5m or more ahead of Australia and America, that was the real moment.

"I can't see any of these lads retiring soon because they can go on to dominate the event."

Parry was quick to acknowledge Dean's contribution after a whirlwind 24 hours for the

21-year-old now double Olympic champion – while hailing 'role model' Guy.

"I can't imagine what the last 24 hours will have been like for Tom Dean," said Parry. "All the emotion that he has had to deal with all the attention, drug testing, everything that comes with being a gold medallist, press conferences etc.

"He had a really tough job to back that up leading out first.

"James is a great role model. He was brilliant in 2015 when he won the World Championships and he was brilliant again.

"I know he wants to inspire the kids to do it as well.

"He has been dreaming of being an Olympic gold medallist since he was a little boy and he has done it. To watch that realisation was unreal."

 Olympic Tweets



28 Likes

Bittersweet moment for Abbie as she misses out on Olympic medal

Abbie Wood reflected on a bittersweet moment after she narrowly missed out a podium place in her first Olympic final.

The 22-year-old clocked a lifetime best in the 200m Individual Medley as she finished fourth – only 0.11 seconds away from a bronze medal.

Wood touched home in 2:09.15 with American Kate Douglass winning bronze in 2:09.04. Japan's You Ohashi took the gold in a time of 2:08.52

Alicia Wilson finished eighth in a time of 2:12.86.

Wood said: "It was just gutting. It was such a close race but I knew it was going to be that way and it was about who got their hand on the wall first.

"It's bittersweet. I'm happy with the time – I know I couldn't have done much more.

"If it was off my PB and I came fourth, it would have been a lot worse. I'm glad I put myself out there I did everything I could.

"Maybe in the race I was getting a bit excited and just forgot about the last five metres and

putting my hand on the wall. I feel like I gave it everything and it's just how sport goes I suppose.

"Moments like this, I do have to remember that I was talked out of quitting in 2017 after my first worlds. I feel like I have really grown as a person since then and you have to remember things like that to not make moments like these feel as rough.

"I still have the 200m Breaststroke which is feeling just as strong as my medley so I'll see where that takes me and put these frustrations into that – and use this as a massive learning curve that the race isn't over until it's over."

Wilson added: "I have mixed emotions right now.

"My heart goes out to Abbie. It was a good race and for me it was put all you had out there and in the worst case you're all Olympic finalists.

"I'm happy and that's a dream come true but I wanted more from that time definitely."

Motivated Wilby

James Wilby said the motivation to get a good lane for the Men's 200m Breaststroke final inspired him to qualify second fastest.

Wilby was swimming in lane eight in his semi-final after qualifying 15th fastest from the heats.

Yet the 27-year-old took the race to the rest of the field and was leading at the 150m stage before eventually settling for second spot in a time of 2:07.91 – 1.99 seconds faster than his heat time.

He said: "If you have got a lane, you have got a chance.

"Yesterday was a little bit tight for my liking even though the race was reasonably good and well executed.

"Coming into this morning, I was like 'treat it like a final'. I really wanted a good lane as the 100m lane position is what hurt me a little bit. Getting a really good lane for tomorrow morning was all I was thinking about. I'm really happy with the result. I've come

"I'm happy with the time ... I know I couldn't have done much more."



to the realisation that these Games are unique in so many ways and one of those is it's not about the performance, it's about the racing.

"When it comes to it, it's the ones that can get out there and challenge the people next to them and really race."

New English record

Teenager Jacob Whittle set a new English record as he finished sixth in his 100m Freestyle semi-final.

The 16-year-old lowered his personal best yet again as he clocked 48.11 to knock 0.09 seconds off the previous English best of 48.20 set by Simon Burnett at the 2008 Beijing Olympic Games.

Whittle said: "It's a new fastest time – I keep knocking little bits off it. I didn't have the greatest

of starts but managed to build it back last 50m, and it always gives you a bit more adrenaline being behind.

"It's a stacked field, a really fast semi but I'm just happy to make the semi and keep knocking a little bit off my time – that's all I can ask for really.

"Being in that GB squad, it gives you a lot of drive. We're a very motivated team and they're all competing at such a high level.

"Being with people like Adam Peaty and Sarah Vasey, it's just amazing to be with people who have been at that level for so long. For somebody like me, just starting to break on to the world stage, it's amazing they can share that experience with me."

Laura gives it her all

Laura Stephens missed out on a place in the Women's 200m

Butterfly final – but compatriot Alys Thomas did qualify eighth fastest after finishing fourth in her semi-final.

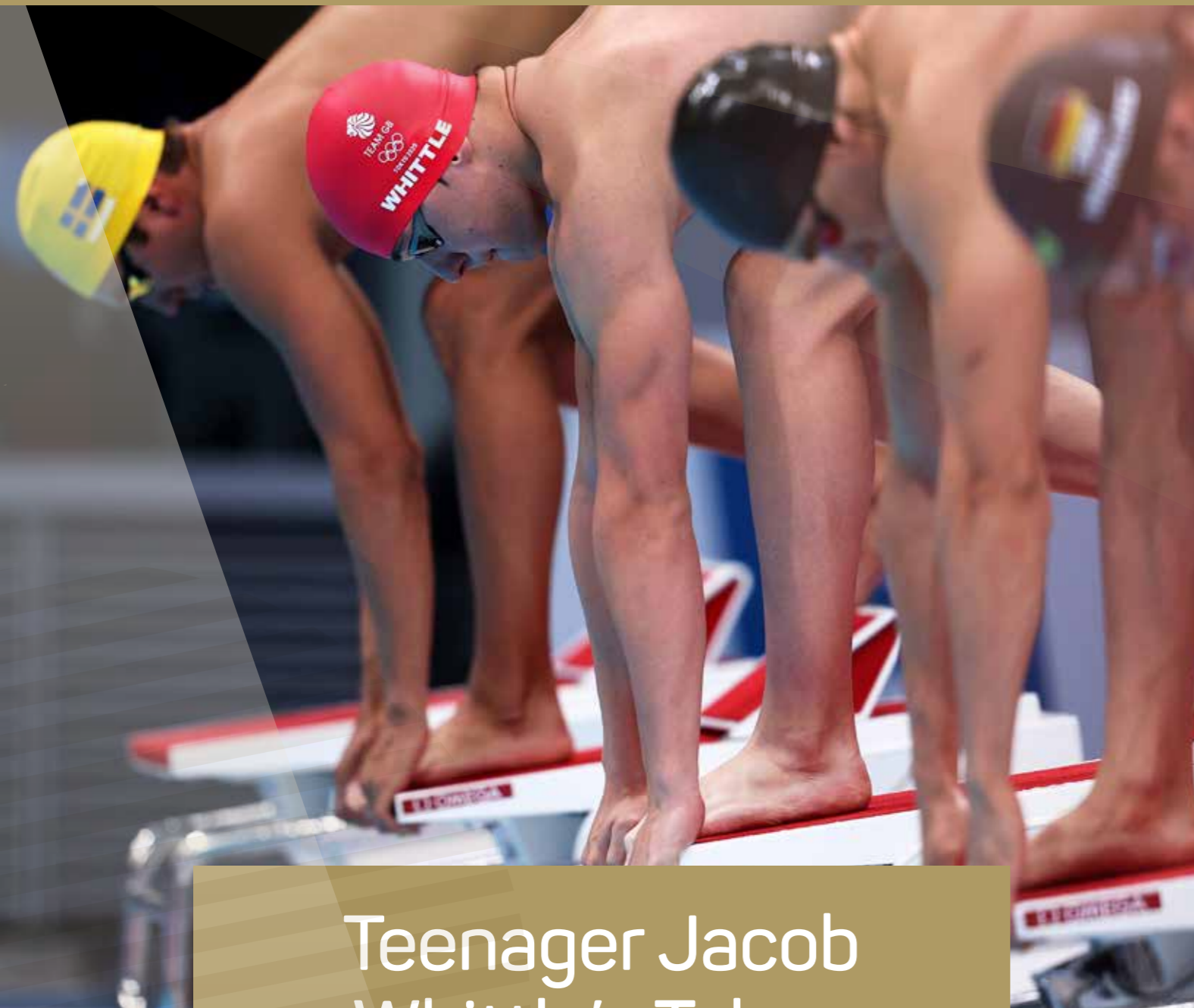
Plymouth Leander's Stephens finished in 2:09.49, with Thomas clocking 2:09.07.

Stephens said: "I gave it my everything. When I was swimming, I really thought I had it in the bag but touched the wall and it wasn't meant to be.

"So far, it's been incredible.

"I had a really rocky season in terms of not initially qualifying for the Games, getting it at the last possible minute, that was a big thing for me and I tried the best to carry that through.

"Again, this is where we go back to the drawing board with my coach, see how we can improve and be better next time."



Teenager Jacob Whittle's Tokyo displays will 'spark ambition'

Jacob Whittle's coach has said his performances in Tokyo will 'spark ambition' in young swimmers after he set a new English record while competing at his maiden Olympic Games.

The 16-year-old is the youngest member of the Team GB swimming squad, yet he hasn't allowed the pressure of the glowing Olympic rings to deter him from swimming fast.

He posted a time of 48.11 in the 100m freestyle to shave 0.09 off the previous record of 48.20 held by Simon Burnett at the 2008 Beijing Olympic Games.

Whittle said of his performance: "Being in that GB squad, it gives you a lot of drive. We're a very motivated team and they're all competing at such a high level.

"For somebody like me, just starting to break on to the world stage, it's amazing they can share that experience with me."

Inspired team-mates

Whittle swims at Derventio Excel under decorated British coach Jamie Main, who has coached multiple swimmers to European and Commonwealth medal success and was assistant coach to four-time Olympic medallist Rebecca Adlington.

Main said that Whittle's performances in Tokyo have the potential to 'spark ambition' in young people, commenting: "It's vital to see GB swimmers achieve at the highest level. It helps people realise what's possible. It sparks ambition in young people."

Speaking on the effect that Whittle's success has had on his team at Derventio, he said: "He's definitely inspired his team-mates and the younger members of the DX programme. It's all they've talked about the last few months.

"Jay is young in years, however he's got a mature head on his shoulders. He knows if he swims



fast, displays great values then he'll inspire a generation of swimmers back home."

Main commended Whittle for being a 'role model' for those around him and also younger swimmers in general, saying: "The values we try to instil at DX are commitment, courage and care. Jay is an excellent role model, he displays these qualities on a daily basis."

He noted how 'proud' he felt when Whittle broke the English record in his main event, and said: "I was proud. He delivered on most of the things we'd worked on this season.

There's always a couple of small details to improve – that's the exciting thing, he's going to get faster.

"It's nice to celebrate the record, however there's plenty to aim for moving forwards, that's the real motivation. He's also still in the Olympic team environment so there's an important supportive role to fulfil there for the other guys.

"We've always had belief in what he could achieve. The great thing about Jay is he'll always keep his feet on the ground."

Olympic Tweets



13 Retweets



63 Likes



British record for Anna Hopkin as more Team GB swimmers storm into semi-finals

It was another fantastic heats session for Team GB athletes as Anna Hopkin set a new British record of 52.75 in the Women's 100m Freestyle.

Swimming in the second to last heat, Hopkin put on an impressive display to finish in third place in what was a stacked field.

She takes down Fran Halsall's previous British record which stood for just under 12 years.

After powering down the first 50 metres, Hopkin was just pipped to the wall by her neighbouring competitor, Siobhan Haughey, but maintained her speed throughout the entire race.

Speaking after her race, she said: "I was looking at the names in my heat and it could have been an Olympic final it was so stacked. I just didn't focus on what anyone else was doing and just swam my own race.

"I felt really good coming down the second 50, I'm pretty surprised with the time though but it was amazing."

Describing how she will prepare for the semi-final, Hopkin said: "I'll get back, have a massage, have some food and try to get a relatively early night. It's just about managing the emotion and trying to reset for tomorrow.

"It's difficult, your head is kind of spinning just thinking about what's to come but you just have to try and do any tactics you can to bring yourself down."

Her team-mate and fellow freestyle-specialist Freya Anderson also qualified into the semi-finals in 14th position.

Her time of 53.61 was off her personal best, however, she welcomes another chance to race in the semi-final. "Knowing that I have another chance

is a bit of a relief," she said. "Hopefully, I can improve on that time and my tactics for the race – lots of stuff to improve.

"The heats are pretty stacked, especially the heat before me, so I knew I had to do a good time to even make it back so I'm happy."

Greenbank dominates

A domineering performance from Luke Greenbank in the Men's 200m Backstroke saw him winning his heat by over two seconds and coming within touching distance of his own British record.

The Loughborough National Centre-trained athlete touched in a time of 1:54.63 – only 0.20 off his own lifetime best and record mark of 1:54.43 which he set at the European Championships in May.

Greenbank's time also sits as the fifth fastest in the world this year and puts him in first position ahead of tomorrow's semi-finals.

He said: "I'm really chuffed with that – it felt really controlled, comfortable and there's definitely more in there, I'm looking forward to the semi tomorrow. The mood in camp is incredible at the moment, it has really made me want to get out there, get in on that and hopefully come away with a medal."

Fellow Team GB athlete Brodie Williams clocked a time of 1:57.48 to finish fifth overall in his heat. He also progresses to the semi-finals after making his Olympic debut in Tokyo.

"It was really good," he said. "I think there are a lot of positives I can take from that and move on

tomorrow. Coming in 12th, get an outside lane, no one will see me, will they?! It's nice to do my main event here at the Olympics. It's really inspirational being part of this team"

Mixed emotions

Britain's women were right up at the top of the field in the Women's 200m Breaststroke and both Molly Renshaw and Abbie Wood progress to the next round.

Renshaw's time of 2:22.99 is off her own British record mark of 2:20.89 which she set earlier this year but qualifies her in sixth position into the semi-finals.

She said: "It's nice to get in and race. The heats so far are quite fast so I knew that I had to be on it to a certain extent but I'm really happy with that."

Wood posted a lifetime best of 2:24.13 to also qualify.

Scott 'ready to fight'

Duncan Scott says he is 'ready to fight' for a spot in the Men's 200m Individual Medley final after progressing in joint-fifth place to the semi-finals.

He clocked 1:57.39 after what has been a golden few hours for the Scotsman after he became an Olympic champion as part of the 4x200m Freestyle Relay.

However, Joe Litchfield fails to progress to the semi-finals in what is a stacked field after his heats swim of 2:00.11.

A disappointed Litchfield said: "I'm going to use this as a learning curve.

"I've made it to an Olympic Games, I've had a great season, it's not quite paid off here yet."



Luke hails role of his first club after reaching Olympic final

Luke Greenbank paid tribute to Cockermouth Swimming Club after reaching his first Olympic final and admitted: "I wouldn't be where I am today without them."

"Cockermouth has been a huge part of my life. I go back to see the kids, still see the coaches and my little brother still swims there ... I wouldn't be where I am today without them."

Greenbank qualified for the 200m Breaststroke final second fastest as he won his semi-final in 1:54.98.

But the 23-year-old, who now trains out of National Centre Loughborough, was quick to praise the club where it all began for him.

"Cockermouth been a huge part of my life," he said. "I go back to see the kids, still see the coaches and my little brother still swims there."

"So it's so important and I wouldn't be where I am today without them."

"I felt comfortable again and it's job done really. It's good that I'm consistently hitting 1:54s now – hopefully I can improve

on that a little bit in the morning. I can't get too carried away with myself. All I can do is focus on the process and the results will come to me.

"That's the kind of mentality I have going into every swim. I don't worry about what other people are going to do or the outcome of the race. It's really important to stay focused on what you can do to get there."

"I'll just go out there and race fast – it's as simple as that. The training is done, the hard work is done. I've just got to keep my head tomorrow and have the best swim I can."

Inspiring performances

"There has been some inspiring performances so far and I want to get in on that action and get a medal. Once we got that first medal, it really boosted the morale in camp and everyone

is really motivated. We all get behind each other and want to see everyone do well."

"It's had a huge impact on more recent performances I think. Hopefully, we'll have a little bit of a celebration when we get back but we're not finished yet so we have to keep our heads and focus right until the last day."

Brodie Williams finished eighth in the other semi-final in a time of 1:57.73 and said he would use the experience as a learning curve.

He said: "It's been an emotional experience."

"This is my first proper major meet and to enter a race with Luke is amazing. It's a stepping stone and learning curve and hopefully I can go to Paris, get in the final and be in the contention for medals."



'It physically and mentally hurts ... but I hope I've made my mum proud'

Emotional James Wilby admitted it 'physically and mentally hurt' after missing out on an Olympic medal – but hoped he'd made his mum proud.



Wilby clocked 2:08.19 as he finished sixth in a quick Men's 200m

Breaststroke which saw winner Izaak Stubblety-Cook set a new Olympic record of 2:06.38.

The 27-year-old's mum is a nurse who has been administering Covid vaccines and he expressed his sadness that he hadn't won a medal for her.

"I'm disappointed obviously," said Wilby. "It was a pretty strong race and physically and mentally it hurts a bit.

"Those guys really put in a good showing and deserved the results they got. I'm just disappointed that I wasn't up there with them challenging for the medals. The result is what it is.

"I'm gutted individually to leave the Olympics with nothing to show for it but there are more medals for the team and no-one is going to switch off.

"My mum has put in such a shift for me over the last 27 years – I hope I make her proud.

"I haven't quite won the medal I would have liked to have won for her. She has been working as a nurse giving out vaccines recently to an extent that makes me so proud of her. I hope she enjoyed watching that."

Renshaw, Wood into final

Team GB secured places in all of Friday's swimming finals with good friends Molly Renshaw and Abbie Wood both sealing spots in the Women's 200m Breaststroke race.

After their National Centre Loughborough team-mate Luke Greenbank qualified for the 200m Backstroke final,

Renshaw and Wood finished third and fourth respectively in the 200m Breaststroke semi-finals.

Wood put the disappointment of narrowly missing out on a medal in the 200m Individual Medley final to book a second final place in her debut Games.

She said: "I knew I had to be an outside burner here. Yesterday was so hard turning it round. It was a really emotional day and I knew I needed to get in the semis and then I could reset this morning.

"Yesterday really put a fire in my belly and I didn't want to finish racing yet, so I'm really happy with that."

Renshaw said: "I went out trying to be brave and keeping up with Lilly King as I know she goes out fast.

"So I tried to stick with her and then down the last 50m, everything started to go a bit numb. I think tomorrow the focus needs to be around keeping the technique strong and hopefully that will be bring me back faster.

"I still think I probably need to be out as fast as I was, but try to manage the last 50m a little better and not try to concentrate on what's going around me.

"I'll be out there on my own in an outside lane. Hopefully I can just focus on my swim and not focus on what's going on in the middle.

"That was a really good swim from Abbie.

"She had such a tough day yesterday. So to turn it round and make the final from an outside lane in the semi, she has handled this whole thing so well and it just shows how much she has grown in the past year."

Anna edges through

Anna Hopkin reached the 100m Freestyle final by the narrowest of margins.

After setting a British record in the heats to reach the semi-finals, she was slightly slower and edged through eighth fastest by 0.01 seconds.

Hopkin finished fourth in her semi-final, in a time of 53.11.

She said: "I wasn't sure the time was going to make it in, so when I saw I'd scraped in eighth, I was really happy.

"Swimming the morning after last night, it was always going to be tough, so I'm just glad to get it out the way and I can come back fresh tomorrow.

"You don't know how you're going to swim in the morning, so I did want to put a good time out last night in the heats, having the opportunity to swim in the evening.

"That was a really good swim for me last night and was always going to be hard to back up, but I did what I needed to do and hopefully I can get back to what I did yesterday tomorrow."

Freya Anderson missed out on a place in the final as she finished sixth in her semi-final in 53.53.

"I'm trying to not let this set me back," said Anderson. "Looking back, I've only got in six weeks of proper training as I've just been injured constantly and had illnesses leading up to this.

"I'm just happy I got to come and experience this really."

Alys Thomas finished seventh in the 200m Butterfly final, while Duncan Scott put himself in contention for yet another medal as he won his heat to reach the 200m Individual Medley final.

New European record as Team GB set sights on another gold medal

Great Britain's mixed medley relay team dominated the heats to progress through to Saturday's final in a new European record time.

The quartet of Adam Peaty, Freya Anderson, James Guy and Kathleen Dawson surpassed the previous record of 3:38.82 which was set by GB at the European Aquatics Championships earlier this year.

Their time of 3:38.75 was also only 0.34 outside of the current world record (3:38.41) held by the People's Republic of China.

With the Mixed 4x100m Medley Relay being a new event at the Olympics, the British team now also hold the Olympic record.

Starting off the incredible performance with the backstroke leg was Scottish

swimmer Dawson, who then handed over to 100m breaststroke Olympic champion Peaty.

Peaty put GB in a great position for Guy to then get Britain into the lead with his butterfly leg. Guy passed the reigns to fellow Bath National Centre swimmer Anderson who brought it home.

Anderson was a body length clear on the final 50 metres and secured a dominant win for Team GB who comfortably qualified with the fastest heat time.

The nation closest to them were the USA who managed a time of 3:41.02. Following the win, Anderson described how it felt to be included in a team with

'some of the best swimmers in the world'.

She said: "It feels really good, especially being on the team with these guys, they're some of the best swimmers in the world."

"Me personally, I knew I had to step it up and get them through and hopefully Anna [Hopkin] can take over in a few days' time and get the gold."

On the event being included in the Olympics for the first time, Guy said: "The mixed events are getting more and more popular now at the World Championships and European Championships, so it's only fair it's brought into the Olympic Games and hopefully it'll continue and do different things."

"They're some of the best swimmers in the world."

"It's a popular event at every other championships," added Peaty. "I think to come to an Olympics, it shows swimming doesn't have to stay the same."

"It can develop to what the modern world is, which is new races and keeping it entertaining. You might be leading by a lot but then someone else might take over which is the fun of it."

After his gold earlier in the week, Peaty discussed what it was like to kickstart GB's medal tally. He continued: "It's been good. It just shows you that British Swimming is really going from strength to strength. Over the last six years, the culture, the ethos and everything we live by has evolved into something

that's idolised by other teams now."

"It's been great to give that a rolling start with the gold medal in the hundred but what those other guys did is just remarkable and if I helped them just 0.5 per cent then that's my job done."

"But again, the team's getting older, more experienced and I can't wait for the next generation to start kicking through now and saying – this is possible."

Peters misses out

In the eighth and final heat of the Men's 100m Butterfly, Jacob Peters was the only British swimmer in action.

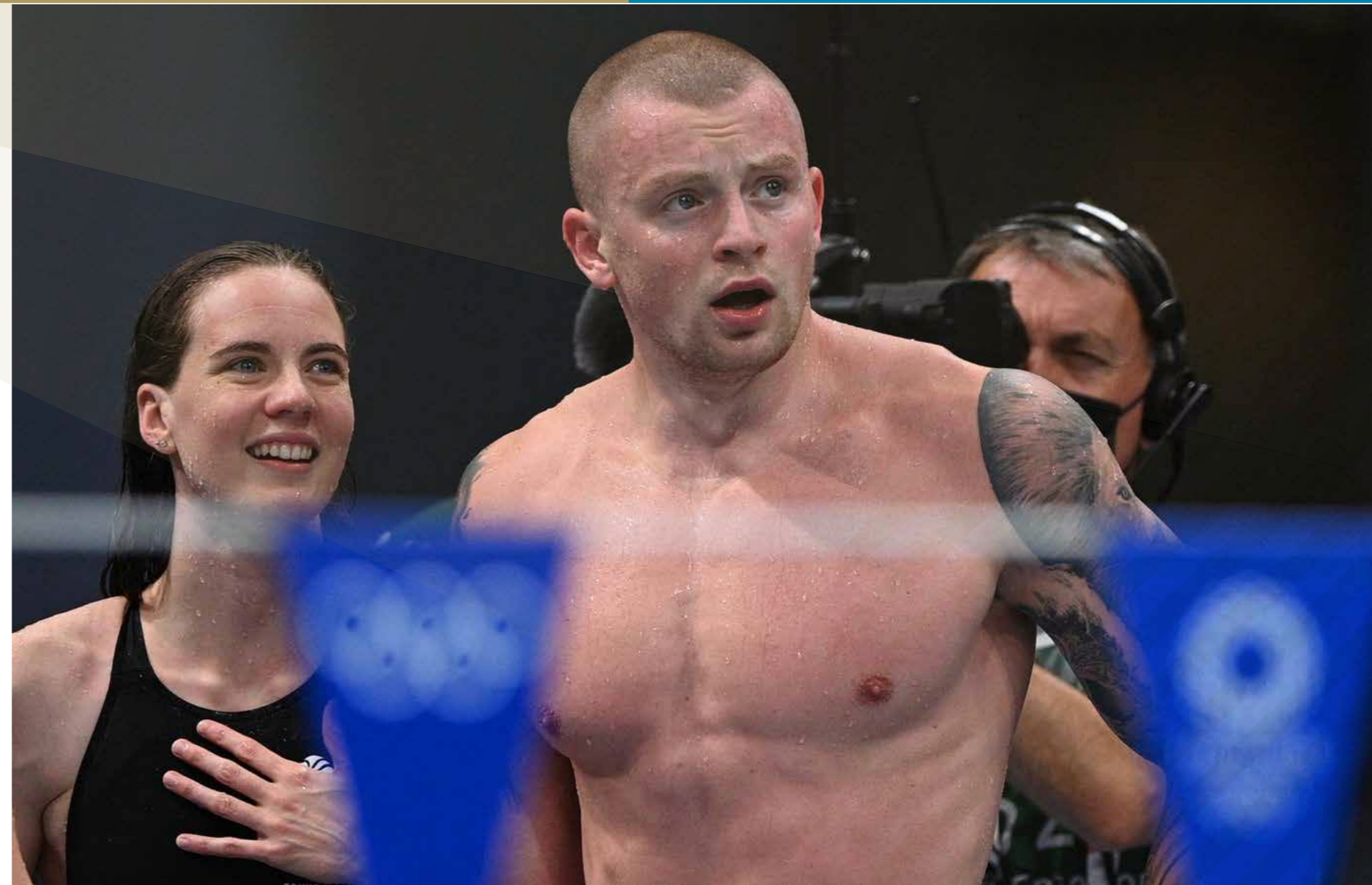
Guy, who competed in this event

at the Rio 2016 Olympics and made it into the semi-finals, withdrew from the event this time around with the relay heat following shortly after.

Peters, of the Bath National Centre, finished his heat in sixth with a time of 52.07, which saw him miss out on the semi-final.

He said: "I feel like I had a lot better than that in the bag. I was feeling a lot better than that. It's just one of those nights I think, I was a bit nervous but nothing out of the ordinary really."

Scottish swimmer Cassie Wild also failed to qualify for the semi-final of the Women's 200m Backstroke after her time of 2:12.93 resulted in a 12th place finish in her heat.



Luke Greenbank dedicates 'amazing' Olympic medal to coaches and family

Luke Greenbank said it was 'absolutely amazing' to win Great Britain's first-ever Olympic medal in the 200m Backstroke – and then dedicated his achievement to his coaches and family.



“This medal is as much theirs as it is mine,” said a delighted Greenbank after claiming Team GB's fifth swimming medal of the Tokyo 2020 Games.

He was narrowly outside his lifetime best as he finished in 1:54.72 – 1.45 seconds behind Russia Olympic Committee's Evgeny Rylov, who took the gold medal in a new Olympic record of 1:53.27.

Greenbank was quick to praise Mel Marshall, who trains him at the National Loughborough Centre, and Cockermouth Swimming Club coaches Sean Balmer and Eleanor Walsh.

He said: “It's amazing – a dream come true. I'm so happy, over the moon. I'm a bit lost for words, I'm not going to lie.

“My first memory of swimming is watching the Beijing Olympics. It's always been like a lifetime ambition of mine, so to come away with a medal, an individual medal as well, is absolutely amazing.

“We [Mel and I] get on really well together. We bounce off each other and she has helped get the best out of me. Hats off to her and obviously Sean Balmer and Eleanor Walsh, my mum and dad and all those people – this medal is much theirs as it is mine.

“I hope I've made them proud.”

Great Scott!

Duncan Scott set a new British record to claim a second individual silver in the Tokyo 2020 Olympics – and become the first GB swimmer to win three medals at a Games since Henry Taylor in 1908.

He touched home in 1:55.28 as he shaved 0.62 seconds off his previous British best in the 200m Individual Medley –



finishing 0.28 behind Olympic champion Shun Wang, of China.

Scott said: “It's my first proper international medal in that event and big PB again so I've got to hold my head up high.”

Scott hailed the British Swimming coaches for helping the team to hit new heights at the Olympics.

He added: “This is not just a one meet thing – it's been going on for quite a while. It probably started with Peaty way back in 2015 when he first won the worlds all the way through. His mental drive and the way he dominates races, I think it rubs off on people.

“On top of that we have got some excellent coaches at British Swimming who always strive for more. They are managing to get the best out of their athletes day to day, which is great.”

Seventh spot for Anna

Anna Hopkin took seventh spot in an incredibly quick Women's 100m Freestyle.

The 25-year-old finished in 52.83 – only 0.31 away from a podium place and just outside her British record of 52.75

she set in the heats – with Australia's Emma McKeon winning gold in an Olympic record time of 51.96.

Hopkin said: “That was a big goal, to get close to what I did in the heats – that was an out-of-the-blue swim.

“To back that up shows how consistent I am. Obviously you always want to go faster, but I think I've showed I can cope in this arena.”

Renshaw disappointed

Molly Renshaw and Abbie Wood took sixth and seventh spot respectively in the Women's 200m Breaststroke final.

Renshaw, swimming in lane one, clocked 2:22.65 in a race which saw Olympic champion Tatjana Schoenmaker set a new world record of 2:18.95.

The 25-year-old said: “It's disappointing but it's about coming out here and racing and I didn't do that today.”

Wood clocked 2:23.72 for seventh and she said: “I've been happy with my swims this week. I obviously wanted to finish on more of a high because we are both so much better than those swims, but that's how it goes.”



'So excited for Luke Greenbank while Duncan Scott was remarkable'

Olympian and BBC 5 Live commentator Steve Parry gives his reaction to Team GB picking up two more swimming medals at the Tokyo 2020 Olympic Games.

"Unbelievable – we're getting greedy aren't we? A silver and a bronze medal – we will take that!"



Steve Parry admitted he was 'excited' for Luke Greenbank after he won Great Britain's first-ever Olympic medal in the 200m Backstroke – and hailed a 'remarkable' Individual Medley swim from Duncan Scott.

Team GB's swimming medal haul now stands at six with two days of the competition remaining following Greenbank's bronze and Scott's silver.

After another successful finals session, Parry said: "Unbelievable – we're getting greedy aren't we? A silver and a bronze medal – we will take that."

"Ryan Murphy is a legend of backstroke swimming so [for Luke] to miss out on a silver to him is no great shame.

"But we have never got a medal in the 200m Backstroke so it's great to see that he has been able to get Britain up there.

"He has been really consistent with 1:54 swims. He has dealt with a foot injury earlier in the year but I'm just so excited for him.

"It's only three years to the next Olympics and I can't see Murphy around for that one but Rylov looks very menacing – 1:52 is extraordinary. If you'd have told me Duncan would have gone

1:55.20, I would be hanging the gold medal around his neck all day long.

"Wang was just unbelievable. He made a huge drop of 1.2 seconds and you can't compete with 1:55.00.

"You can see how much he [Scott] left it out there because had his head in his hands at the end, both physically and mentally trying to recover from a massive effort.

"It was not only a personal best but also a Commonwealth record. To do that in a morning is hard, to do it after a 200m Freestyle effort and after a 4x200m Freestyle effort is quite remarkable.

"We will see them both in the Medley Relay on Sunday. We have been world champions in that before. The Americans look unbelievably strong but we have a chance of a medal."

Chance of more to come

Parry said he was hopeful of further medals in the pool during the next two days.

He said: "I think we have chances of three more medals – Ben Proud, the 4x100m Medley Mixed and the 4x100m Medley Relay for men.

"It's not so much the quantity of the medals won but the quality – three golds is dream world."

Olympic Tweets



4 Retweets



27 Likes



Ben Proud begins his Tokyo journey and powers into semis

The final heats session of the Tokyo 2020 Olympic Games saw more superb performances from Team GB swimmers.

“It’s been a hell of a journey the past five years so I just want to get this competition done, complete it, do as well as I can and then we’ll see from there.”

It was the turn of the sprint and distance specialists in the Japanese capital as Ben Proud opened up the session with a 21.93 in the Men’s 50m Freestyle to qualify for the semi-finals in 13th position.

The James Gibson-coached swimmer has a best time of 21.11 which he set at the 2018 European Championships in Glasgow.

Speaking after his swim, he said: “That heat swim was okay – I made it through which is all you have to do but at the same time it’s all about tomorrow morning. Now is the real job but I’ll go and get rested, prep for the morning and do my best to make it through.

“It’s been a hell of a journey the past five years so I just want to get this competition done,

complete it, do as well as I can and then we’ll see from there.”

Mixed relay results

There was joy and disappointment for Team GB in the mixed medley relays as the women’s side missed out on a final spot by only one place.

The team of Cassie Wild, Sarah Vasey, Harriet Jones, and Freya Anderson put up a strong fight in what was a very competitive field to post a time of 3:58.12.

They finished in fifth in their heat and ninth overall, coming within 0.80 of a second of an Olympic final spot in this event.

The men were also in a very fast heat and managed to hold off their competitors and come out on top with a time of 3:31.47.

It was a dogfight between Great Britain and the Russian Olympic

Committee team, but Duncan Scott got his hand on the wall first to secure their final spot – which they enter in second behind Italy.

Other members of the team were James Guy, Luke Greenbank and James Wilby – who all played their part in carrying the team to a win.

Jervis in ‘best shape’

Daniel Jervis had a fantastic performance in the Men’s 1500m Freestyle after he finished second in his heat with a time of 14:50.22.

He said: “I’m really happy – I am in the best shape of my life physically and over the last 18 months I’ve really worked on my mental state in the pool. I just want to show everyone else back home who is a normal person like me that if they work hard, they can do anything.”

Olympic Tweets



3 Retweets



47 Likes

Mixed medley relay team seal Britain's fourth gold with new world record

Great Britain set a new world record in the first-ever Mixed Medley Relay Olympic Games final to secure a fourth swimming gold medal in Tokyo.



The victory equalled the most amount of golds ever won in the Olympic pool by Team GB – matching the total from the London 1908 Games.

Kathleen Dawson, Adam Peaty, James Guy and Anna Hopkin clocked 3:37.58 to shave 0.83 seconds off the previous world best and beat nearest rivals China by 1.28 seconds.

Dawson recovered from a slip on the wall during her take off at the start of the race to finish the backstroke leg in 58.50, with Peaty clocking 56.78 to leave the Brits fourth as Guy took over.

He recorded his fastest-ever butterfly split of 50.00 to touch first as Hopkin dived in with a half-a-second advantage over the Chinese – and she held her nerve to finish her 100m in

52.00 to spark wild celebrations. Both Guy and Hopkin had withdrawn from individual races to focus on the team event.

Guy said: "I pulled out of the fly and it did really hurt me as I could have medalled but it's paid off. Gold medal, world record – you can't beat that."

"It's pretty surreal. We knew we could do something pretty cool. We knew in the back of our heads if we got it exactly right to our race plan we could win it and get the world record."

Show my experience

Peaty said: "It's amazing to be a part of these amazing women and Jimmy. My legs were shaking. I was diving in and I'd got far too much adrenalin."

"Right now, we're the champions. Let's go and enjoy it and, hopefully, we will be a force [in the Men's Medley Relay]

Olympic Tweets



30 Retweets 206 Likes

tomorrow and see what happens."

Hopkin admitted it was daunting to be chased down by the Men's 100m Freestyle champion Caeleb Dressel.

"I was trying not to think about it," she said. "I was trying not to think about how far ahead we were to them as it's irrelevant when you're in the water – you just have to race. When I turned, I just went for it. It's an amazing feeling – I'm so privileged to be in this team."

Guy praised Freya Anderson for her role in the heat session, which allowed Hopkin to rest ahead of the final.

"Freya is part of this gold medal," he said. "Everyone played their part. It's more than four people."

Proud: I've nothing to lose
Ben Proud booked his place

in the 'splash and dash' 50m Freestyle final and admitted a fear that his Olympic Games journey could come to a premature end had been a driving force in helping him to qualify.

Swimming in lane one, Proud finished in 21.67 to finish joint third in his semi-final and qualify fifth-fastest for Sunday's race.

It was a vast improvement on his heat time of 21.93 – which Proud admitted he was not happy with.

He said: "I came into my race and did what I had to do but I was really quite upset with myself. So I wanted to come in tonight and give it a bit more and now, tomorrow, we are in the final so that's job done. I can go to bed tonight a little bit more peaceful and come back tomorrow morning with nothing to lose really."

"It's pretty surreal. We knew we could do something pretty cool. We knew in the back of our heads if we got it exactly right to our race plan, we could win it and get the world record."



Peaty hopes Olympic successes can be 'catalyst' to inspire next generation

Three-time Olympic champion Adam Peaty hopes Team GB's Mixed Medley Relay triumph will be the catalyst to inspire the next generation of club swimmers.

The Great Britain team of Peaty, Kathleen Dawson, James Guy and Anna Hopkin set a new world record of 3:37.58 to win the first ever Mixed Medley Relay to be held at an Olympic Games.

Both Peaty and Guy had inspirational messages for club swimmers who had been through 'hard times' in the last 18 months as national lockdowns during the coronavirus pandemic had forced pools to shut – preventing many from taking part in the sport they love.

After receiving his gold medal, Peaty said youngsters cheering on their success throughout the rearranged Tokyo 2020 Olympic Games can 'achieve anything'.

"If you're watching now, and you're a kid, I was the same kid in 2012," said Peaty, who became the first British swimmer to retain his Olympic title when he won the 100m Breaststroke.

"Just believe, follow your dreams and you can do what we do – and hopefully we'll see you on the team in eight years.

"Hopefully this is a catalyst now for the next generation, who have been through hard times, who haven't had access to pools.

"We didn't have access to pools until the start of this year and look what we can do.

"If you have it here [points to head] and here [points to heart], you can achieve anything."



Believe what you can do

Guy recalled his time as a youngster in the sport and also hoped their achievements would show anyone could follow in their footsteps if they worked hard enough.

He praised the dedication and commitment of his parents saying: "Since being a young lad, they have always been there for me – they absolutely love the sport.

"All that kind of hard graft as a young boy, the hard sessions, going to school, swimming, it's all paid off.

"All the years of hard work, starting at a small club, look where we are today.

"Keep going and believe what you can do. You have to start somewhere and this just shows where you can go."

Olympic Tweets



62 Retweets 806 Likes



Stunning silver seals Britain's best-ever performance at an Olympic Games

Great Britain have rewritten the history books after winning an amazing eight Olympic swimming medals at the Tokyo 2020 Games.



The Men's Medley Relay quartet of Luke Greenbank, Adam Peaty, James Guy and Duncan Scott set a new European record of 3:27.51 as they won a stunning silver in the final race of an exhilarating competition to seal the highest British swimming medal total in 113 years.

Team GB finished with an impressive haul of four golds, three silvers and one bronze to leave them third in the swimming medal table behind America and Australia.

It is the most medals ever won by the Brits at an Olympic Games – eclipsing the four golds, two silvers and one bronze in London 1908.

In winning a silver in the Medley Relay, Duncan Scott also became Britain's most decorated Olympic swimmer with a total of six – two from Rio 2016 and four in Tokyo, while Peaty now has five.

Britain were in contention for a gold throughout a thrilling medley relay race but were beaten by 0.73 seconds by America, who set a new world record time of 3:26.78 to top the podium.

Italy took the bronze medal after finishing in 3:29.17.

Greenbank was narrowly outside his 100m Backstroke personal best time of 53.34 as he clocked 53.63 with Britain sitting seventh after 100m.

By the time Peaty had completed the breaststroke leg in an incredible time of 56.53 – the fastest ever in a relay – the British team had stormed to the front and had a 0.47 lead.

Guy gave it his all on the butterfly as he touched in

50.27 but Olympic champion Caeleb Dressel had given the US the lead heading into a the final swim – and although a determined Scott swam another quick anchor leg, he couldn't claw his way past Zach Apple.

The team admitted they were slightly disappointed not to have taken the gold but Peaty said that just showed the high standards they had now set themselves.

He said: "I lay it all down. I knew I had to go an extremely fast time – and that was an extremely fast time. Unfortunately we just didn't do enough to take that gold. It was pretty close to a world record swim and you can't ask for more.

Medals all over the place

"People at home will say you've got an Olympic silver but that's the standard we are at now.

"We're not looking at bronze and silver now, we are looking at how to get gold. That's just my mindset. I know these guys are disappointed with that as well and that's just an honest opinion about our performance and what we thought we could do."

Guy added: "The way this week has been for British Swimming, it's been unbelievable – medals all over the place. If someone had said this to us in 2015-16 we would have literally ripped their hand off.

"We've had a great week so far. We're a bit sad not to get the gold today but we've all played our part."

Greenbank said: "It's frustrating to be second today with the momentum the team has had this week. But it's just been an incredible result and we can build on this and definitely come back stronger."

Scott added: "I'm very fortunate

to be a part of some very excellent relay teams – this being one of them.

"We were coming in here to really challenge the Americans like we did last time at worlds. Looking at the splits, we all swam well.

"It's been a tough week but we have got to be happy with that."

Peaty added that the British Swimming team had come a long way.

"It's very important to reflect on this and how we get better," he said. "Now it's time for rest, recovery, celebration because we've had the best Games we have ever had in history as a British team and it's great to be a part of that and contribute as much as we can to that."

Ben still motivated

Ben Proud said his equal fifth-placed finish in the Men's 50m Freestyle was a tough one to take – but he was motivated to keep swimming.

The 26-year-old was 0.15 seconds off a podium place after clocking 21.72 in a race which was won by American Caeleb Dressel in an Olympic record time of 21.07.

An emotional Proud, who finished fourth in the 50m Freestyle at the Rio 2016 Games, said: "It's a tough one, that's for sure. I wish I could have brought something home but that's just how it is – it just didn't happen.

"[Swimming] has taken me on an amazing journey. It's been a tough couple of years but I'm still motivated to come back and keep swimming."

Meanwhile, Daniel Jervis finished fifth in the Men's 1500m Freestyle final in a time of 14:55.48.



Olympic heroes plead for more funding to help clubs

Team GB's decorated Olympic swimmers hope their success inspires the next generation to take up the sport – but have called for more funding to help clubs and facilities be financially viable.

“There needs to be more investment than ever, to secure the next generation, especially in swimming where you’ve got swimming clubs who have to raffle and fund raise on their own.”

Adam Peaty and Luke Greenbank were part of the Men’s Medley Relay team which picked up Britain’s eighth swimming medal of the Tokyo 2020 Olympics – their highest total in the pool since the London 1908 Games.

And while they both are keen to see more people join swimming clubs, they said more investment in the sport is required.

Peaty, who became the first British swimmer to retain his Olympic title when he won gold in the 100m Breaststroke, said: “Sport needs money, everyone knows that.

“So there needs to be more investment than ever, to secure the next generation, especially in swimming where you’ve got swimming clubs who have to raffle and fund raise on their own.”

Backstroker Greenbank, who also won a bronze medal in the individual 200m race, said: “From my personal perspective, I keep in contact with my old club (Cockermouth).”

Difficult time

“I talked to my old coach and he said after the first lockdown, there were a few swimmers who struggled to come back, maybe lost support. They had to fund raise to open, so it’s obviously been an extremely difficult time

for lots of clubs around the country.

“For our sport it’s so difficult with leisure centres closing and struggling to be financially viable. The performances here have showed how strong we are as a team, not just in the pool but out of the pool.

“The team is full of positive role models, it’s great for kids to look up to. These three [Peaty, Guy, Scott], in and out of the pool, are amazing people. They conduct themselves really well.

“I really hope that this has the opposite effect of the pandemic, that it brings new people in and gets them involved in swimming.”

Olympic Tweets



47 Retweets 307 Likes



'I can't wait for the next Olympics after exceptional performances'

Olympian and BBC 5 Live commentator Steve Parry gives his reaction to a history-making performance from Team GB swimmers at the Tokyo 2020 Olympic Games.



"I'm really confident about the future of British Swimming. Momentum has been building over the Olympic cycles and this is just the breakout performance"

Steve Parry reflected on a dream week for Team GB swimmers following a number of 'exceptional performances' in Japan – and said he couldn't wait for the next Olympics to begin.

A total of eight medals – four golds, three silvers and one bronze – were won by Brits at the Tokyo Aquatics Centre

Duncan Scott became the first British athlete in any sport to win four medals at one Olympics – and that was just one of the historic moments in the pool.

The medal tally is also the largest by a British team at an Olympic Games – beating the seven won at London 1908.

"I'm concerned I'm going to wake up and it's going to day one of the Olympics and I'm going to have to start commenting," joked Parry. "It's been absolutely phenomenal."

"It's well documented that it's been the best performance ever at an Olympic Games which is great but there are so many other stories in there as well."

"We have the best GB athlete medal haul ever from Duncan Scott which is wonderful and should be celebrated, Adam Peaty and his two golds and a silver and then, of course, Tom Dean, who in both events he swam in got two gold medals."

"So I think there are three

superstars really for Great Britain there.

Confident about future

"It really was an exceptional performance. In the last 40 years, we have only got five gold medals in the pool and then we have got four golds in one meet."

"But it's not just the volume – eight – which is better than the six we got in Rio, it's the colour. Half of those medals are gold and that's just wonderful."

"The fact they are relays as well means the success is being shared around and a lot of gold medals are returning on that British Swimming plane and that can only be good for the future."

"It's not like these guys are on their way out either. Tom Dean is very young, Duncan Scott has got another cycle in him as has Adam – and there is new talent emerging as well"

"Not to mention all those age group swimmers back home in all the swimming clubs around the county who now have new found belief and new heroes."

"I'm really confident about the future of British Swimming. Momentum has been building over the Olympic cycles and this is just the breakout performance."

"[Paris 2024] really will come around quickly. Having said that, it can't come quick enough."

"I'm very excited and they've only just got out the pool! I can't wait for the next one."

Olympic Tweets



2 Retweets 25 Likes



History-making swimming team will inspire so many

Olympian Mark Foster hopes the performances of Team GB's history-making swimming team will encourage 'more and more people' to take up the sport.

"Hopefully, more and more people will want to get into swimming."



The British squad won a total of eight medals – four golds, three silvers and one bronze – at the Tokyo 2020 Olympic Games.

Adam Peaty became the first British swimmer to ever retain an Olympic title when he won the 100m Breaststroke, while Tom Dean led home Duncan Scott in the 200m Freestyle for a Team GB one-two for the first time in 113 years.

The Men's 4x200m Freestyle quartet also topped the podium as they set a new European record to become the first British team to win an Olympic relay since 1908.

And the Mixed Medley Relay team of Kathleen Dawson, Peaty, James Guy and Anna Hopkin set a new world record as they claimed gold.

And it is performances like that which Foster – who competed in five Olympic Games – hopes will encourage more people to give swimming a try

Inspiring the next generation

He said: "As a kid, I watched Duncan Goodhew in the 1980 Olympics win his gold medal in Moscow. He came along to my swimming club.

"You got to see the swim, see

the person and that's the sort of thing that inspires you.

"All these people on top of the podium will be inspiring the next generation and, hopefully, more and more people will want to get into swimming.

"Swimming is a life skill – people have got to learn to swim anyway.

"If you turn your love and passion into something, it just shows you what is possible."

Following Peaty's gold medal which started the swimming medal haul for Team GB, Foster added: "Everyone should be really inspired by Adam and what Adam's done, I hope it's called the Peaty effect.

"I'm not saying those kids will have watched from two thirty to four thirty in the morning but they'll see some of the highlights, they'll see some of the footage of him and hopefully be inspired to be the next Adam or Rebecca Adlington.

"But whatever sportsperson it is, we've found during this last 18 months with Covid that being fits and healthy is important.

"That's not necessarily about being an Olympic champion but if Adam Peaty can inspire someone to get involved in sport he's done half his job."

INSPIRED TO TRY...

TOKYO 2020 // OLYMPIC GAMES

Diving



Eden Cheng



Tom Daley



Dan Goodfellow



James Heatly



Jack Laugher



Matty Lee



Scarlett Mew-Jensen



Grace Reid



Andrea Spendolini-Sirieix



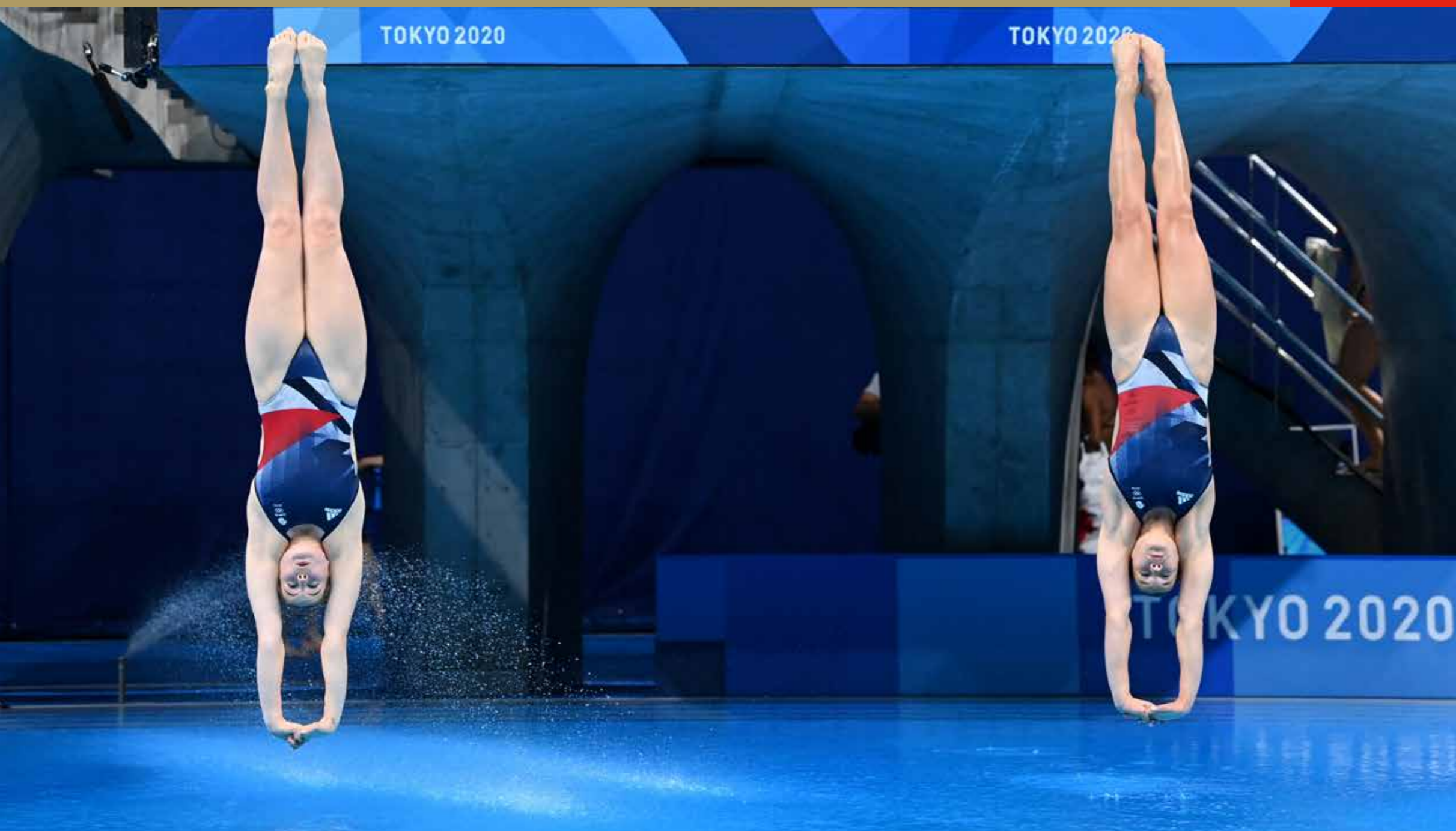
Kat Torrance



Lois Toulson



Noah Williams



Torrance and Reid sixth after slight error ends medal hopes

Kat Torrance and Grace Reid were left to rue a slight error in their penultimate dive as they missed out on an Olympic Games podium place.

The British duo were sat in fourth position in the Women's Synchronised 3m Springboard final after the third round – only 1.50 points adrift of third place – and in the hunt for a medal.

However, a slight over rotation during their back 2½ somersaults in pike saw them score only 50.40 points and they dropped to seventh spot.

That proved to be too much to claw back in their final dive – a reverse 2½ somersaults in

pike – and they had to settle for sixth place with a final score of 269.10.

They were 15.87 behind the third place German pair of Lena Hentschel and Tina Punzel, who finished on 284.97.

In contention

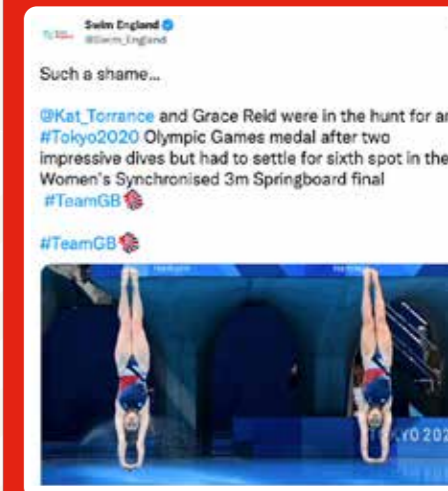
Torrance and Reid were in contention for a medal following two impressive rounds.

Their compulsory forward dive in pike was the joint best of the second round, earning them 50.40 points to leave them joint third.

They followed that up with a 61.20 points for their reward 2½ somersaults and one twist in pike.

China continued their domination of the event by winning gold with 326.40 points – 25.62 clear of Canada who took the silver medal.

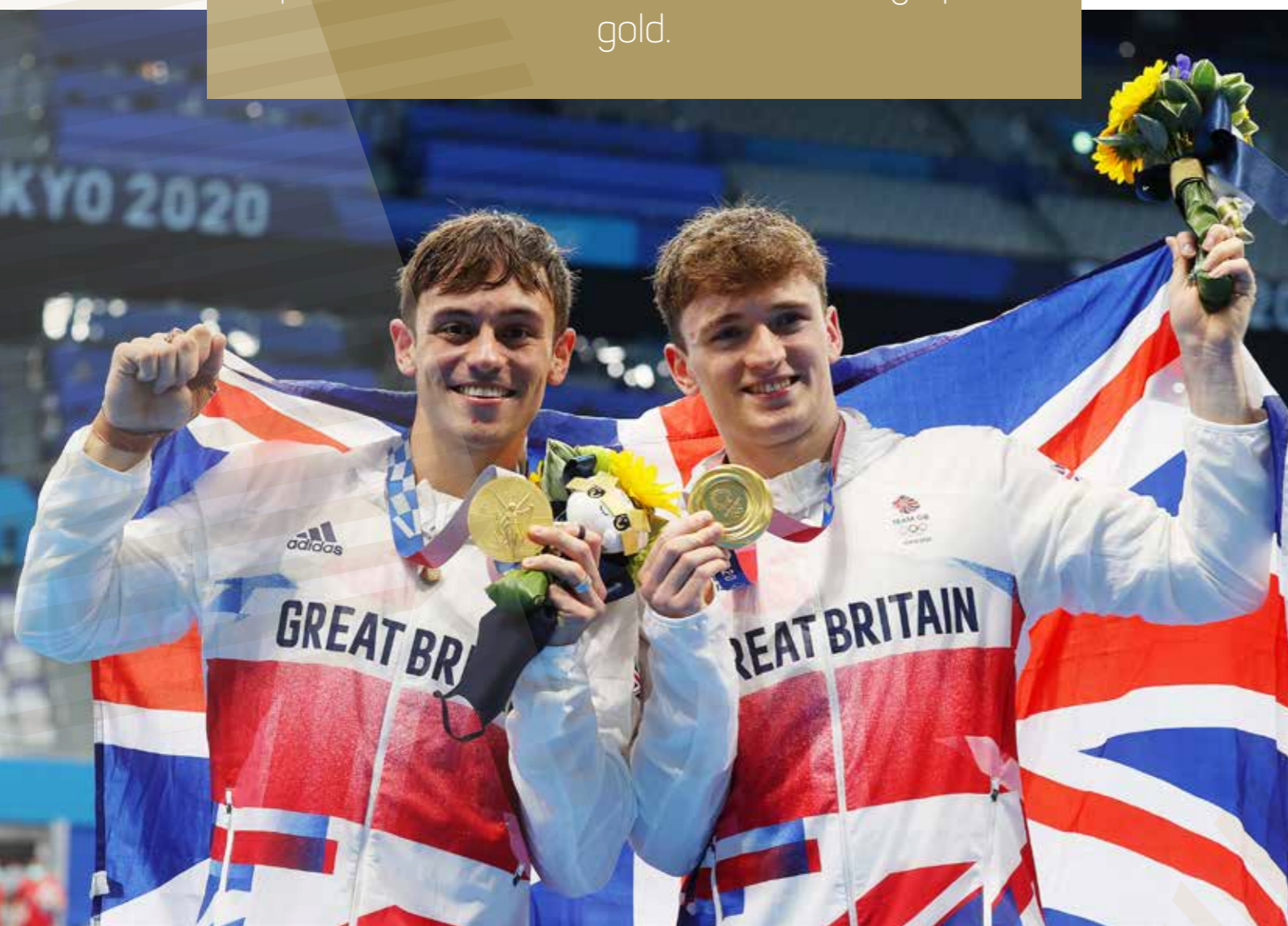
Olympic Tweets



11 Likes

'Unstoppable mentality' helps Tom Daley and Matty Lee to Olympic title

Tom Daley and Matty Lee said an 'unstoppable mentality' helped them to produce the performance of their careers to win Olympic gold.



At his fourth Games, Daley became the first British diver to win three Olympic medals – with Lee claiming gold on his debut appearance.

They scored 471.81 points to finish 1.23 clear of the Chinese pair – and favourites for the title – Yuan Ao and Aisen Chen.

And Daley said he couldn't believe what they had achieved.

"A lot of people would probably have counted me out of this competition being the older person," he said.

"I have been diving more than 20 years and to finally have this gold medal – I still can't believe what's happening. I didn't think I was going to get here in the first place.

"I'm in the best shape physically and mentally and with the support of Matty, coming into this competition we've just had that unstoppable mentality.

"It's the first time we've been able to think like that we are the ones to beat. I still can't believe what's happening.

"Stood at that rostrum about to be announced as Olympic champions and then hear the national anthem play, I was gone – I couldn't even sing. I was halfway singing and then blubbering. I just can't believe it."

Lee added: "All year I have been thinking about the gold Olympic medal – and trying not to think about it.

"To be able to share my first Olympics with Tom and to get a gold medal and help be a part of this gold medal is special – I can't believe we have done it."

It was an immaculate display



throughout from Daley and Lee who didn't put a foot wrong in all six dives.

They were third at the halfway stage but climbed to the top after round four with a 5.22 point advantage after Ao and Chen made an uncharacteristic error – while Daley and Lee scored 93.96 points for their back 3½ somersaults.

The gap had been closed after round five with Daley and Lee 1.74 points ahead.

So proud

They had scored 89.6 for their reverse 3½ somersaults, while Ao and Chen picked up 93.24 for their forward 4½ somersaults.

The British duo saved their best to last, however, as they scored 101.01 points for their forward 4½ somersaults – the world's hardest ranked dive.

It left them in top spot but they

faced an anxious wait to see if they would hold onto the gold – or whether Ao and Chen would cruelly snatch it from them on their final dive of the competition.

And although they scored 101.52 for their back 2½ somersaults with 2½ twists, it left them 1.23 points short and sparked joyous celebrations from the British team.

Daley was quick to praise Lee for his display.

He told him: "I'm just so proud of you for holding that together.

"I felt I was going to crumble at lots of points in that competition but Matty was in the zone.

"I said to Matty everything has fallen into place and we found that sense of flow.

"We didn't say a lot to each other. We just knew what we had to do to get the job done."



Toulson and Cheng bounce back from nervy opening

Lois Toulson and Eden Cheng bounced back from a nervy opening dive in the Women's Synchronised 10m Platform at the Tokyo 2020 Olympic Games.

"We know we can dive a lot better than that. We managed to do a couple of good dives in there which we're happy with but there was a lot of room for improvement ... it is just so frustrating."

The duo found themselves eighth at the end of round one after scoring only 43.20 points from their back dive in pike position.

It ensured they were always chasing the rest of the field but they failed to let it disappoint them and continually improved as the competition progressed.

Although they were still eight after round three, they produced their highest scoring dive with their next jump – an inward 3½ somersaults in tuck which scored 71.04 points.

By this stage, Toulson and Olympic debutant Cheng were looking more assured and confident and they followed that up another strong dive.

Their back 2½ somersaults, 1½ twists in pike earned them 69.12 points and a seventh place finish

overall with a score of 289.26. Despite an encouraging finish, Toulson admitted they could have done better.

She said: "I think, overall, we're pretty disappointed."

Use it as experience

"We know we can dive a lot better than that. We managed to do a couple of good dives in there which we're happy with, but there was a lot of room for improvement – we've been diving a lot better than that, so it is just frustrating."

"Hopefully I can put that behind me and use it as experience, I guess."

"I feel like I've got rid of some of the cobwebs now. I have targets in terms of individual dives, but I don't really think about positions or placings."

Olympic debutant Cheng added: "The training in the past week

prior to competition was a lot better than we put out. We've been getting high scores a lot recently, so it's a bit of a downer."

"There were probably just a few nerves. This is still one of the few competitions that we have competed in the last couple of years, due to the pandemic."

It was a closely-contested battle for the bronze medal with the Mexican pair of Gabriela Agundez Garcia and Alejandra Orozco Loza taking third spot with a score of 299.70 – only 0.64 ahead of Canadians Meaghan Benefit and Caeli McKay.

Chinese teenagers Yuxi Chen and Jiaqi Zhang were head and shoulders above the rest of the field as they took gold with 363.78 points, with the American pair of Jessica Parratto and Delaney Schnell silver medallists finishing on 310.80.

Olympic Tweets



4 Retweets

23 Likes

'Bad day' at the office as hopes of Laugher and Goodfellow are dashed

Jack Laugher and Dan Goodfellow suffered a 'bad day' at the office as their hopes of Olympic glory were dashed at the Tokyo Aquatics Centre.

The British duo finished seventh in the Men's Synchronised 3m Springboard after struggling to find any consistency throughout the first five rounds of the competition, finishing on 382.80 points.

They did, however, show what they are capable of with their sixth and hardest dive, scoring 91.26 for their forward 2½ somersaults, three twists in pike position.

It was the second highest score in the sixth round but, unfortunately, four of their previous five dives had received the lowest marks of all the competitors.

Laugher admitted it had been frustrating and apologised for not being able to bring home a medal.

"Today is a bad day," said Laugher, who won gold in this event at the 2016 Rio Games alongside Chris Mears.

"Everyone has them. You just can't put your finger on it.

"We woke up feeling good, felt a bit nervous but no more nervous than a normal competition.

"The errors we made were not errors through nerves – they were almost too much adrenalin, too much speed, too quick on our somersaults, which isn't necessarily a bad thing. It's just how it goes some time.

Felt really positive

"It was a tough day. So far, we have competed two other times [this year].

"We had a brilliant event here in the World Cup in May and then we had an absolute stinker at Budapest in the Europeans.

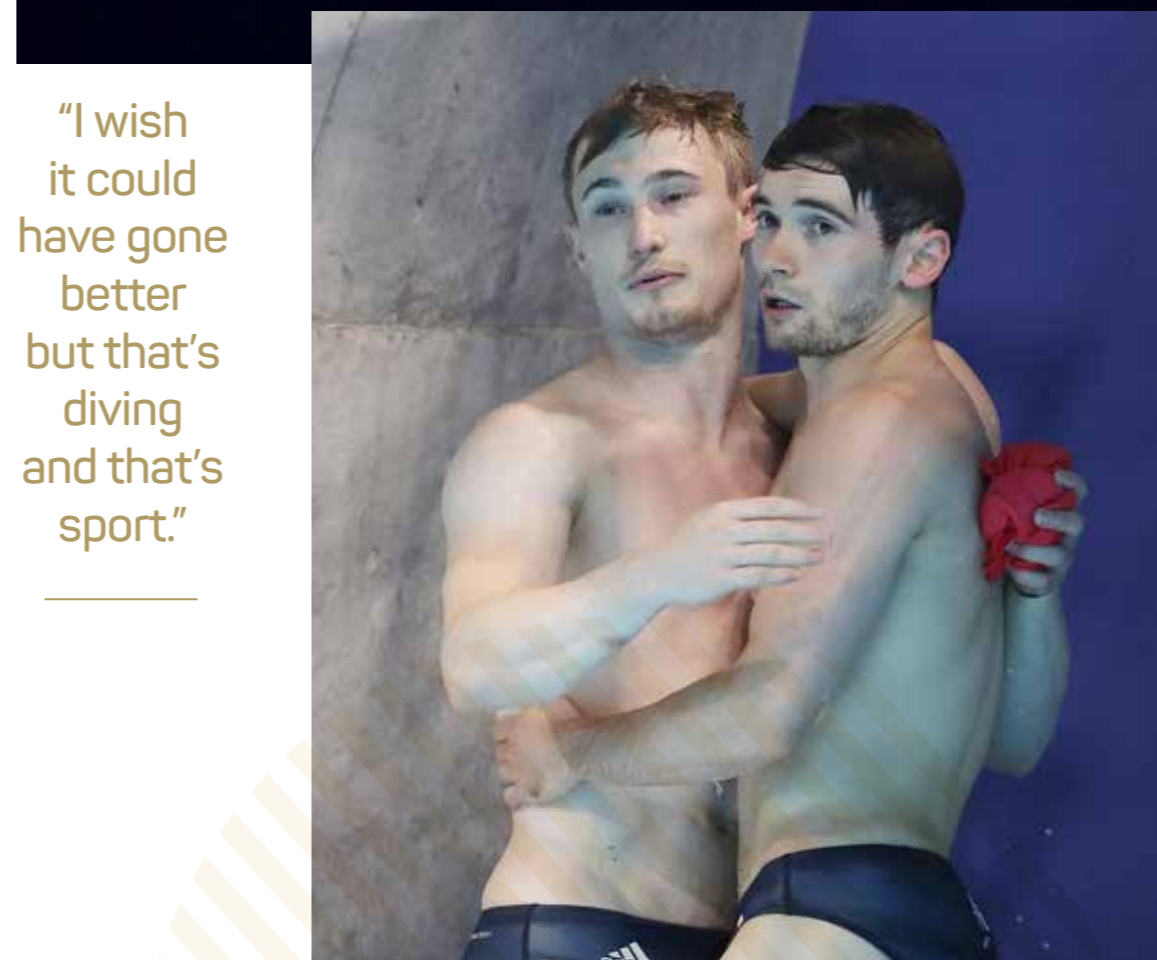
"Today is another one.

"We have worked really, really hard and I think unfortunately everyone at home will see how we have competed and not the hard work we have put in.

"The rest of the field had a really tough day. We saw a failed dive and a lot of bad dives overall.

"I wish it could have gone better but that's diving and that's sport.

"I wish it could have gone better but that's diving and that's sport."



"It's not the result we wanted and I apologise to everyone at home we didn't get to bring home what we wanted but we move on that's all we can do."

Goodfellow added: "I think the annoying thing was we were both a bit nervous but both felt really good.

"I know we didn't have a good competition in Budapest but felt really positive going into this.

"Our last dive was by far our best dive. I was happy with that we could at least finish on a good note.

"The whole competition felt really good – it just doesn't show the amount of hard work we have actually put in."



Mew Jensen looks to learn from 'positive experience'

Scarlett Mew Jensen vowed to learn from her 'positive' first experience of an Olympic Games.

"I thank everyone for supporting me, my family, my mum, my dad, especially my brother ... I would not have been able to do any of this without them."

Mew Jensen finished 22nd in the Women's 3m Springboard preliminary round, missing out on a place in the semi-final.

She completed her routines on a high, scoring 58.50 points for her forward 2½ somersaults, one twist in pike to finish with a total of 243.25 points.

The 19-year-old admitted nerves had slightly got the better of her but said she would learn from it.

Dive London's Mew Jensen said: "I mean going into it, I was pretty confident. I think as soon as I stepped on the

board, I definitely felt the nerves. Those first two dives, they're my banker dives and I was just missing them because I had so much adrenaline and I was so pumped to go so that knocked me a little bit.

"Going into my third dive, it's something I've struggled with for a very long time but I've been able to nail it recently so I was just thrown off a little bit.

It's been incredible

"Everything was just near misses but I'm really happy with what I'm giving – I've got loads more in me.

"Full-out is one of my strongest dives and to finish on that as well, especially as it ends my season there, I'm happy to finish

on a bit of a high. My teammates have told me to write it all down and get it all out and learn from it and take it into when I come back from my break.

"It's been incredible, bit of an experience there but now I've got an Olympics under my belt at 19 so yeah, really positive.

"I thank everyone for supporting me, my family, my mum, my dad, especially my brother. I would not have been able to do any of this without them. I've got so much support in the pool and out of the pool so I'm so grateful for it."

Grace Reid finished in 19th place with a score of 268.15 and is first reserve for tomorrow's semi-final.

Olympic Tweets



2 Retweets



10 Likes

Laugher and Heatly ease through to semi-final of 3m Springboard event

The preliminary round saw 29 divers compete for 18 semi-final places at the Tokyo Aquatics Centre.



KYOTO 2020

After six rounds of action, Laugher, the Rio 2016 silver medallist in this event, qualified in sixth place with a total of 445.05 points.

The 26-year-old scored low in rounds two and three for his reverse 3½ somersaults and his inboard 3½ somersaults, but put in some strong performances in the later rounds.

His highest score of the prelims came in the penultimate round as he racked up 85.50 points for his forward 4½ somersaults – a dive of 3.8 difficulty.

Laugher said: "I'm really happy to get through. Obviously, no one cares who wins today and no one cares who wins tomorrow morning, it's about the final tomorrow.

"So for me, it's just about getting through and I showed some really good things in there and gave myself a lot of confidence leading into tomorrow."

Discussing the support of his team-mates in the stands, Laugher added: "My team is a huge family and we're really lucky to be in such a good place where we're all friends, we're all very supportive of each other. Every single person came down to support me, James and Yona today so I'm really happy with the support.

"It's nice having a crowd but at the same time, we've done the World Cup earlier this year, we know what it's like with no crowd, so just really grateful."

Really special

Similarly, Heatly also achieved his highest score for his forward 4½ somersaults, with a huge 96.90 in the final round.

The Edinburgh Diving athlete's

fantastic final dive saw him move above Laugher in the standings and up into fourth place. His total of 458.40 points comfortably secured his semi-final place.

Heatly, who was a silver medallist at the FINA Diving World Cup in Tokyo earlier this year, continued in impressive form ahead of Tuesday's semi-final and final.

He said he was able to 'ease into it' after a 'shaky' start to the competition.

The 24-year-old said: "Just to be here and be competing is amazing and it's my first Olympics so to make it through to the semi – I can't believe it.

"I kind of had to have a bit of a word with myself. I was a bit shaky going into it but I knew after watching all the other events that everyone had been a bit shaky. We're all a bit rusty in our practice for competition so I had to remind myself of that and it's not over till it's over, so I eased into it.

"For me, it's just about surviving the rounds so prelims done, job one done, so throw down tomorrow.

"I'm very surprised with my fourth place, I don't actually think I did a fourth-place performance but, we're all a bit rusty competing so a lot of wobbles here and there so it'll be interesting to see what happens.

"Diving is a sport where anything can happen so I'm just going to follow my process and see what happens."

Jamaican diver Yona Knight-Wisdom, who came through the Swim England Diving talent pathways and now trains in Edinburgh alongside Heatly, also qualified for the final in 13th with a score of 411.65.

Olympic Tweets



5 Retweets

32 Likes

"It's just about getting through and I showed some really good things in there and gave myself a lot of confidence leading into tomorrow."



Laugher's 'redemption for a bad couple of years' as he bags brilliant bronze

Jack Laugher has added a third Olympic medal to his impressive trophy cabinet after he won bronze in what was a thrilling final of the Men's 3m Springboard.

The 26-year-old collected a total of 518.00 points to secure his place on the podium alongside silver medallist Wang Zongyuan (534.90), of China, and gold medallist Xie Siyi, also of China (558.75).

Laugher opened his bid for a medal with a fantastic first dive, scoring 85.00 points in his forward 2½ somersaults with 2 twists.

That result slotted him into third position after the first round. His teammate Heatly had a slightly shaky start with his back 2½ somersaults with pike, which scored him 58.50 points.

Laugher cemented his top three placement with a strong second dive which collected 85.75 points, meaning after two rounds he was 10 points behind the leader Xie Siyi of China.

A stronger third dive from Heatly scored him 73.50 points for his reverse 1½ somersaults with 3½ twists.

Heatly's fifth dive was superb and scored him 85.80 and he rounded out his first Olympic final with 411.00 points.

Laugher maintained his bronze medal position throughout rounds four, five and six, finishing with a stellar forward 2½ somersaults 3 twists with pike which saw 87.75 points appearing on the scoreboard.

His best dive, however, came in the penultimate round and scored him an extraordinary 96.90 points for his forward 4½ somersaults – a dive with a 3.8 degree of difficulty.

Laugher spoke of what winning a medal in Tokyo means to him as he said: "I feel like today is redemption for what has been

such a bad couple of years. It might not be a gold medal but a medal around my neck is just the sense that I'm back, I'm here and I'm ready to keep going.

"It's not as good as a gold medal, it's not as good as it was in Rio but for me, this bronze medal means 100 times more than any medal I've ever got now."

Sometimes you learn

Edinburgh-based diver James Heatly said of his performances: "For me, the goal was to make the team and get through the rounds so I'm really proud and happy about that.

"It's frustrating because there's definitely more in the tank but the pros outweigh the cons.

"Sometimes you win and sometimes you learn and today I definitely learned so I'll have to go back and reassess."

Speaking on his teammate Jack Laugher's medal-winning performance, he said: "Amazing, I'm so happy for him.

"He's been so great for taking me under his wing and guiding me the last few years and to be a part of this experience for him, let alone myself, is just great.

"I think Jack will be really happy with that.

"It's been a tough year for everyone but some of us had better performances when we first had the chance to get back out and he really struggled to find his flow but he found it today on the day it really counted."

Heatly's grandad was also an Olympic diver, and when asked if he was thinking of him, he said: "Yeah, absolutely. It was a bit of a shame to leave the Heatly clan back home but I definitely felt he was there with me on poolside."

Olympic Tweets



9 Retweets



85 Likes

"It might not be a gold medal but a medal around my neck today is just the sense that I'm back, I'm here and I'm ready to keep going."

'I wanted to quit this year, so this means everything to me'

Olympic medallist Jack Laugher has spoken candidly about his struggles in diving over the past two years, revealing that he 'wanted to quit quite a few times'.

The 26-year-old added another Olympic medal to his haul after he won bronze in the Men's 3m Springboard final while competing in Tokyo.

After his win, Laugher detailed how winning the medal 'means everything to him' as he admitted that the last two years have been 'the worst of his life'.

"This means everything to me, it has been the worst two years of my life," he said.

"After the 2019 World Championships and failing to make myself a world champion, embarrassing myself with my final dive and the mistakes and the failure that I had there, it crushed me.

"I landed on my back and not only cost myself a gold medal, I just had a shocker. After that, I kept making the same mistake over and over again.

"It put me in a place that was just terrible, crying myself to sleep quite a few times, I've had a lot of sleepless nights because I still make that same mistake.

"Up until two months ago at the Europeans, I did the exact same thing, I scored eight points in the preliminary on the back 3½ because I just had no idea where I was.

"I had no confidence in myself, anxiety was through the roof and I was physically scared to do the dive.

"I wanted to quit this year, quite a few times – it's been awful and I've hated it. But, we've worked really hard, my team around me have been the best ever, I can't thank them enough."

Here he is referring to his World Championships campaign in

2019 where heading into the final dive, he held a 30 point lead over his nearest competitor.

His final dive scored only 30.60 points and meant that he slipped from gold medal position to bronze. At the time, he said 'that's going to haunt me for the rest of my life'.

'It destroyed me'

He elaborated on just how difficult it was for him to process his performance in 2019, saying: "I can't tell you how hard it is going to training every day and being scared of doing a skill because you don't know where you are.

"I thought that maybe this is a sign that, I've had a long and prosperous career, and this is a sign that I've lost it, I've lost my mojo. To fail on such a big stage in front of so many people at something you're so good at, it destroyed me. After that I had so little confidence in myself.

"This medal is redemption for the mistakes that I've made in the past in my career and I just feel great.

"All I was concerned about was just doing it well. Today, I'm really proud of myself with how I've handled myself."

Laugher explained that without the support of those around him, he wouldn't be where he is today and 'can't thank them enough'.

"The work that we've done after Europeans has got me into a place where I feel confident in myself again, I felt relaxed, I felt good and I feel like I'm back again.

"My girlfriend is a rock to me, she is everything to me and she's my soundboard and when I'm having a bad day I just talk at her.

"Without her, I just don't think I'd

be here today doing this sport – she's been fantastic."

Working with his coach to 'no longer chase perfection' has been the key for Laugher in regaining his confidence, as he said: "I had a bit of an epiphany after the European Championships and sort of noticed what I was doing wrong.

"Once we stripped that back and realised what makes me a diver and what techniques I have, my coach has let me go with it.

"We weren't chasing perfection anymore, we were just 'do you, be you', do what you've done all your life.

'It means the world to me'

"Without Lois [girlfriend], without my psychologist, Laura, without my coach Adam Smallwood, my amazing strength and conditioning people, my friends, my family, just everyone around me has been my rock.

"I feel like now is a time when I can just try and be the best version of me.

"I still have a few things to improve on but I feel like I've got momentum now to keep making improvements.

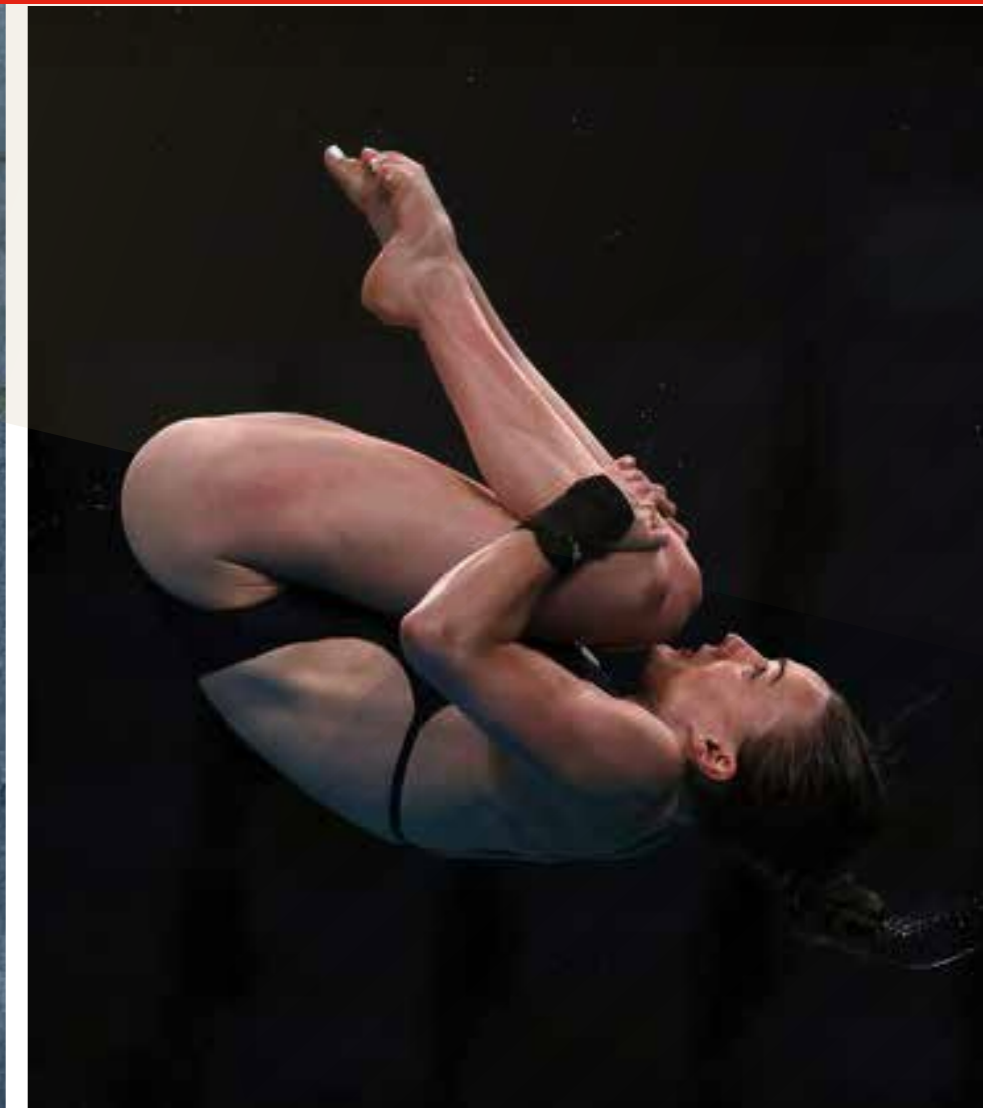
"Today I felt very concentrated on everything I was doing. My mentality, my state of mind throughout the entire competition today,

"I'm so proud of myself and where I've come and how I've done today. It's not as good as a gold medal, it's not as good as it was in Rio but for me, this bronze medal means 100 times more than any medal I've ever got now.

"From where I've come from to where I am today, it really means the world to have this medal around my neck and to have achieved so much."

Spendolini-Sirieix and Toulson secure top 10 finishes into semi-final

Duo progress through preliminary round of the Women's 10m Platform.



Thirty women contested the prelims of this event with the top 18 divers progressing to the semi-finals. Toulson finished in seventh position while Spendolini-Sirieix finished in tenth.

Toulson's opening dive, a forward 3½ somersaults with pike, was strong and earned her 63.00 points and slotted her into 11th place overall after round one.

Spendolini-Sirieix scored slightly lower for the same dive (58.50 points), leaving her with some work to do to challenge for a top 18 spot.

She did just that with an impressive second dive (inward 3½ somersaults with tuck) which earned her a staggering 68.80 points, catapulting her into 9th place overall.

Her team-mate Toulson slipped down the ranks slightly with 57.40, though both GB divers were sitting comfortably in the top 18 after two rounds of diving and three to go.

Toulson's strongest dive came in the final round when she scored 73.60 points for her back 2½ somersaults, 1½ twists – a dive of 3.2 difficulty.

Likewise, a consistent performance from Sirieix saw her collecting 62.40 and 59.20 points for her final two dives.

A score of 314.00 points for Toulson and 307.70 for Spendolini-Sirieix sees both women on track for a strong semi-final performance. They will need to finish in the top 12 in order to qualify for the final.

Happy and confident

Speaking after her performances, Toulson said: "I'm

really happy. Obviously made it through to the semi-final which was my first goal.

"It was quite hard because I haven't done a long prelim like that for about two years now. So, it was hard work.

"The length between dives gives you quite a while to just sit and think things through and sometimes you think too much but I'm happy with how everything went.

"It has definitely boosted my confidence a bit. I know I can do all my dives like the last one but obviously, it's just when you're up there trying to stay strong and confident which I struggle with sometimes. I do know I can do it so hopefully tomorrow I can show some more."

When asked what the next 16 hours will look like for her ahead of the semi-finals, she said:

"I'm going to go back to the village, have some food and go straight to bed.

"I think we're up quite early to get in some training before the competition so it's going to be a quick turnaround."

She continued, saying that she is 'thankful' to be at her second Olympics and plans to 'stay focused' while in Tokyo.

"I'm just going to try and stay focused. It's been really good, we're all just really happy and thankful to be here because obviously it's been really challenging and just knowing that we've got this behind us is something to be proud of in itself.

"Diving is such a mental sport as well as physical. It's definitely taken its toll but knowing I can do it has definitely built my confidence now."

"The length between dives gives you quite a while to just sit and think things through and sometimes you think took much but I'm happy with how everything went."

Olympic Tweets



4 Retweets

24 Likes



Proud performances from Spendolini-Sirieix and Toulson ... with better to come

Andrea Spendolini-Sirieix and Lois Toulson finished seventh and ninth respectively in the Women's 10m Platform final as both look ahead to Paris 2024.

The Team GB athletes qualified from the semi-final in eighth and ninth places, and both were able to secure a top 10 finish in a final of the highest quality.

Making her Olympic debut, 16-year-old Spendolini-Sirieix finished with a total of 305.50 as she saved the best till last.

Her highest score of 72.00 came in her fifth and final dive, the back 2½ somersaults, 1½ twists in pike.

The young Crystal Palace diver was 'very, very proud' of her performance and admits she has exceeded her own expectations in making it to the Olympic final.

Toulson also achieved her highest score with the same dive as her team-mate in the fifth round, racking up 64.00.

But a low score of 37.80 in round two for her reverse 2½ somersaults in tuck saw the City of Leeds diver finish on 289.60 points.

Following their performances, Spendolini-Sirieix said: "I was speaking to my family and I just started crying. I'm very, very proud of where I've come.

"They said that they were very proud and that I should be proud as well, and they said that they miss me and I miss them.

"I was extremely nervous before the prelim so I thought that my nerves would get the better of me and I wouldn't make it to the semi.

"But then after the semi



and I got into the final – that was exactly what I wanted to do. That was my plan and I'm definitely exceeding my expectations."

Better things to come

Looking ahead to the Paris 2024 Olympic Games, she added: "It definitely does [give me confidence] and it's very close to my grandparents so my whole family can come.

"And hopefully Covid is gone because I want my family to come and watch, but I'm very excited."

Toulson, who also featured at the Rio 2016 Olympics alongside Tonia Couch in the 10m synchro event, said she was 'a little bit disappointed' with her performance but is looking at the positives.

"It definitely wasn't the performance I wanted to finish on," said the 21-year-old. "But there's definitely some good stuff to take away from it.

"I've been very consistent over the three competitions which is

a good thing and that's definitely something I've been working on. There is positives to take away but a little bit disappointed overall. I've definitely found it quite hard. Obviously not just physically but mentally as well – it's a really tough sport.

"I think some people underestimate how challenging it can be but I think, use this as experience for the future and I think there's better things to come. This past, over a year now, has been quite challenging for everyone but there has been a lot of things thrown my way which I've come through the other side of and which I'm really proud of.

"But I'm looking forward to next season and the next three years and hopefully Paris."

The gold medal was won by 14-year-old Quan Hongchan of China after a record-breaking performance which saw two rounds of perfect scoring.

Her team-mate Chen Yuxi took silver and Australia's Melissa Wu claimed the bronze medal.

Daley impresses to qualify fourth into 10m Platform semi-final

The final diving event of the 2020 Olympic Games saw Tom Daley and Noah Williams battling for a place in the semi-final of the Men's 10m Platform.

Daley secured his spot in impressive fashion, finishing fourth overall with a total of 453.70 points.

points for his armstand back 3 somersaults with pike. The dive, which has a 3.5 degree of difficulty, ranked the highest in the field and catapulted Daley into sixth position with two dives remaining.

Williams struggled to find his rhythm throughout the rounds and finished in 27th place overall (309.55 points), drawing the curtain on his time competing in Tokyo.

Another stellar dive from Daley in the final round scored him 91.80 points for his back 3½ somersaults with pike.

A shaky start from Daley saw him securing 56.10 points for his reverse 3½ somersaults with tuck, however, his second dive aided in closing the gap between him and the leaders after round one.

Feeling really good

Daley said of his prelims performance: "Overall, happy to have qualified. The first dive wasn't great, but I've been feeling really good out there.

His inward 3½ somersaults with tuck gained 68.80 points, leaving him in 18th position after two rounds of diving and four remaining.

"I'm moving really well, the height of my dives is really good, I'm making everything really easily. I just have to make those micro-adjustments.

Another solid dive from Daley in round three earned him 64.80 points, bumping him up to 12th place as a result.

"I feel like that comes from having not competed for a while and all of a sudden you're competing at the Olympic Games, there's a lot of adrenaline.

Daley put up a showstopper of a dive in round four as he scored a fantastic 94.50

"There's so long between rounds so it's quite a draining experience, especially now

because I've got to get back, eat, get an ice bath, do all of my recovery things that I need to do."

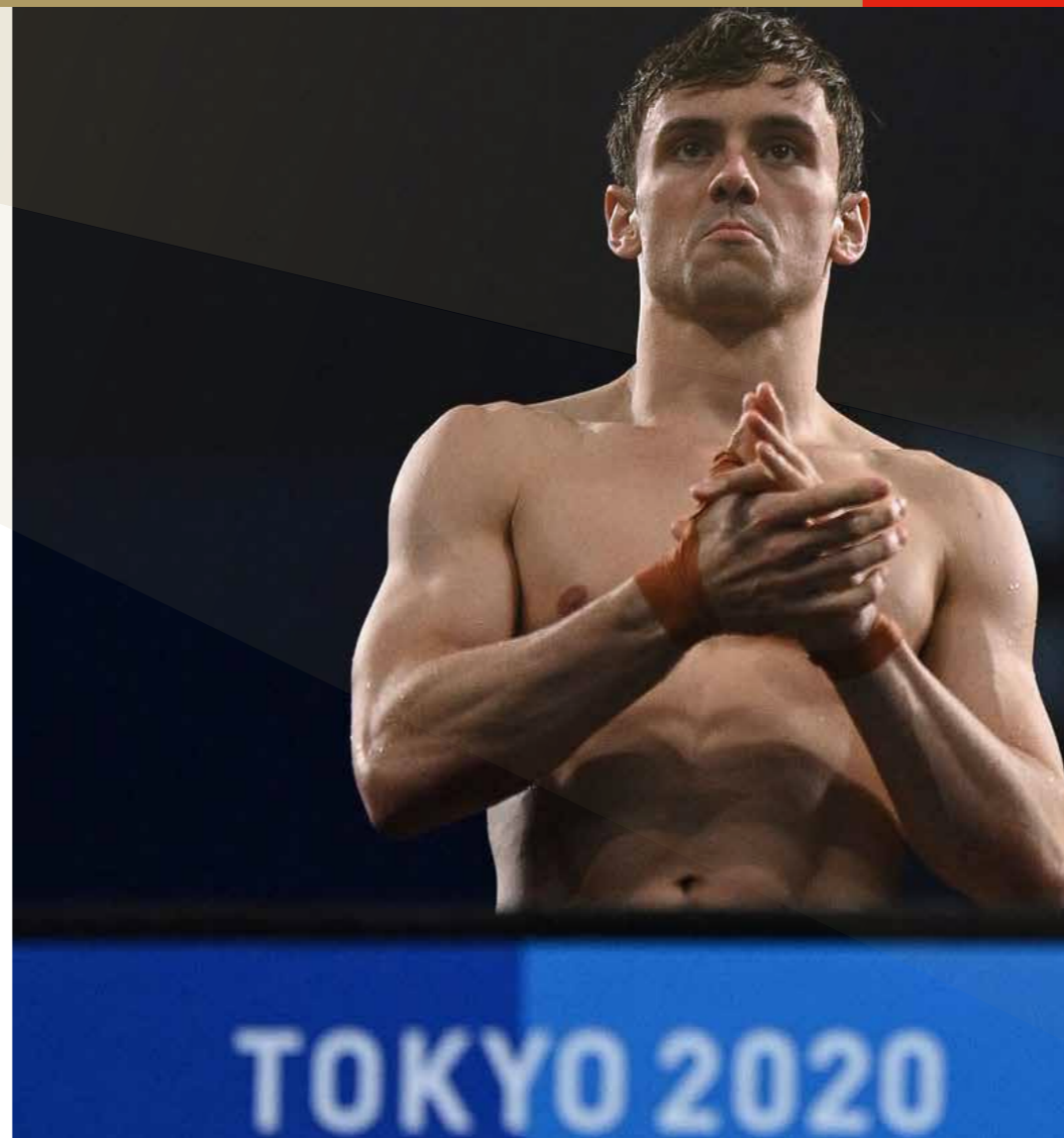
He continued, commenting on his recovery process between now and the semi-finals saying: "For me now, it's the recovery game. Getting off my feet as soon as I can, getting into bed early because I'm at that pool by 7:30 tomorrow morning so I have to try and recover as best I can."

A welcome distraction

Daley famously took up knitting and crocheting during lockdown and now knits before, during and throughout competition in order to be mindful and aid with his performance.

"I think it's made a massive difference," he said. "There's a long wait in between the synchro and the individual and there's a lot of time to think.

"My time to think has been replaced with knitting and it's been such a great and welcome distraction for me to be mindful, but also to be resting. I'm someone who is really bad at



I started on the way to our last competition before lockdown in March 2020.

"In lockdown, I had a lot of time to look at YouTube videos and teach myself so with a lot of practice, I now knit and crochet."

Disappointing day

Williams said: "It's obviously just happened so I haven't had too much time to reflect but bit of a disappointing day. There are a few reasons for why that could be but after I take some time out and look at why that is, I'll hopefully come back stronger."

When asked what might have impeded his performance, he said: "I just have to focus on one dive at a time and not get ahead of myself. I did that anyway but I just need to try harder."

He commented on how the disruption of the last 18 months

has affected his competition preparation: "There's been a lot of change in preparation I could have done.

"It's very difficult because, over the last year and a half, we haven't had any competitions – which is obviously the same as everyone else.

"But normally, before a competition like this, you'd have had five, six events to try out different things and we haven't been able to do that.

"I was definitely very nervous on the first dive but after that, I kind of settled in. The next two dives – the second one wasn't great, the third one was a bit better, but then the fourth one where I went very close to the board, that shook me up a bit.

"Nearly hitting the board is never fun."

Tom Daley makes history after adding a bronze medal to his glittering gold

History-maker Tom Daley became the first British diver to win four Olympic medals after winning a bronze medal in the Men's 10m Platform in Tokyo.



It was a final full of sensational performances and with Daley scoring more than 90 points on five out of his six dives, his bronze was well deserved.

The 27-year-old scored a total of 548.25 points after six rounds.

Daley now has two 10m Synchro medals after his gold medal win alongside Matty Lee and his Rio 2016 bronze alongside Dan Goodfellow, as well as two individual 10m Platform bronze medals from London 2012 and the rearranged Tokyo Games.

It was a bright start for Daley who earned his highest score in the opening round of the competition with the judges awarding 98.60 points for his reverse 3½ somersaults in tuck.

Next up was the easiest dive on his list by way of difficulty, his inward 3½ somersaults in tuck – 3.2 degree of difficulty.

The GB diver scored 91.20 which saw him move into the lead by 5.20 points after round two.

Following round three, Daley's lead was cut to 0.80 and then a slight error on his armstand back 3 somersaults in pike in round four resulted in his lowest score of 80.50.

The Chinese divers, Yuan Cao and Jian Yang, moved above Daley which saw him occupy third place ahead of the final two rounds.

Two more impressive dives from Daley, scoring 94.35 for his forward 4½ somersaults in tuck and 91.80 for his back 3½ somersaults in pike, secured a podium place.

There were no mistakes from either of the Chinese divers as they battled it out between them for the gold medal, with

Cao taking it by 1.95 despite a Yang scoring 112.75 for his final dive.

Really special

After his performance, Daley admitted he wasn't sure if he would be ready to compete in Tokyo after injuries and undergoing surgery.

Now, coming away with two medals, he explains that he feels 'like a different athlete'.

He said: "I honestly am so happy that this Olympics has gone the way it has. I feel like a different athlete – I feel like I've been through so many different things over the years and to finally get here is great.

"Back at the end of May, I didn't even know if I was going to make it to these Olympics, I tore my meniscus and had knee surgery.

"I always dreamed I would get back up in time to be fit enough to dive at these Olympics, but if somebody had told me I'd win gold and bronze, I'd have probably laughed in their face.

"I owe this to so many people. My coach, all my physios and support staff, and also of course Robbie and Lance, my mum and all my friends watching at home.

"Although I'm the one standing on the podium, there are so many people behind the athletes you see with these medals.

"The difficult thing with the individuals is you have a prelim and a semi-final to survive and get through to the final.

"It was a great competition with the Chinese divers. It was close all the way through but they pulled away after the fourth round when I missed it a little.

"Again, I'm so happy to come away with another Olympic medal."

Olympic Tweets



77 Retweets



373 Likes

"I honestly am so happy that this Olympics has gone the way it has. I feel like a different athlete – I feel like I have been through so many different things over the years and to finally get here is great."



Kate Shortman



Isabelle Thorpe



Shortman and Thorpe achieve 'lifelong dream' as Olympic spot confirmed

Excited artistic swimming duet Kate Shortman and Isabelle Thorpe are set to achieve a 'lifelong dream' after being officially confirmed as part of Team GB heading to the Olympic Games.

They have been 'overwhelmed' by the support they have received since they booked their ticket to the rearranged Tokyo 2020 Olympic Games following an impressive qualifying performance in Barcelona.

They finished seventh in the free duet final with a score of 85.7332 – which was just outside their personal best of 85.8000 set at the European Aquatics Championships in May.

Shortman, 19, and Thorpe, 20, will now compete in the Olympics' free duet preliminary round on Monday 2 August, with the technical routine the following day and the free final on Wednesday 4 August.

On her selection, Shortman said: "I can't express in words how much we've had to put into this journey – but to finally be achieving our lifelong dream is a euphoric feeling."

"I'm so excited to represent Great Britain at my first Olympic Games and to show the world how hard we've been working all these years."

Thorpe added: "I'm so excited to be going to my first Olympic Games!"

"I just can't believe we have finally qualified after all the postponements. It's definitely going to make it even more special."

After their selection was officially confirmed by the

British Olympic Association, Swim England artistic swimming manager Karen Thorpe said the duet would now be working hard to ensure they were at the top of their game before heading to Japan.

Top of their game

She said: "We are all very excited about the duet being officially selected to represent Team GB at the Olympic Games."

"They will be working hard over the next couple of weeks to make sure that they are at the top of their game before they compete."

"They are overwhelmed by the amount of support shown by the community, their friends and families and we encourage everyone to stay tuned for the



progress they make over the next couple of weeks."

Mark England, Team GB's Chef de Mission for Tokyo 2020, said: "I am delighted to welcome Kate and Izzy onto Team GB and would like to congratulate them both on their selection."

"We've seen from recent events that Kate and Izzy have a huge amount of talent and their place on this team is fully deserved."

"Tokyo will be a very special and exciting Games and there is no doubt that they will both relish the opportunity of making their Olympic debuts in Japan this summer."

Jack Buckner, British Swimming

CEO, added: "This is such an exciting moment for Kate and Izzy."

"We are so proud of everything they have done to get here and earn this Olympic selection."

"Their performances across the recent European Championships and Olympic qualifying event show how they have moved things on since the 2019 World Championships, even at a time of such uncertainty and disruption."

"A place at the Olympic Games is just reward for all that progress, which is down to the hard work of the athletes, as well as coach Paola Basso and all the support staff."

"I can't express into words how much we had to put into this journey ... but to finally be achieving our lifelong dream is a euphoric feeling."



Shortman and Thorpe impress in duet free and 'confident' ahead of technical routine

The Team GB artistic swimming duet of Kate Shortman and Isabelle Thorpe are feeling 'confident' ahead of their technical routine after an impressive first performance in Tokyo.

The pair were the seventeenth team to compete out of 22 nations as they donned their costumes made from recycled ocean plastics in the duet free preliminary round.

The opening swim of their Olympic campaign in Tokyo saw them score 25.5000 for execution, 33.7333 for artistic impression and 25.5000 for difficulty.

Their overall score was 84.7333, which placed them in eleventh position with five duets remaining.

Some strong performances from the remaining pairs resulted in the GB duet finishing in fifteenth going into Tuesday's duet technical routine.

The scores from both swims will be combined, with the top 12 then progressing through to the final.

After their performance Shortman and Thorpe explained that they 'really enjoyed the swim'.

Shortman said: "I think the scoring at this competition is slightly lower than we were hoping for but obviously it's the same for everyone so it's similarly pitched.

"We really enjoyed the swim and it felt like all our hard work over the last five years has just been mounting towards this.

"I feel like nothing's ever really going to do it justice, you need perfection to be completely satisfied, but we're really happy with what happened."

Thorpe added: "I think we just went out there to enjoy it and I think we both really did that. We both already have said that



we really enjoyed the swim and everything we've been working towards has paid off.

"We felt like we had a good swim, obviously we haven't seen it yet but hopefully it's the same as it felt.

"But like Kate said, not every competition's the same for scoring so it might just be that this one's a little bit lower but that's fine if it's the same for everyone."

Sometimes you learn

The theme of their swim was modern Spanish with a Japanese flamenco twist as they wanted to 'pay tribute' to the host nation of this year's Olympic Games.

"There's some history and some hints of Japanese culture in there as well," Shortman continued.

"We really wanted to reflect the Spanish culture which we love and we can really get into the passionate energy of it, but also those Japanese hints obviously to pay tribute to where the Olympics are being held."

Thorpe said: "Through lockdown we had a lot of time to work on different things so we did a lot of

dance which was nice. We were able to do a lot of flamenco, tango, Spanish dancing, all in our front living room on Zoom.

"Not quite like the dance studio but it was better than nothing, so I think that was really fun and a little bit different for us to do as well."

When asked how they feel ahead of Tuesday's duet technical performance, Shortman said: "I think we're really confident for the technical routine.

"Hopefully it all goes well but we're definitely very strong on our elements.

"Within the rankings compared to other people as well it's something we really take pride in is our technical elements."

Thorpe added: "We definitely have worked a lot on our elements and in our tech routine so I think that is probably the stronger routine for us so hopefully it shows.

"Also, the judges have seen us now and hopefully by tomorrow they can hopefully see the tech and maybe get a better score but we'll just go out and enjoy it again."



GB duet 'left everything in the pool' after another standout performance

Kate Shortman and Isabelle Thorpe 'left everything in the pool' as they contested the duet technical routine with another fantastic display.

The pair scored 25.000 for execution, 33.7333 for artistic impression and 25.5000

for difficulty, giving them a combined total of 85.1458 points.

Paired with the free routine, they scored 169.8881 overall and finished in 14th position at their maiden Olympic Games.

The top 12 teams progress to the final which means Shortman and Thorpe's Olympic journey ends here. Shortman said: "Honestly it's such an emotional performance. Obviously, we did the free yesterday and we finished it with tech today. We went out and left everything in the pool and gave it everything we could.

"We're super happy with both our swims. It's just an amazing feeling really, there are no words to sum up the journey and how this has just been the cherry on top."

Thorpe explained how the pair swim best when they enjoy their routine, just as they did today, saying: "This is the most important competition. For us, the Olympics is a massive competition but we've really enjoyed it, it's a really special thing and I think we should carry that through to other competitions and really enjoy swimming because it obviously shows in our routines.

"It shows to the judges when we enjoy it. We did really well in our tech – we got a better score in our tech than our free which is a bit unheard of but it shows we have been working a lot on our elements in our technical routine so that's really good."

The pair have been inundated with messages of support and good luck, and are 'looking forward' to reading them all now that their Tokyo campaign has come to a close.

"We were trying to just focus and really concentrate on our performances so we haven't been reading too much into the messages," said Shortman.

"It is amazing to have the support, especially with there being no crowd here it's a bit strange because usually there is a massive buzz and ambient at a synchro competition.

"We've done great, everyone's sent amazing messages and we're really excited to go on our phones and look at them now."

Thorpe added an important message that the young athletes feel passionate about as she said they hope young people are 'feeling inspired' after watching the Olympics this year.

"I hope it inspires young girls to get into, whether it be artistic swimming or another sport, just watching the Olympics and feeling inspired to get into sport.

"We like to say, as many people do, that sport is really important for everyone.

"We think as many young people, especially girls, should get into it.

"It's so important for your mental health, as well as your physical health and a lot of us, have experienced that throughout lockdown – struggling mentally and physically without sport and I would advise any young children to get into it. Synchro is for boys and girls – it's open to everyone."

"We're super happy with both our swims. It's just an amazing feeling really, there are no words to sum up the journey and how this has just been the cherry on top."

Olympic Tweets



2 Retweets



21 Likes

TOKYO 2020 // OLYMPIC GAMES

Open Water



Alice Dearing



Hector Pardoe

Olympic selection an 'incredible honour' for Alice Dearing and Hector Pardoe

Alice Dearing and Hector Pardoe have described the 'incredible honour' they feel after being selected to contest the marathon swimming events at the Tokyo 2020 Olympic Games.



Both athletes are making their Olympic debut – with Dearing set to become the first black woman to represent Great Britain at an Olympic swimming event.

Dearing said: "I'm so excited and honoured to be on the Tokyo 2020 Team GB squad. Achieving this is beyond my dreams and I'm so thrilled to be representing GB."

Pardoe added: "The feeling of qualifying for my first Olympics is even more incredible than I ever envisioned it being."

Both athletes achieved their qualification times while competing at the FINA Olympic Marathon Swim Qualifier in Setubal, Portugal.

A win from Pardoe and a fourth-place finish for Dearing in the 10km event delivered the results they needed to fill the available two Olympic quota spots for Great Britain in the marathon events.

Daydreaming about this day

After her race, Dearing said: "I can't quite believe it – I've been daydreaming about this day for the past year and a half, ever since the first lockdown came in.

"So to have the day arrive, have everything fall into place, thankfully, have such a great team around supporting me, to get in, swim to my potential and qualify for the Olympic Games place is just a bit surreal right now – I can't quite process it.

"When I was younger, I never really thought about being an Olympian – I thought 'oh wow, it would be so cool', but I knew how much hard work went into it and honestly didn't think I was cut out for it. So I'm really proud to have proved myself wrong, in a way, and to achieve beyond

my wildest dreams. I'm just so grateful to everybody who has helped me along the way, everyone who has believed me, encouraged me."

Feeling is indescribable

After winning the Men's 10km event, Pardoe knew he would not only be taking home the gold medal but also had done what he needed to book his ticket to Tokyo.

"The feeling is indescribable," he said. "Obviously I'm ecstatic to get the qualification spot but also to get the win on top of that, I was thinking before the race that I was a contender for winning the race, but the pressure and my mind were more focused on the qualification spot.

"I felt good in the water. The race was always going to be hard without any of the men who have already pre-qualified to help set the pace – this and the fact it was in a wetsuit meant I always knew it was going to come down to the sprint."

Dearing and Pardoe will now join the previously named team of 30 swimmers, 12 divers and artistic swimmers Kate Shortman and Isabelle Thorpe.

The women's marathon event is scheduled to take place at the Odaiba Marine Park on Wednesday August 4, with the men's event the next day at the same venue.

Should be very proud

Mark England, Team GB Chef de Mission, said: "I'd like to congratulate Alice and Hector on their selection and am pleased to see a really strong swimming squad finalised for the Tokyo Games. Both athletes should feel very proud of making it to their debut Games and their performances this season will put them in good stead for competition in Tokyo."

Olympic Tweets



5 Retweets



26 Likes

"I'm really pleased to have proved myself wrong, in a way, and to achieve beyond my wildest dreams. I'm just so grateful to everyone who has helped me along the way."

Congratulations Alice ... a catalyst for cultural change and an inspiration to us all

Swim England chief executive Jane Nickerson hails Alice Dearing after she achieved an Olympic Games qualification place.



She is inspirational and a catalyst for cultural change – and now she is set to rewrite the history books.

Alice Dearing might have just finished outside the medals in the Women's 10km Marathon Swimming event in Setubal, Portugal, on Sunday – but it was the best fourth place of her life.

It ensured she would be nominated for a place in the Team GB squad heading to Japan for the rearranged 2020 Olympic Games – which is due to be ratified in the coming days by the British Olympic Association.

When Alice competes in Tokyo, she will become the first black woman to represent Great Britain in an Olympic swimming event.

Our huge congratulations from

everyone at Swim England go to her on an amazing achievement.

It was heartening to hear Alice explain how she hopes her Olympic adventure will motivate thousands of black swimmers to follow in her footsteps.

We certainly hope that will be the case.

Increasing ethnic diversity throughout all of our aquatic sports is a key aim for Swim England.

We know there is under-representation.

We know there are misconceptions that prevent participation.

Continued passion

We know 95 per cent of black adults and 80 per cent of black children in England do not swim.

We know that only around seven

Olympic Tweets



14 Retweets

51 Likes

per cent of our club membership are from diverse ethnic communities.

These are startling statistics but we're working hard to change them.

While Alice's success will be a major factor in helping us achieve that goal, a lot of work is going on behind the scenes to ensure our sports become more diverse.

We continue to work closely with partners including Sporting Equals and the Black Swimming Association – of which Alice is a founding member – to address this inequality.

Our diverse board have a continued passion about ensuring people from all backgrounds are experiencing the joys of aquatic activity.

The Birmingham 2022 Commonwealth Games will

also open up new avenues to increase participation. Our Peers on the Poolside project is seeking to recruit a more representative workforce through a targeted programme.

A Foundations of Inclusivity Continual Professional Development – utilising insight from Sporting Equals – will focus on disability, ethnicity and LGBTQ+ communities and will look at appropriate and effective approaches to inclusion for club members, volunteers and officials.

Much more to be done

We're also focusing on club projects which promote greater diversity within swimming in a bid to develop more participants, volunteers and officials from ethnic diverse communities and socio-economic groups.

We're proud that, alongside British Swimming, we were awarded the nationally-

recognised Advanced Equality Standard for Sport award. It is awarded to sporting organisations that have demonstrated, among other things, significant progress towards diversity across their staff, board, members, coaches and participants.

The Standard recognised the positive steps we have taken but we know that there is still much more to be done.

With that in mind, we are developing a comprehensive action plan featuring all the ongoing projects and more upcoming work in this area.

This is just the beginning and we believe we have passion to ensure that swimming is accessible to everyone.

We wish Alice all the best in her bid for a podium place. But as role models go, she is already a champion.



Alice Dearing vows to come back stronger after 'bittersweet' Olympic debut

Alice Dearing says she is 'disappointed' with her result in the Women's 10k marathon swimming final at the Tokyo Olympics, but has vowed to come back stronger.

After a gruelling race in tough conditions at Tokyo's Odaiba Marine Park, Dearing finished in 19th place overall in a time of 2:05:03.2.

The Team GB swimmer finished a total of 5:32.4 behind the eventual gold medallist, Ana Marcela Cunha (1:59:30.8), of Brazil.

The silver medal went to Sharon Van Rouwendaal, of the Netherlands (1:59:31.7), and Australia's Kareena Lee (1:59:32.5) took bronze.

Dearing explained that making her Olympic debut was 'bittersweet' but says she has 'a lot more to give within the sport'.

Reflecting on the race, she said: "I'm tired, I'm pretty broken, it was really hard – a really tough race.

"I'm better than that and I know that so just going to check over what went wrong and look forward to the next one next year.

"It's bittersweet. It's obviously incredible to race at the Olympics but I am really disappointed with the result. I know I can do better so, I want to go to Paris and have a better race and perform better than this.

"It's only three years until Paris – I've got a lot more to give and learn. This is my first Olympics, I'm definitely not done. I'll go home, take my time get over it and then come back stronger next year and the year after."

Each race a learning curve
Discussing the conditions and speed of the race, the 24-year-old added: "It was just the pace, I wasn't expecting it.

"I was constantly playing catch up. I thought I'd done enough on the third lap and really put in a big shift and tried to get up there and thought I'd done as much as I could. But then you just get caught behind the wrong people at the wrong time.

"And swimming at the same pace as the lead pack but not actually with them, it just takes a lot out of you mentally and physically not being in it with them.

"I've got a lot to learn. Each race is a learning curve and I feel like there's a lot of experience to be gained from this. I know I've got a lot more to give within the sport."

Despite her disappointment, Dearing is still a role model and inspiration to many swimmers around the world.

Her appearance at the Tokyo Games saw her make history as Great Britain's first Black female Olympic swimmer.

"I really hope it makes a difference and people look at this and think it's doable," she added.

"And for anyone out there – it's tough, it's hard, but if you want to learn to swim 25m or go to swim in the Olympics I want people to know that it's open and available to everybody.

"Just go and give it your best shot."

"It's only three years until Paris – I've got a lot more to give and learn. This is my first Olympics ... I'm definitely not done."



Hector Pardoe 'disappointed' after having to withdraw from 10km race due to injury

The 20-year-old had to withdraw from the race after 8km after being badly hit in the eye, resulting in his goggles breaking.

"My goggles completely snapped off and I couldn't see a thing. I didn't realise how bad it was – it was all blurry in my eye. I lost my goggles and the race was over."

Despite his disappointment, he has vowed to not allow this experience be a setback and says his sights are now firmly set on the Paris 2024 Olympic Games.

Speaking after his race, he said: "My goggles completely snapped off and I couldn't see a thing. I didn't realise how bad it was, it was all blurry in my eye. I lost my goggles and the race was over."

"I would have continued if I had my goggles but they sunk because I couldn't see initially, so I was trying to – you know when you get hit and it goes all blurry and I was waiting for it to come back and then the goggles were gone and the race was finished."

"Once I got on the jetski, you can't get back in obviously. I

haven't really properly seen it yet, I can't really open my eye very well," he added.

It's been incredible

Pardoe explained he feels 'really disappointed' after having to withdraw from what was his first-ever race at an Olympic Games.

"I've never not finished a 10km before so it's really disappointing in the Olympics, the biggest stage of them all," he said. "I obviously saw from the start that it was such a fast race and I was towards the back but I tried to calm down and bring it back and secure a top 10 finish."

"I was coming through the field, I felt okay with a lap to go and I felt like I could secure that and then it was over."

He also explained that the weather conditions in Tokyo were something he hadn't

experienced before and affected his heart rate and body temperature more than he had anticipated.

He said: "It was really hot, I noticed my heart rate was really high on the first lap when I wasn't even pushing that much. It's nothing I've really ever experienced before – I think the hottest I've ever done is like 23 degrees so to jump to 29, it was really difficult."

"I feel frustrated. I knew that after three laps it was over for anything, top six or anything, but I just wanted to finish and get that top 12. I'm still young and I knew I can come back strong in Paris and hopefully try and win it. This is not going to be a setback, this is going to be more motivation. I'm going to get my head down and grind and hopefully get back to it in Paris and try and challenge for the medals."

Olympic Tweets



2 Retweets



14 Likes

TOKYO 2020 // PARALYMPIC GAMES

Swimming



Jessica-Jane Applegate



Jordan Catchpole



Ellie Challis



Stephen Clegg



Reece Dunn



Louise Fiddes



Bethany Firth



Tom Hamer



Grace Harvey



Suzanna Hext



Tully Kearney



Louis Lawlor



Lyndon Longhorne



Stephanie Millward



Conner Morrison



Andrew Mullen



Zara Mullooly



Will Perry



Scott Quin



Becky Redfern



Ellie Robinson



Hannah Russell



Toni Shaw



Ellie Simmonds



Maisie Summers-Newton



Reece Dunn sets new Paralympic record as Brits book seven final spots in Tokyo

Reece Dunn set a new Paralympic record on his Games debut as Britain's swimmers got off to a flying start in Tokyo – booking seven final spots on the opening day of the competition.

The Plymouth Leander world-record holder powered his way into the Men's S14 100m Butterfly final, qualifying quickest from the morning's heats in 55.99.

It gave Dunn the honour of holding the Paralympic record as it is a new race being held at the Tokyo 2020 Games for the first time.

Dunn was trailing American Lawrence Sapp at the turn but soon took the lead as he pushed off the wall and triumphed by 0.98 seconds in an impressive performance. Jordan Catchpole finished 16th overall in 59.16, placing fifth in his heat.

In the women's race, European champion Jessica-Jane

Applegate and Louise Fiddes both booked their spot in the final.

Applegate clocked 1:07.57 to finish fourth fastest from the heats, while Fiddes was 0.11 seconds behind her GB team-mate in 1:07.68.

Tully and Suzanna win heats

Tully Kearney and Suzanna Hext both reached the Women's S5 200m Freestyle final after winning their respective heats.

Kearney will swim in lane four as the fastest qualifier in a time of 2:52.30, while Hext finished in 2:59.05 to book her spot in the final.

The duo shared the podium at the 2019 World Championships and will be bidding for a repeat in this morning's finals session,

which gets underway at 9am UK time.

Toni Shaw qualified second fastest for the Women's S9 400m Freestyle on her Paralympics debut in a time of 4:46.19.

Meanwhile Zara Mullooly is into the Women's S10 50m Freestyle final after finishing in 28.82 in the heats

Lyndon Longhorne set a season's best time of 58.79 in the Men's SB3 50m Breaststroke, taking 12th place overall.

Meanwhile, Ellie Robinson withdrew from the Women's S6 50m Freestyle race. The Northampton swimmer has decided to focus on her other events in the competition.

Paralympic Tweets



2 Retweets



42 Likes

Reece Dunn takes historic silver in first-ever S14 100m Butterfly in Tokyo

The first finals session of the Tokyo 2020 Paralympic Games brought much medal success for the ParalympicsGB swimmers.



A silver medal from Reece Dunn in the Men's S14 100m Butterfly saw him winning his first Paralympic medal at what is his debut Games.

The Plymouth Leander swimmer's podium finish is made even more special by the fact that this event is a new addition to the Paralympic schedule.

His time of 55.12 was quicker than his morning heat time of 55.99 – which had been a new Paralympic record.

Speaking after his race, Dunn said: "Obviously I'm happy about it, a little disappointment in my finish – I lost it there but I'm still happy nonetheless.

"I knew it was going to be a tough race coming in. I knew it was going to go to the last five metres or so but he beat me to it.

"I'm quite happy with it, obviously a little disappointed to be so far off my PB."

Kearney claims silver

Tully Kearney finished second in the Women's S5 200m Freestyle in what was an extremely hard-fought race.

Going out hard, Kearney was under world record pace at the 100m mark, showing utter commitment to the race.

China's Zhang just pipped Kearney to the wall in the final five metres, finishing only 0.12 ahead of Kearney.



The City of Manchester Aquatics athlete took a significant chunk off her morning swim time of 2:52.30 to finish second in 2:46.65 – a lifetime best for the 24-year-old.

Reflecting on her performance, she said: "There was a question mark over whether I'd be able to get to a Paralympic Games.

"So the fact that I've been able to race and come away with a medal is crazy.

"Any athlete is going to be disappointed if they don't win but considering everything that I've been through, the lack of training that I've had due to injury, I can't complain.

"I wasn't actually expecting to be able to swim that quick so I'm pretty happy with that. It is frustrating losing out by that

much but I am really happy with that."

Suzanna Hext narrowly missed out on a bronze medal in the same event with a strong time of 2:59.55.

Opening medal for Shaw

Toni Shaw secured the first medal of the competition with a superb bronze in the Women's S9 400m Freestyle final.

The Aberdeen-based athlete finished in a lifetime best time of 4:39.32, shaving a massive seven seconds off her heats time of 4:46.19.

Elsewhere in the pool, Louise Fiddes and Jessica-Jane Applegate finished in fifth and sixth, respectively, in the Women's 100m Butterfly final with times of 1:07.24 and 1:07.69.



New British best for Lyndon Longhorne as seven more Paralympic final spots sealed

Lyndon Longhorne shattered his own British record on his way to reaching his first Paralympic final in the day two heats at the Tokyo Aquatics Centre.

The 25-year-old knocked more than four seconds off his S4 100m Freestyle time of 1:38.69 he set at the British Para-Swimming international Meet 2021 in April as he finished fourth in his heat in 1:34.27.

It secured one of seven final spots for the British team as they look to build on the medal success from day one.

Maisie Summers-Newton, Grace Harvey and Ellie Simmonds will all be gunning for a podium place in the Women's SM6 200m Individual Medley.

Summers-Newton led home a British one-two-three in the heats, winning in a time of 3:00.15.

Harvey claimed second spot, touching in 3:05.84, while Simmonds, competing in her fourth Paralympics, was third in 3:07.63.

One-two for Tully, Suzanna
Day one silver medallist Tully Kearney and Suzanna Hext finished first and second in the Women's S5 100m Freestyle heat.

Kearney clocked 1:19.60 to qualify quickest, while Hext was second fastest in 1:21.69 giving

the British pair lanes four and five for this morning's final.

The Mixed 20 points 4x50m Freestyle Relay team of Ellie Challis, Andrew Mullen, Will Perry and Ellie Robinson also booked a spot in the final as they took third place in the heats in 2:42.42.

It was Paralympic debutant Perry's second swim of the morning as he also took part in the Men's SM6 200m Individual Medley.

The Northampton swimmer finished 13th overall as he record a time of 3:01.50, finishing in fifth place in his heat.





Tully Kearney smashes world record to earn first Paralympic swimming gold

Tully Kearney broke the world record as she won gold in the Women's S4 100m Freestyle on the second day of the Paralympic Games.

After beating the 100m world record in the first half of her 200m event on the opening day, it was clear Kearney had another record-breaking swim in her locker.

She dominated the 100m Freestyle final from start to finish, getting away quickly and securing a body-length lead at the 50m turn.

A determined final 50m saw her achieve a time of 1:14.39 to smash the previous world record and add gold to the silver medal she won in the 200m race – and earn the title of Paralympic champion.

Kearney said: "I was obviously quite frustrated with myself for how I swam the race yesterday.

"Yesterday, I was aiming for the world record in the 200 and unfortunately, through the injury, I just didn't have the fitness to hold on and obviously missed it and lost the gold.

"But today I was absolutely determined and no one was going to beat me.

Absolutely incredible

"I was going to go out there, I felt rubbish but I decided I'm just going to leave it all in the pool and see what I can do and it worked.

"I've got so many people to thank.

"Firstly my mum. After Rio I was told for the second time I'd never be able to swim again because of my shoulder physical



limitation and for me at that point I didn't even want to try to swim again. And if it wasn't for her forcing me to swim again, not to this level, but she just wanted me to know that I could physically swim.

"If it wasn't for her, I would not have pushed and being able to get back to this level is something that no one ever thought would be possible.

"So it's absolutely incredible and even 19 days ago I was in so much pain with my shoulder that we didn't think I'd be able to race and be physically fit. It's just crazy – it hasn't sunk in yet."

Kearney's British team-mate Suzanna Hext also put on a great performance to finish in a time of 1:22.49, but just missed out on a bronze medal by 0.06 seconds as she finished fourth for the second time in the Games.

Paralympic Tweets



13 Retweets



105 Likes

'Incredible' Maisie Summers-Newton wins gold in world record time

Maisie Summers-Newton admitted it was an incredible feeling after being crowned Paralympic champion in a world record-breaking time.

The Northampton 19-year-old was part of a British trio in the final of the Women's SM6 200m Individual Medley, with previous Paralympic champion Ellie Simmonds and Manchester NPC swimmer Grace Harvey also making it through.

It was world champion Summers-Newton who took a commanding lead and her final 50m saw her surpass the world record time set by Ukraine's Yelyzaveta Mereshko in the heats to reclaim the record in 2:56.68.

The British athlete held the world record ahead of the Paralympics, which was a time of 2:57.24 set back in 2019 at the World Para Swimming Championships held in London. Mereshko then lowered the time to 2:56.90 ahead of the final.

Summers-Newton couldn't

contain her excitement following her gold medal winning swim, saying: "It's absolutely insane.

"I just knew how badly I wanted it so I just thought 'try your absolute best, put everything that you've got into it'.

"On the breaststroke leg, I knew that was my strongest leg and where I could pick it up a bit, so when I saw how close they all were to me, I just thought 'you've got to go for it'.

"Then on that last length I just thought 'put your head down and go', so it obviously worked but I just can't believe it!

Lost for words

"I just wanted it so badly and I just can't believe I've got it to be honest – but it's incredible.

"That's my main race so I'm so glad to get that over and done with and the outcome I've got from it. Two more races left this week and then I will definitely

have a well-earned break after. Then next season put in the grind again and maybe get another PB."

In a message to everyone back home, Summers-Newton said: "Thank you so much.

"Obviously firstly my mum, my grandad, my sisters, my nan, all my friends and family at home. Without their support I just would not be here at all.

"Then obviously the National Lottery as well behind the scenes – it definitely really helped me to just try and get here and it's just incredible.

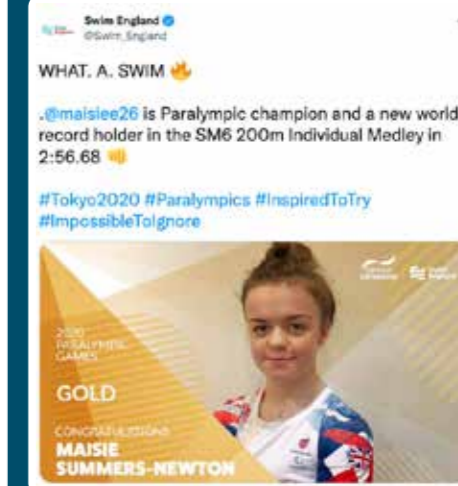
"Honestly I'm lost for words. Just thank you everyone for watching and it just shows what Paralympic sport is becoming now – it's just absolutely insane."

Simmonds finished in fifth place in 3:04.37, while Harvey clocked a time of 3:05.58 to take sixth spot.

"I just knew how badly I wanted it so I just thought try your absolute best..."



Paralympic Tweets



21 Retweets 200 Likes



Andy Sharp says Summers-Newton's gold was a 'special' and 'emotional' one

Northampton Swimming Club head coach Andy Sharp hailed a 'special' swim from Maisie Summers-Newton as she was crowned Paralympic champion in a world-record time.

Sharp, alongside Jacquie Marshall, who is now the Head of Performance Pathway for British Para-swimming, has played an important role in the career of Summers-Newton.

He explained that it is 'so special for a young girl to go and achieve her dream' as he recalls the day Summers-Newton told him that she wanted to go to the Paralympics.

The British athlete is a European, world and now Paralympic champion at just 19-years-old, with a world record to add to the list.

Sharp, who is also director of swimming at Northampton, said: "I wasn't very nervous before the start, but then as soon as that gun went, the excitement built just watching her race.

"Obviously we knew that the other girls were going to be strong down that first half of the race and, historically, Maisie's got a great breaststroke and freestyle

"As soon as she got into the lead after that 150 metres, I just knew that no one was going to catch her and she went and did it."

It was an emotional moment as he continued: "It's just so special for a young girl to go and achieve her dream, and to be part of that along with Jacquie [Marshall] who's out there with her, is just brilliant.

"It's just quite emotional when a swimmer says to you 'Andy, I



want to go to the Paralympics' and as coaches we do our best to help them achieve their goals, and me and Jacquie have worked so hard, and it's happened."

So special

When asked what it means to Northampton Swimming Club, he said: "It's just so special and Maisie was inspired by all of our heroes back in London 2012 and Rio 2016. Now she's going to be inspiring all the athletes here today. Now she's achieved European champion, world champion and now Paralympic champion and a world record.

"I didn't even see the time when it came up, I've just seen the time, and world record holder is amazing as well. It's what it takes at this level. We saw the world record go in the heats from Mereshko, she had a great heats swim. I knew Maisie wanted to get that record back.

"She sent me a message on the way to the competition pool, she was nice and relaxed.

World record holder, Paralympic champion, it does not get any better than that."

Northampton have four athletes on the Paralympic team in Summers-Newton, Eleanor Robinson, Zara Mullooly and William Perry with more medal opportunities to come over the course of these Games.

One athlete who knows all about medals is Paralympian Ollie Hynd, who has three golds, two silvers and a bronze medal to his name after competing at both London 2012 and Rio 2016 Paralympics.

Hynd attended the watch party for Summers-Newton's race and he added: "It was unbelievable. I've got to say I was probably more nervous for that than my own races but I know how strong a competitor Maisie is.

"I never doubted that she could do it and she got her race plan absolutely perfect through in the back end of the race – it was absolutely incredible."



'I think the team has done Great Britain proud and everyone proud'

Newly-crowned Paralympic champion Tully Kearney explained why the Mixed 20 Points 4x50m Freestyle Relay team were so grateful to be given the opportunity to race.

Paralympic debutants Kearney, Lyndon Longhorne, Ellie Challis and William Perry took part in the Mixed 20 Points 4x50m Freestyle Relay final on day two of the Games at the Tokyo Aquatics Centre.

Challis was a late addition to the quartet, replacing Suzanna Hext who was forced to withdraw from the team on medical grounds.

And although they finished in eighth place after clocking a time of 2:48.34, Kearney told how they hoped to have been an inspiration to others with their performance.

She said: "I think the team's

done Great Britain proud and everyone proud.

"We've all gone out there, decided that we were going to have a bit of fun with it and we just wanted to show the public back at home that it doesn't matter what disability you've got, you can participate in sport, and that was the main thing really.

"We just wanted to thank everyone that helped, including the National Lottery that pay for all our funding, British Para-swimming, ParalympicsGB and everyone that's helped us get to this stage.

"Being able to compete in a relay just gives you that thrill that you don't get in an individual sport like swimming so we've really

thoroughly enjoyed that and we're just really grateful for the experience."

Anyone can do anything

Longhorne added: "To come out here and do a relay, it's great to be part of a team.

"Yes, you have the individual races but to be part of a team relay just gives you that extra umph to go and do it more and do everyone proud and do the whole country proud.

"And especially people with meningitis and things like that, we want to inspire them to go on and get into sport and show that it's not just about disability, it's ability really."

After her late addition to the relay team, Challis said: "I really



didn't expect this – it was a last minute change because of circumstances that we couldn't control so, it was a rush to get here and to be here on time but it was great.

"It's great to be with your teammates. We just want to promote the lower classes going into Paris, there's not many of us.

"I compete by myself in the UK so it'd be lovely in years to come to have other people there with me so hopefully this can help."

Perry, who swam the anchor leg of the race for GB, said: "From a young age, it's so easy to feel left out. Many a time all of us will have felt in that position and in any sport, not just swimming,

athletics or anything, I think we need to really show what we can do.

"Anyone can do anything, you've just got to put your mind to it, work hard and it'll come to you."

Meanwhile, in the Men's S4 100m Freestyle final, Lyndon Longhorne shattered his British record for the second time after a record-breaking heats swim followed by yet another in the final.

He improved by 0.97 from the heats to finish in a time of 1:33.30 and take seventh place – making it an overall improvement of more than five seconds from his record before the Paralympics.

"We just wanted to show the public back at home that it doesn't matter what disability you've got, you can participate in sport and that was the main thing really."



Back injury rules out Tom Hamer as five Brits reach finals

Double Paralympic medallist Tom Hamer has been forced to withdraw from the Tokyo 2020 Games due to a back injury.

“He has been an integral part of the team and has pushed everyone on, so we’re all sad he isn’t able to compete.”

 Paralympic Tweets



 2 Retweets

 8 Likes

Hamer, who won an individual silver medal in the Men’s S14 200m Freestyle at Rio in 2016, didn’t race in the day three heats due to the problem.

Chris Furber, British Swimming’s para-swimming performance director, said: “The team have supported and helped Tom to manage his injury.

“We wanted to give him as long as possible but sadly he’s just not able to compete anywhere near his best.

“He has been an integral part of the team and he has pushed everyone on, so we’re all sad he isn’t able to compete.”

Five eye podium spots

Hamer’s British team-mates Jordan Catchpole and Reece Dunn were the two fastest qualifiers for the Men’s S14 200m Freestyle final after both winning their respective heats.

Catchpole clocked a time of 1:56.81, while world-record holder Dunn, who won a silver medal in the S14 100m Butterfly, finished in 1:57.30 to see the British duo swim in

lanes four and five in the final. There will be three Brits eyeing podium places in the Women’s S14 200m Freestyle final.

World-record holder Bethany Firth led home a British one-two in the heats as she won in a time of 2:10.58, with Louise Fiddes second in 2:11.62. Jessica-Jane Applegate also booked her spot in this morning’s final, finishing second in heat two in 2:10.82.

Meanwhile, Andrew Mullen finished fourth in his Men’s S5 50m Butterfly heat in 39.01, which saw him place in 11th overall.



Inspirational Hannah Russell realises her dream after retaining Paralympic title

Inspirational Hannah Russell said she had realised a dream by successfully defending her Paralympic title – after taking a break from the pool to focus on her mental health.

Russell took time away from the sport when she diagnosed with depression and anxiety after winning two gold medals at the Rio 2016 Paralympic Games.

But the break made her realise how much she had missed swimming and gave her a desire to 'never give up and believe in your ability'.

After she took top spot in the Women's S12 100m Backstroke final in a time of 1:08.44, a delighted Russell said: "It's absolutely incredible to defend my Paralympic title in Tokyo.

"It's a dream come true really. I have had a few difficult years and I overcame them.

"I trained so hard, the hardest I have ever trained, and to top the podium is surreal.

"I was struggling with my mental health and I was diagnosed with depression and anxiety and took a couple of years out to really focus on my mental health.

Overwhelmed

"For me, taking out a little bit of time was really, really important for me and my mental health.

"I realised how much I missed my swimming – swimming is a massive part of my life.



"I worked so hard this year to be able to come here and deliver a performance as I did.

"If you believe, you can really achieve anything. Never give up on your dreams.

"I want to thank all my family at home so much – without them, I wouldn't be where I am today.

"My mum, my dad, my sister, my grandparents and extended family, thanks so much for your support.

"I'm overwhelmed at the moment – I can't wait to go home and give them a massive hug."

"It's a dream come true really ... I trained so hard, the hardest I have ever trained, and to top the podium is surreal."

Paralympic Tweets



8 Retweets

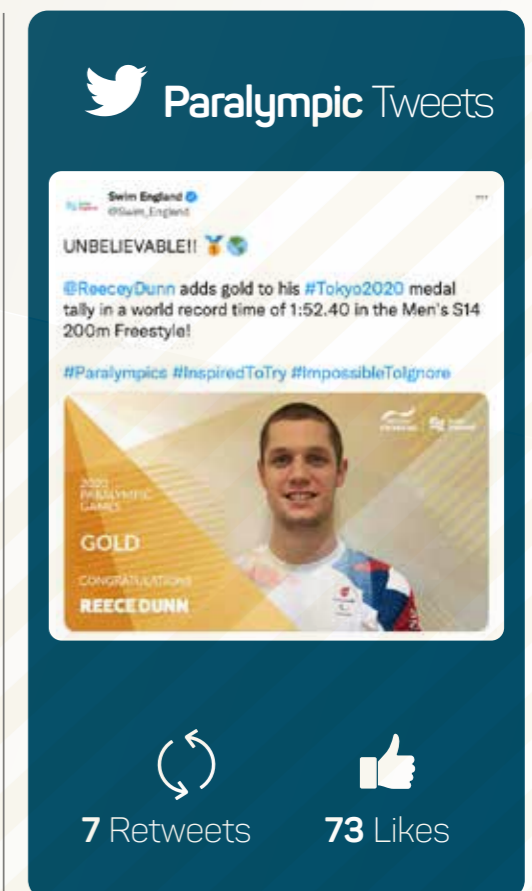
56 Likes



Dunn uses disappointment to spur him on to record-breaking Paralympic gold

Reece Dunn admitted the disappointment of missing out on a Paralympic title had spurred him on as he set a new world record to top the podium in the Men's S14 200m Freestyle.

"It's awesome. I mean after the disappointment of the 100m fly, it gave me more fuel, more motivation for the 200m there."



Dunn won silver in the Men's S14 100m Butterfly on the opening day of the Tokyo 2020 Games – but admitted he was disappointed not to have taken the gold.

However, the Plymouth Leander swimmer used that to motivate him and he led throughout the 200m Freestyle race to top the podium, clocking a new world record time of 1:52.40 to beat his previous best of 1:52.96 set in 2019.

The 200m Freestyle was the 25-year-old's favoured event and the one he focused his training on during his preparation for Tokyo.

He said: "Amazing. This is the one that I trained for, put all my effort into training. Broke the world record as well so, it's good

So, so proud

"It's awesome. I mean after the disappointment of the 100m fly, it gave me more fuel, motivation, for the 200m there.

"I had a strong swim this morning, a comfortable cruise to see where I'm at. I knew I could do a fast time this evening."

When asked about his battle with Brazilian swimmer Gabriel Bandeira who just beat Dunn to the touch in the 100m butterfly event, the British athlete said: "I knew he'd be strong on that back 50 so I needed to put him

under pressure for the first 150 – try and make him burn some energy trying to catch me up – I was hurting.

"The first 150 was strong I think. I mean, it's not bad with like 12 weeks training really post-Covid."

In an interview with Channel 4, Dunn's mum Julie said: "I'm lost for words, I don't know what to say – absolutely amazing.

"So, so proud of him. He wanted that race very much, it's just amazing. Two medals – can't ask for more than that."

Dunn's British team-mate Jordan Catchpole took fifth spot in a time of 1:56.33.

Great Britain's swimmers double Paralympic medal tally on day three

Five medals from the pool on day three of the Tokyo 2020 Paralympic Games saw Great Britain's swimmers double their medal tally so far.

Following golden glory for both Hannah Russell and Reece Dunn in their respective events, Bethany

Firth, Jessica-Jane Applegate and Stephen Clegg also sealed podium places.

Dunn's world record-breaking swim in the Men's S14 200m Freestyle final means he now has two of those medals – after adding gold to his opening day silver.

GB team-mate Jordan Catchpole was not far outside of his personal best in the same race. His time of 1:56.33 saw him finish in fifth place.

Duo double up

ParalympicsGB had not one, but two athletes on the podium from the Women's S14 200m Freestyle final.

Firth finished in the silver medal position after touching the wall in 2:03.99, only 0.28 behind the eventual gold medal winner – Valeriia Shabalina of the Russian Paralympic Committee.

After her race, Firth said: "It was a really good race, I love it when races are so close.

"Unfortunately I didn't get the touch but after the year I've had I'm so happy with that and I can't wait for all the races to come.

"After this year, I just decided that I wanted to swim for fun so I'm going to see how my times are and then I'm so excited to get back into proper training and hopefully go to Paris."

Taking bronze in a season's best time was City of Norwich's Applegate.

Her time of 2:09.53 was enough

to beat fellow Briton Louise Fiddes, who finished fourth in 2:11.20.

Applegate dedicated her medal to her friends, family and coach, saying: "I came out with the mission of getting a medal so I'm super pleased with that.

"It's faster than this morning, it's another season's best, can't describe the pain that I was in the last 50 but I wasn't going to let that go to anyone else.

"To be able to pick up my first medal of this Games considering everything that I've been through and actually I'm going to say it now, I really want to dedicate this to my friends and family and my coach because I would not have been here without them – I really wouldn't.

"I was on the phone to my coach just before, back in England, the



support he has given me – I've phoned him crying many times the weeks before and I'm just so grateful that he's been able to help me through everything."

Backstroke bronze

A bronze medal from Clegg in the Men's S12 100m Backstroke final was the first race of the finals session and set the team on their way.

Clegg swam a new lifetime best

and set a new British record of 1:01.27, finishing just behind Ukraine's Sergii Klippert who took silver, with Azerbaijan's Raman Salei winning gold.

He said: "I was really happy with that.

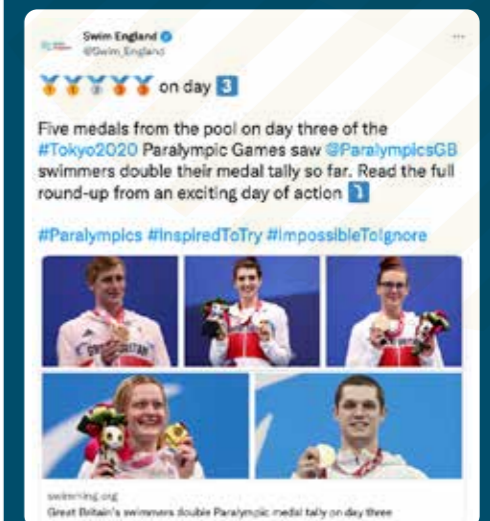
"It's more of an event for me to get into the meet.

"I had a really open mind coming into it, so a medal is amazing and it's a small personal best too – I'm really pleased with that.

"We're all individual athletes (Stephen's brother James is a former Paralympic swimmer, while sister Libby is out in Tokyo with the athletics team).

"We're all there to support each other. I know my brother will be back home watching me and my sister's back in the village, so I can't wait to go and show her the medal!"

Paralympic Tweets



9 Retweets

36 Likes



Record-breaking Maisie Summers-Newton is one of four to book finals spots

Maisie Summers-Newton lay down a marker as she set a new Paralympic record to qualify fastest from the heats session on day four of the Paralympic Games.

The newly-crowned Paralympic champion in the SM6 200m Individual Medley set up an exciting final in the Women's SB6 100m Breaststroke event as she and team-mate Ellie Simmonds booked their places.

Summers-Newton clocked a time of 1:33.12, beating the previous Paralympic record of 1:35.39 by 2.27 seconds, to give herself another chance of a spot on the Paralympic podium.

Finishing second in the same heat was GB's Simmonds, who also qualified in 1:39.95.

In the Women's SB5 100m

Breaststroke, Grace Harvey swam her fastest-ever heats time of 1:42.09 to qualify fastest for the final.

Northampton's Zara Mullooly also kept her medal hopes alive in the Women's S10 100m Freestyle. She touched the wall in 1:02.18 to finish in third place in her heat.

Harvey, Mullooly through Strong performances from both Lyndon Longhorne and Will Perry saw the former set a season's best time and the latter a new personal best, despite missing out on a place in their respective finals.

Longhorne finished 12th overall in the Men's SM4 150m

Individual Medley. His season's best was a time of 2:52.76.

Perry recorded his fastest-ever competition swim of 1:30.44 in the Men's SB6 100m Breaststroke event to place 16th position overall.

He said: "There's mixed emotions.

"I've gone quicker last week, by about half-a-second. It's a personal best in competition and I think everyone should be happy with a PB, but I'm just disappointed I didn't go quicker.

"I wanted that one under 1:30. I raced it well, maybe I was a bit too slow out, but it's a PB so I can't complain about that."

Paralympic Tweets



3 Retweets



22 Likes



On top of the world! Record-breaking relay team triumph to take Paralympic gold

The British Mixed S14 4x100m Freestyle Relay team set a new world record on their way to becoming Paralympic champions in Tokyo.

The quartet of Reece Dunn, Bethany Firth, Jessica-Jane Applegate and Jordan Catchpole broke the previous world record, also set by Great Britain, by 1.58 seconds.

They won the final by a huge 5.75 seconds, with their nearest competitors the Australian team who took the silver medal in 3:46.38.

Dunn, who already had two individual medals to his name – one gold and one silver, swam a superb opening 100m in 51.15.

Next up was Firth who clocked a time of 57.77 for her leg before handing over to Applegate whose sensational swim put Britain in a great position ahead of the final leg.

The anchor leg was swam by Team Waveney's Catchpole, who brought it home in a time of 52.68 to add to ParalympicsGB's medal haul.

Following the win, Dunn said: "I think it was a great race. We knew we could stand a good chance if we all put a good time in. I wanted to get close to the sub 51 mark on that first leg just to make Beth's job a bit easier."

Describing the team camaraderie, he added: "We're like best mates. It's good to have a bit of banter with your mates as well and most importantly enjoy the race."

Proper team

Firth continued: "I feel like when we all come together we swim really well as a team. I had them beside me so I wasn't as nervous as when I swim individually.



"It was good. I just enjoyed being with everyone so it was nice to get in and race."

When asked what breaking the world record means, she added: "So much, I think we all do Great Britain so proud when we all swim individual events and against each other but when we come together we're a proper team and I think that showed in the pool."

Applegate added: "It was really exciting and for me personally, I just knew that I had to chase those other people down because I had to make it as easy for Jordan as possible."

Catchpole said: "I saw Jess close the gap on the Australian's and I heard Reece as I'm about to dive in just 'safe takeover, safe takeover' – so I just watched her touch and then I just knew all I had to do was bring it back."

Paralympic Tweets



6 Retweets

57 Likes

Second gold medal for Summers-Newton in new Paralympic record time

Maisie Summers-Newton is now a double Paralympic champion after winning her second gold of the Tokyo Paralympics in record time.



The 19-year-old broke the Women's SB6 100m Breaststroke Paralympic record twice in one day after surpassing her heats time to achieve a new personal best of 1:32.34.

This gold medal is her second of the Games after she set a new world record in the Women's SM6 200m Individual Medley to finish on top of the podium.

After her performance, she said: "I definitely wanted it on my IM and going in for the 100 breaststroke I thought a silver for me would be absolutely amazing.

"That was kind of my main aim because the Chinese girls – she obviously got the world record in London – so I just wanted to try and give it my all after that heat.

"I knew I'd done a great heat swim and I just thought 'just give it all I've got, try and get that gold again'.

When asked when she thought she might have the chance to outdo her expectations and take gold, she said: "Definitely this morning because that was a PB for me this morning and then seeing the other competitors times I thought 'ok, I'll try and go for it a bit more tonight'.

"But it was definitely that last 25 metres I thought 'grit your teeth and just go for it' because I didn't have a clue where anyone else was so I just went for it."

Goal is even bigger

After her first gold in the individual medley, Northampton

Swimming Club head coach Andy Sharp hailed her performance as a 'special' swim.

Summers-Newton paid tribute to both Sharp and former Northampton coach, now British Para-Swimming's Head of Performance Pathway, Jacquie Marshall.

She said: "He [Andy] sent me a quick message after my IM just to say enjoy the moment because obviously I still had others, but it was amazing.

"Obviously me and Jacquie spoke after my IM, we set a goal five years ago and that goal's been achieved just being here and then I think the goal's got even bigger now after these two golds.

"I'm just so proud to be with her and do this experience with her because she's been such an amazing coach with me and I wouldn't have been able to do it without her."

GB team-mate Ellie Simmonds also swam a strong race in the SB6 100m Breaststroke final and improved on her heats time to take fourth place in 1:39.94.

On what it's like to share the call room with her idol before the race, Summers-Newton added: "We kind of just gave each other a big thumbs up and said good luck.

"I think when you're in the call room, you've done everything that you need to do and you're in that position to race really fast. I think we both came away with great results, so it's just amazing to be with her and all the other competitors as well."

Paralympic Tweets



10 Retweets



109 Likes

"It was definitely that last 25 metres I thought 'grit your teeth and just go for it' because I didn't have a clue where anyone else was..."



Grace's silver lining completes super Saturday for Brits

Three medals and two record-breaking times from Great Britain's swimmers topped off a super Saturday on day four of the Paralympics.

"I just wanted to go out there and enjoy my swim... to come away with silver – I'm so touched. I loved every second of that race."



Grace Harvey was the third British medallist during the day four finals following the success of Maisie Summers-Newton and the Mixed S14 4x100m Freestyle Relay team.

It was Harvey's first medal at her debut Games and led to tears of joy after realising she had taken second place in the Women's SB5 100m Breaststroke final.

She touched the wall in a time of 1:42.22, and she 'loved every second' of it.

After her race, Harvey said: "I

am so happy right now. I just wanted to go out there and enjoy my swim.

"To come away with silver – I'm so touched. I loved every second of that race.

Talking about her family's support, she said: "They've been behind me since day one. I wouldn't be here without them so thank you to them back home.

"I stopped uni for a year, I moved to Manchester – I just swim and study and it's paid off."

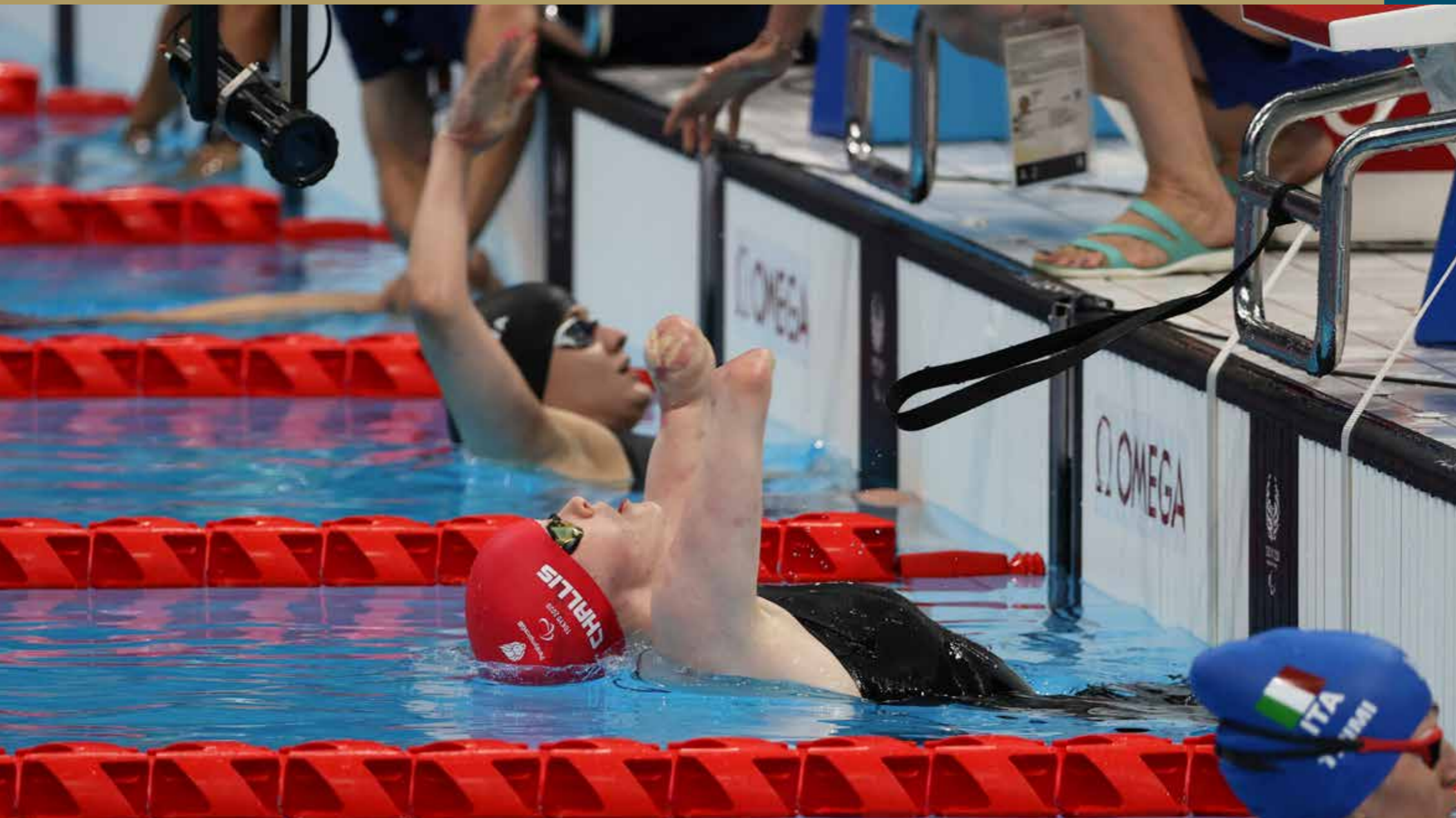
It's been incredible
Northampton swimmer Zara

Mullooly finished seventh in the Women's S10 100m Freestyle final but it was a solid swim from the 18-year-old.

She was able to improve on her heats swim and post a time of 1:01.71 in the final, which she says she is 'pretty happy with'.

Mullooly added: "It was just great to make another final and to go quicker than what I went this morning.

"I knew it was going to be close together and it really was. It's just so exciting to be here and to make the finals in both of my races so far. I'm happy with the progression from heats to finals."



British record holder Challis qualifies second as five more reach Paralympic finals

Another swift morning of racing from the ParalympicsGB team has seen some impressive races from the athletes with many of them booking spots in the finals.

First up were Scott Quin and Conner Morrison, who both comfortably secured spots in the final of the Men's SB14 100m Breaststroke.

Quin qualified in third place with a time of 1:06.20, which is less than a second off his personal best time of 1:05.28.

The Warrender Baths swimmer said of his performance: "I'm happy with that this morning, it's just one of those to get the cobwebs out the way".

Morrison qualified in sixth position with a time of 1:08.01, a time that is just off his lifetime best of 1:07.34.

In the women's equivalent, Louise Fiddes swam a time of 1:18.64 to ensure her spot in the final of the Women's SB14 100m Breaststroke.

Fiddes raced in the Women's S14 100m Butterfly final earlier in the competition and finished fifth overall.

So close to new best

British record holder Ellie Challis came extremely close to her own record mark of 55.61 with a time of 55.68 in the heats of the Women's S3 50m Backstroke.

The youngster set the new record earlier this year while competing in Manchester. Her time in Tokyo has seen her

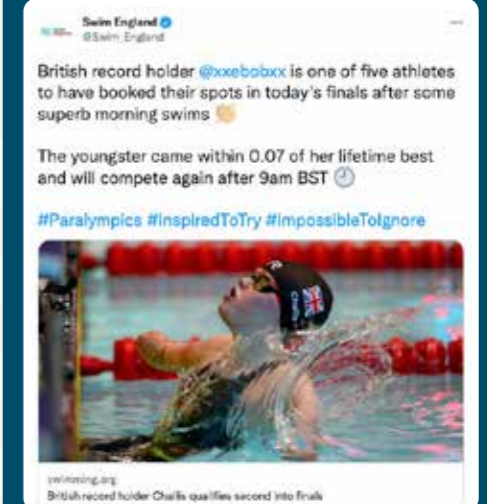
qualify in second place to the final of the same event – only just behind the leader Arjola Trimi, of Italy, who swam a time of 54.79.

Newly-crowned Paralympic champion Hannah Russell put up another superb swim in the heats of the Women's S13 50m Freestyle as she qualified in fourth position with a time of 27.96.

Her team-mate, Becky Redfern, started her Paralympic bid strongly with a time of 29.62 in this event to finish in 21st overall.

Redfern will compete in her main breaststroke event on Wednesday.

Paralympic Tweets



1 Retweet



11 Likes

Challis and Fiddes take home silver on respective Paralympic debuts

Louise Fiddes, Ellie Challis and Scott Quin have added more Paralympic medals to Great Britain's haul after an exciting finals session in the pool.

Challis, who is just 17-years-old, came second in the Women's S3 50m Backstroke to ensure she would be ParalympicGB's youngest medallist at Tokyo 2020.

Her time of 55:11 also knocked half a second off her previous British Record mark of 55:61 which she set while competing in Manchester earlier this year.

She said: "I just enjoy it all. I'm only 17, I'm the youngest on the team, the lowest class on the team. Whatever happened, I was going to enjoy it.

"I can't really expect too much – I'm mainly looking at Paris as I'll be older and more experienced, this is just to gain experience,

so to come away with a silver medal, I can't believe it."

Shocked and overwhelmed
Overcome with emotion, Fiddes thanked her family and coaches back home saying she 'couldn't be there without them'.

"I'm just so shocked and overwhelmed," she said. "My dad, he's probably crying too.

"My family are so supportive, I couldn't be here without them.

"My dad, he came with me every single session. He'd support me through everything – school, anything I struggled with, he was there."

Fiddes previously said she was disappointed with her swims so far at the Games, but said the support team around her helped

her to turn it around and come back stronger.

"The support staff at British Swimming, having them support me made it so much more achievable."

She shared a message to her family, saying: "Thank you so much for everything.

"I'd also like to say thank you to my coach Janko at home and all the girls, and my gym instructor – they've all done it, it's such a team effort, I can't stress that enough."

Elsewhere in the pool, Hannah Russell shaved even more time off her heat swim in the Women's S12 50m Freestyle to finish in sixth place overall. The Paralympic veteran, who retained her Paralympic title



in the S12 100m Backstroke earlier in the week, clocked a time of 27:58 in the final.

She took a chunk off her heat swim time of 27:96 and moved ever closer to her personal best time of 27:01 from 2016, which doubles as the British Record in this event.

Gutsy bronze for Quin

A hard-fought bronze for Quin in the Men's SB14 100m Breaststroke saw him adding another Paralympic medal to his existing tally in style.

The Warrender Baths athlete won a silver medal in the same event at the Rio 2016 Paralympic Games, and today had a fantastic second 50

metres to win yet another Paralympic medal five years after his first.

In Tokyo, he was just off his personal best time of 1:05.28 to get himself on the podium in a time of 1:05.91.

His team-mate Conner Morrison finished in eighth position with a time of 1:08.01, repeating the same time he clocked in the heats of this event.

Meanwhile, an unfortunate takeover infringement by Great Britain in the Women's 4x100m Freestyle 34 points relay meant that the team of Stephanie Millward, Zara Mullooly, Grace Harvey and Toni Shaw were disqualified.

"I'm mainly looking at Paris as I'll be older and more experienced... this is just to gain experience. So to come away with a silver medal, I can't believe it."



Four more Paralympic final spots booked and British record is shattered in Tokyo

ParalympicsGB swimmers have sealed four more Tokyo 2020 final spots – while a British record was also shattered in the latest round of heats.



Ellie Robinson, Stephanie Millward, Andrew Mullen and Ellie Challis will all be bidding for a place on the podium during the day six finals.

Meanwhile, Lyndon Longhorne clocked a massive personal best in the heats of the S4 200m Freestyle as he set a new British record.

His time of 3:25.07 was 12 seconds quicker than his previous best of 3:37.70 he set at the British Para-Swimming international Meet In Sheffield in April.

It earned him fifth spot and agonisingly just outside a place in the final as he finished ninth place overall.

Title on the line

Defending Paralympic champion Robinson was second in her S6 50m Butterfly heat in a time of 37.24.

Grace Harvey was sixth in 41.18 to take 11th spot overall

Millward finished fifth in her S9 100m Backstroke heat in 1:15.13 and will swim in lane eight.

Mullen touched home in 37.99 to claim fourth spot in the S5 50m Backstroke heats and book a final place.

Ellie Challis was second in her S3 100m Freestyle heat in a time of 1:53.63.

She will be looking to add to her silver medal she won in the S3 50m Backstroke during this morning's finals session.

Stephanie Millward hopes performances will inspire next generation

Stephanie Millward hopes to have inspired the next generation of youngsters to take up swimming after competing in her 18th Paralympic Games final.



The 39-year-old, who is taking part in her fourth Paralympics at the Tokyo 2020 Games, finished eighth in the S9 100m Backstroke final – but admitted she had enjoyed the whole experience.

And she then urged a new crop of youngsters to give swimming a go – and offered some words of wisdom to those striving to follow in her footsteps.

After she finished in a time of 1:15.49, Millward said: "I loved it – I know I came last but I loved it.

"I enjoyed the whole race. I love 100 backstroke.

"We need some younger people

to come in the Paralympics squad – we need some younger people to come and give it a go.

"If you have any disabilities, get in the pool and come and swim with us. We need to inspire the next generation.

"Believe in yourself. Always do the best you can on each and every race and just keep on enjoying it – just smile."

Emotional Ellie's battle

While ParalympicsGB swimmers didn't win any medals on day six of the competition, there were a number of inspirational performances.

Ellie Robinson took fifth spot in the S6 50m Butterfly and then gave an honest and emotional account of the battle she had

faced to even make the Tokyo 2020 squad.

Robinson finished in a time of 37.08, which was only 0.25 off a podium place.

But it was a remarkable performance as the 20-year-old detailed how she had been suffering from a debilitating hip problem which has left her in 'agony'.

Robinson said: "People have been saying 'it's okay to finish. It's fine, you don't have to carry on'. I said I'm not finishing this way it's not going to end this way.

"Even though I didn't medal, I can say I ended on my own terms – I went out the way I wanted to. "If I had to crawl to the blocks

on my hands and knees, I would do it.

"I'm just so proud of myself. I have been in agony this whole year – this is a story of triumph, this is not a story of defeat."

Challis is learning

Ellie Challis finished just outside the podium places in the S3 100m Freestyle but said she was learning from the Paralympic experience.

The 17-year-old was fourth in a time of 1:54.84, which was narrowly outside her own British record.

She said: "I would have liked better I would have liked to have gone faster than I was this

morning but it is what it is. I had such a good swim yesterday and I'm still really happy with my time here.

"I've still got more races to go I'll be racing up a classification so that will be fun but I'm still really happy. The whole experience has been good, the village, everything.

"I'm 17, we're here for experience and we'll learn and go into worlds next year and then Paris 2024."

Britain's fourth finalist of day six was Andrew Mullen in the S5 50m Backstroke final.

City of Glasgow's Mullen touched home seventh in a time of 37.96.

"We need some younger people to come in the Paralympics squad – we need some younger people to come and give it a go. If you have any disabilities, get in the pool and come and swim with us."



Inspirational Ellie Robinson details emotional 'story of triumph... not defeat'

An emotional Ellie Robinson said her fifth-place finish in the Paralympics was 'a story of triumph, not defeat' – as a debilitating hip problem almost prevented her from taking part in the Tokyo 2020 Games.

Robinson marked her 20th birthday with arguably the strongest, most determined swim of her career in the S6 50m Butterfly as she detailed the battles she had faced in the past year.

The defending Paralympic champion was only 0.25 seconds outside a podium place as she clocked 37.08.

But being in the final was a remarkable achievement in itself as she has been in constant pain due to Perthes disease in her right hip – a condition she was diagnosed with in 2012.

A tearful Robinson said: "I have spoken to physios in the past year and they said they had no idea how I've even carried on swimming.

"They don't know how I managed to go to Rio, how I managed to get to Tokyo.

"Last year, I had so many problems in my hip – it really started to rear its ugly head.

"A Perthes hip, an arthritic hip, has got a finite amount of time left and, unfortunately for me, I ran out of time this year,

"Had the Games been last year, it would have been a completely different story but I think with lockdown and the extra year and the adaptation with training it properly took its toll on my hip and I just ran out of time.

"I had two failed hip injections, I had different medications but nothing worked – nothing eased the pain.

"I didn't swim a length of butterfly from November to May in training. My first length of fly was at the European Championships in Maderia so I honestly thought I would be



more upset than this but to be honest I came here and made the final and I'm still in the top five.

"In the past year, people were saying it's okay to finish. I was in a really, really low point in my life – I was struggling so much.

"I was seeing a psychiatrist, I was on medication. It's been one of the hardest years of my life.

So proud of myself

"People have been saying 'it's okay to finish. It's fine, you don't have to carry on'. I said I'm not finishing this way – it's not going to end this way.

"Even though I didn't medal, I can say I ended on my own terms – I went out the way I wanted to.

"If I had to crawl to the blocks on my hands and knees, I would do it. I'm just so proud of myself. I have been in agony this whole year – this is a story of triumph, this is not a story of defeat.

"I'm so proud of myself for getting this far. This is just showing people that what threatens to weaken you will not conquer you – you will overcome it and you will end on your own terms. You are in control.

"I'm in control of when I finish. I'm not being told when I finish and I went out there and I

proved to myself I can overcome challenge and I'm so glad I did."

Robinson was quick to praise her parents for their support and the team of physios and doctors who had helped her take part on the Tokyo 2020 Paralympics.

She said: "I want to thank my parents as they have had such a hard run for the past year

"I've put them through so much I just want to say thanks so much for the support they have given me. All the physios, all the doctors, everyone that has been invested in this. Even though I can't come away with a medal, I have still succeeded.

"After two failed hip injections wouldn't take the pain away, I wasn't sure I was even on the team at this point, and I was being asked to go to European Championships.

"I went on a drive with my dad and drove past the pool I got talent spotted in 2012. The deterioration I recognised in myself from that point until now was so overwhelming I was in tears. But now I look back and I'm so proud of how strong I was.

"There may be deterioration in my hip and I may have physically deteriorated but, my gosh, mentally I'm stronger than ever before and I'm so proud of where I've come."



Challis sets new Paralympic record as seven Brits reach finals from hectic heats

Teenager Ellie Challis set a new Paralympics record as seven swimmers gave themselves a chance of adding to the British medal tally following a hectic heats session at the Tokyo Aquatics Centre.

Day seven of the Games saw 10 British athletes in action and there promises to be some fantastic finals with three ParalympicGB swimmers going for glory in the Women's SM14 200m Individual Medley – while only 0.92 seconds separates the entire field in the Women's S9 100m Freestyle.

Challis set her new Paralympic record time of 1:10.37 in the SB2 50m Breaststroke.

The seventeen-year-old knocked 3.58 seconds off the previous best of 1:13.95 set by China's Qiuping Peng at Rio 2016 Games. However, she was swimming up a classification in

the SB3 race and just missed out on a place in the final, taking 10th spot overall.

Louise Fiddes was initially disqualified from her SM14 200m Individual Medley heat which she won in a time of 2:33.17. But she was later reinstated following an appeal meaning three British swimmers will be in this morning's final.

Bethany Firth was the second fastest qualifier, clocking 2:27:16 as she won her heat ahead of Jessica-Jane Applegate who finished in 2:31.48.

In the men's race, Reece Dunn will be looking to add to the three medals he has already picked up in Tokyo. Dunn won his heat in 2:12.61 to qualify

second fastest but there was disappointment for Jordan Catchpole who missed out on a place in the final after touching in 2:16.35 to take ninth overall.

The Women's S9 100m Freestyle saw Toni Shaw finish second in her heat in 1:03.59 and she will swim in lane five in the final. Stephanie Millward was 16th overall in a time of 1:08.19.

Britain also has a good chance of a medal in the Men's S12 100m Freestyle as Stephen Clegg won his heat and was the fastest qualifier in 53.84.

In the Women's race, Hannah Russell booked her final spot after finishing in 1:01.81 and fourth fastest overall from the heats.

Paralympic Tweets



1 Retweet



20 Likes



Hat-trick of gold medals for Reece Dunn as he breaks another world record

Reece Dunn left everything in the pool as he swam a gold medal-winning, world record-breaking performance in the Men's SM14 200m Individual Medley final.

"I had no idea where I was ... the breaststroke felt the best it's felt for a long time but I was just in agony that whole last 50."



After one relay gold and a gold and silver in his individual events, Dunn's latest result places him on four Paralympic medals from these Games, with one event remaining.

His previous two gold medals both set new world records and it was no different this time around.

The Plymouth Leander swimmer was ahead at the halfway point but had dropped to second after 150 metres, but a determined

final freestyle leg saw Dunn storm home.

The 25-year-old lowered the previous record by 0.14 to set a new best of 2:08.02 and finish on top of the podium once again.

In second place and taking the silver medal was Brazil's Gabriel Bandeira, with Vasyi Kraiynk of Ukraine, in the bronze medal place.

After the final, Dunn explained the pain he felt towards the end of the race, saying: "I had no idea where I was. I had to max every single length.

"The first 100 was strong, I felt good. The breaststroke felt the best it's felt for a long time, but I was just in agony that whole last 50.

"Breaststroke is difficult for me, especially with the shoulder I've got at the moment. It's just under a lot of fatigue so every length my right arm just felt like it was going to crumble."

It was a pleasant surprise for Dunn when he was told that he had beaten yet another world record. He said: "Did I? I couldn't even see what time I went – nice!"

More swimming success as GB add five medals to the Paralympic tally

There was more record-breaking swims from the British athletes as the team won five medals across four finals at the Tokyo Paralympics.



Day seven proved to be a successful one in the pool, with one gold, one silver and three bronze medals won.

Reece Dunn made it a hat-trick of golds as he broke another world record in the Men's SM14 200m Individual Medley final.

His time of 2:08.02 was 0.14 better than the previous world best. The Plymouth Leander swimmer still has one event remaining – the Men's S14 100m Backstroke.

Firth and Fiddes on podium

It was a British 2-3-4 in the Women's SM14 200m Individual Medley final as Bethany Firth and Louise Fiddes finished in podium places. Firth took second place in a time of 2:23.19 to add another silver to her S14 200m Freestyle medal.

The battle for bronze was fought between GB teammates Fiddes and Jessica-Jane Applegate, but it was Fiddes who touched first in 2:29.21. Applegate clocked a time of 2:30.43 to secure fourth place.

Firth explained that her medal was to some extent unexpected, saying: "Her [Shabalina's] IM is definitely one of her strongest strokes and because I haven't trained it I didn't expect much.

"To come out with a silver medal and see Louise get a bronze – it was a great night, so I'm just looking forward to Thursday."

In a message to her family, she added: "I miss them so much. They're always there supporting me and I wish they could be here as well but I can't wait to go home and give them a big hug."

After being disqualified from her heat race and later reinstated

Paralympic Tweets



5 Retweets

19 Likes

following an appeal, Fiddes said: "I totally counted myself out. I was disappointed not to be in the final but the British Swimming guys – they put in an appeal and I got to swim in the final so absolutely incredible.

"I can't believe I get to take home another medal to my family."

British record for Clegg

Stephen Clegg set a new British record and personal best time in the Men's S12 100m Freestyle final, clocking in at 53.43.

His freestyle bronze goes alongside his backstroke bronze, which he won on day three of the Games.

Clegg's favoured event is still to come, as he explains 'this whole meet has been about the fly'. The 25-year-old will compete in the Men's S12 100m Butterfly later in the week.

He said: "That one was pretty unexpected. I knew it was going to be a tough race with a lot of fast guys around me in that event.

"I said I wanted to take it out hard and see where I could improve in the final, I got a bit more out of it so I'm really pleased. It's a PB, so you can't ask for more than that. I'm loving this whole experience."

Hannah happy with third

Hannah Russell added a bronze medal to her gold as she finished third in the Women's S12 100m Freestyle final.

Her time of 1:00.25 was an improvement on her heats time and was only 1.24 behind the gold medallist, Maria Carolina Gomes Santiago of Brazil (59.01). Russell described the felling as 'incredible'.

She said: "Overall, I'm really

happy with that race, I went so much quicker than this morning. To get a bronze medal is incredible. I don't know where people are in the race peripherally, so it was literally me against the clock.

"I tried my absolute hardest to stay under the water, do a really strong turn and that helped me get a bronze medal, so I'm really happy."

Shaw so close

Toni Shaw finished only 0.03 outside of a podium place in the Women's S9 100m Freestyle final. It was an extremely close finish between Shaw and Brazil's Mariana Ribeiro but the Brit just missed out despite a superb swim and a time of 1:03.42.

On the result, she said: "Nobody likes to come fourth but it's such a competitive race. Obviously a bit disappointed but it is what it is. It was quite a good time."



Becky Redfern and Zara Mullooly book day eight finals

Paralympics GB duo Becky Redfern and Zara Mullooly will be flying the flag for Britain during the day eight finals at the Tokyo 2020 Games.

“This has been a hard meet for everyone but the attitude and mood within the team has always been incredibly upbeat and positive.”

 Paralympic Tweets



3 Retweets



13 Likes

Only four British swimmers are in action today with Redfern and Mullooly the only two to reach their respective finals.

Worcester's Redfern, who won a silver medal at the 2016 Rio Paralympics in the SB13 100m Breaststroke, will be aiming to go one better in Japan.

She won her heat to qualify for this morning's final second fastest in a time of 1:15.46.

That was only 0.15 behind the fastest qualifier, Germany's Elena Krawzow, and Redfern will

swim in lane five knowing she has an excellent chance of a podium place.

Meanwhile, Northampton swimmer Mullooly competes in the S10 400m Freestyle final – one of six swimmers in the race

Upbeat and positive

Her qualifying time of 4:34.91 is the British record she currently owns.

Mullooly's Northampton teammate William Perry has vowed to come back stronger after finishing 18th overall in the S6 100m Freestyle.

He clocked 1:14.75 to take

sixth place in his heat on his Paralympics debut and said: “I'm going to do everything as hard as I can.

“You are going to hear my name a lot more in Paris, I can tell you that.”

Andy Mullen missed out on the S5 50m Freestyle final as his time of 36.01 saw him finish seventh in his heat – and 13th overall.

He said: “This has been a hard meet for everyone.

“But the attitude and mood within the team has always been incredibly upbeat and positive.”



'Dream come true' for Becky Redfern as she wins Paralympic silver in Tokyo

Becky Redfern has won silver in the Women's SB13 100m Breaststroke final and has described the achievement as 'a dream come true'.

The 21-year-old also won a silver medal in the same event at the Rio 2016 Paralympic Games, making her podium-finish in Tokyo even more special.

Her time of 1:14.10 was just behind the winner Elena Krawzow, of Germany, who won gold in 1:13.46. Third place went to Colleen Young, of the United States, in 1:15.69.

She said: "I'm really emotional, I'm just so proud of myself. Tokyo was always the goal and then when I got pregnant, it wasn't the goal anymore and now, it's my dream and it's come true. I'm just really happy."

"It's been a really tough couple of years, mentally and physically. I put myself through so much and I just can't thank my family enough. My coach at home has been amazing and the coaches here, I couldn't have got here without them - they've just been so supportive and I'm so grateful to be standing here."

'Blowing my mind'

Redfern spoke warmly of the support she has received as well as how achieving her dreams after having a baby has made her 'proud'.

"I can't put it into words, it's so overwhelming. The support that I've had to get here and all the messages of support is just amazing. I know I've done myself proud today and I hope I've done everyone else proud too."

"It was just 'go out hard and stay as close as I could', it's the fastest I've been since Rio so to do that after having a baby is kind of blowing my mind a little bit."

When asked about her son, Redfern said: "I just want to give him a cuddle. I've missed him so



much, it's been so hard being away but I know he's proud of me. Being a mum is so hard, it's the hardest thing I've ever had to do. He's just turned one so he's not sleeping through the night still so I'm not recovering properly.

"It takes a village to raise a child and to raise a child and train for the Paralympics is just insane. The amount of support I've had is just incredible."

When asked if her medal means more to her now that she is a mum, Redfern said: "Yeah, I've done all of this to make my little boy proud."

"It's been three very long weeks away from him and I just can't wait to go home and give him a massive cuddle. I thought that once I found out I was pregnant, that was it, that was my journey over. I hope that now I've proved to a lot of people that just because you're a mum, it doesn't stop you from achieving your dreams, you can still get there."

Fourth for Mullooly

After a fourth-place finish in the final of the Women's S10 400m Freestyle, Zara Mullooly has said she is 'excited' for the medley relay that is still to come in Tokyo.

The Northampton swimmer said that despite some strong

swims and reaching multiple finals, she is 'not happy' with her performances in Tokyo.

"I wasn't expecting that to be honest. I wasn't really fussed about a medal tonight, I just wanted to PB. I always go out fast on a 400 so I just went out at a pace that felt comfortable and then I just couldn't hold on at all."

Some difficulties in the run-up to the Games posed unexpected challenges for Mullooly as she explained: "I had a pretty tough lead into the competition, I had to isolate in our rooms for the whole holding camp."

"That probably affected my 400 more than it affected my 50 and 100 because we were just sat in our rooms for a whole week."

"Obviously, it was hard physically getting back into the pool but I would say it was definitely mentally harder to get over what had happened, we couldn't believe it at all."

"I'm not really happy with any of my swims this week, to be honest, but we've still got the IM relay tomorrow and I'm definitely excited about that and if that goes well for everyone, it'll be a great way to finish."

"I hope that this doesn't get in the way of that and I can still do a good swim tomorrow night."

Brits in contention for 10 medals as swimming event draws to a close

ParalympicsGB swimmers are in contention for 10 medals at the penultimate finals session of the Tokyo 2020 Paralympic Games.



A total of nine final spots were sealed from this morning's heats session, while the British team are also competing in the Women's 34 points 4x100m Medley Relay.

Meanwhile, Ellie Challis rounded off her Paralympic campaign with another British record.

Three British swimmers reached the finals of the S6 400m Freestyle and the S14 100m Backstroke.

Ellie Simmonds was the quickest Brit to qualify from the S6 400m Freestyle heats as she finished second in 5:27.64, closely followed by Grace Harvey in third spot in 5:33.78.

The second heat saw Maisie Summers-Newton clock 5:33.78 to take third place.

In the Men's S14 100m Backstroke, triple Tokyo 2020 Paralympic champion Reece Dunn, Jordan Catchpole and Louis Lawlor will all be eyeing a podium place.

Dunn was second in his heat in



1:00.37, followed by Lawlor who record a time of 1:01.43.

Catchpole also took second in his race in a time of 1:01.50.

Great experience

In the Women's S14 100m Backstroke, Bethany Firth led home a British one-two in the heats.

The duo were the fastest qualifiers for the final as Firth clocked 1:07.16 to win the heat, with Jessica-Jane Applegate second in 1:08.41.

Toni Shaw was fourth fastest qualifier for the S9 100m Butterfly finals as she touched home in 1:10.41 to take third place in her heat.

The Women's 34 points 4x100m Medley Relay will be favourites

for the gold having qualified in 4:36.31 – more than 22 seconds ahead of the second-quickest qualifiers America.

Meanwhile, Challis rounded off her Paralympics by swimming up a classification in the S4 50m Freestyle.

Her time of 54.94 broke the S3 50m Freestyle British record which had stood for almost 15 years. It lowered Fran Williamson's previous best of 1:03.16 set in Durban in December 2006 by 8.22 seconds.

Challis, who won a silver in the S3 50m Backstroke, said: "It's been such a great experience."

Lyndon Longhorne was sixth in his S4 50m Freestyle heat in 45.78 to finish 16th overall.



Three consecutive 100m Backstroke Paralympic titles for Firth after Tokyo gold

Bethany Firth has taken the Women's S14 100m Backstroke Paralympic crown once again after winning the gold medal on day nine.

"I really wanted that race so bad... I got it in London, I got it in Rio and that was the one I'd been waiting all week for so I'm so glad to come out and do it."



A dominant swim saw her win the event for the third Paralympics in a row after finishing on top of the podium in London, Rio and now Tokyo.

The 25-year-old is the current world record and Paralympic record holder in this event after her performances at the Rio Games.

She was just outside that time in this race, clocking in at 1:05.92, but explained that she 'really wanted that race' and described swimming as her 'happy place'.

Firth said: "I spoke to my psychologist before and we talked about grounding myself and realising why I'm here and looking to my cross and

everything and just keeping the faith and I really wanted that race so bad. I got it in London, I got it in Rio and that was the one I'd been waiting all week for so I'm so glad to come out and do it."

My happy place

"I just wish my family and support system were here to do it with them because I wouldn't be here without them.

"Swimming's my happy place and when it got taken away during Covid I really struggled and I needed them and I needed my church and my coach.

"They all built me up from the bottom and to just be here and to show them that all their hard work wasn't for nothing – I just can't wait to see them. I always say nothing's impossible with

God and I truly believe that so coming into this I just wanted to show everyone what you can do even though things haven't gone your way – you can still come out and you can still fight.

"It's so much more than winning a medal, it's just enjoying it. I feel like in sport it's so hard, people only care about if you come gold or silver – everyone here has made a Paralympics and they should be so proud to be a Paralympian.

"Just showing up and doing it in front of their country, in front of the world, that's what it should be about, not the medals."

Firth's team-mate Jessica-Jane Applegate joined her on the podium after she finished third to take the bronze medal in a time of 1:07.93.



British backstroke swimmers shine as ParalympicsGB win gold and two bronze medals

The success in the pool came from the British backstroke specialists on day nine of the Paralympics with one gold and two bronze medals won in Tokyo.

Bethany Firth and Jessica-Jane Applegate were both on the podium in the Women's S14 100m Backstroke final.

Firth retained her Paralympic title she has held since London 2012, now making it three consecutive gold medals in this event.

She managed a time of 1:05.92 and following the result, she explained this is the event she had been 'waiting all week for'.

Jessica-Jane Applegate also matched her Rio 2016 result, finishing third to take the bronze medal in 1:07.93 – an improved time to the one she swam in the previous Games.

In the Men's event, Reece Dunn claimed his fifth medal as he won bronze in a time of 59.97.

He was the only Brit to go under the minute mark, with Jordan Catchpole the next to finish. His time of 1:00.96 was just enough to take fourth place.

Louis Lawlor finished eighth overall on his Paralympic debut in 1:01.80.

Dunn said: "I'm very pleased with this race, I think that equalled my personal best as well. It's been a long week or two weeks, so I was a bit tired going into that but, overall a solid swim."

Three Brits in freestyle final
Maisie Summers-Newton was the quickest of the British trio competing in the Women's S6 400m Freestyle final.

Her time of 5:24.42 was a huge improvement on her heats swim (5:33.78), lowering her time by 9.36 seconds, and saw her secure a fourth place finish.

Ellie Simmonds, who had the



quickest heats time out of the British athletes, was initially disqualified from the final but a successful appeal meant that she was reinstated in the rankings.

As a result, it was a British 4-5-6 with Simmonds' time of 5:27.99 placing her in fifth, followed by Grace Harvey who touched in sixth with a time of 5:36.86.

An emotional Simmonds admitted that this was most likely her final Paralympic Games. She said: "I don't know what happened with the disqualification. It's a bit painful but I'm sure I'll find out more."

"It's tough, we've seen this Games people have moved forward, it's been difficult for me to move forward with them. I think for me, this is going to be my last but I'll go home and evaluate. I knew going into these Games this was going to be the last, I don't think I can go for another three years."

"I've absolutely had a wonderful competition and I've loved every minute of it. I can't thank everyone enough for the support – my coach, Billy Pye, my parents, my sister, Andy and Adam and everyone at Camden Swiss Cottage, everyone for getting me here to these Games and also for helping me to get

to four Paralympics. There's no words to describe it, I love the Paralympics, I love absolutely everyone on the team, it's just been incredible.

"It's been an amazing part to play, inspiring those next generations, I'm honoured and it makes me emotional to think about Maisie, all those girls and guys have been inspired by watching me at 2012. And now, they are inspiring that next generation. It's not just me out there racing, it's everyone behind me and I'm so thankful for that."

We need to be proud of fourth

The Women's 4x100m Medley Relay – 34 Points Final saw the British team finish in a time of 4:58.76 to earn fourth place.

It was a good performance from the quartet of Stephanie Millward, Summers-Newton, Toni Shaw and Zara Mullooly.

USA took the gold, followed by the Russian Paralympic Committee in second and Australia third.

Millward said: "To finish on a high, finish fourth in the whole, wide world, with this amazing group of people is wonderful. These girls will go on and win more medals, more, more, more. They're an inspiration to everyone."

Lyndon Longhorne urges 'never give up on your dreams' as he sets new British best

Lyndon Longhorne urged people never to give up on their dreams after he brought his Tokyo 2020 Games to a close with a new British record.



Longhorne was one of three Paralympic GB athletes in action during the final heats session of the Games – with Stephen Clegg the only one to book a spot in this morning's finals.

Although 25-year-old Longhorne missed out on a spot in the S4 50m Backstroke final, his time of 50.12 was 3.19 seconds faster than his previous British best of 53.31 he set in April.

The Derwentside SC swimmer said: "Yesterday wasn't great. I took yesterday to rest and recover, I got myself pulled round and thought 'why not'?"

"It's the last one, I just have to go for it and put everything into the last race and I'm very happy with that.

"That's the closest I have been to sub 50. As much as I would like to go sub 50, I'm much happier with that."

Longhorne said he had learned a lot from his Paralympics debut in Japan

Great experience

"For me normally, I'm used to competing over two or three days," he said. "Working out over 10 days and trying to compete and doing eight races I have done, including a final I wasn't expecting to get, it's kind of like you've got to manage your body and go for it and keep that fighting spirit and not let it die off – it's quite easy to be demotivated after one race.

"I wanted to put yesterday behind me, try and move on and think of my little one and everyone back home and just use all that to try and move forward and get through.

"I'm happy with this great experience. It's a dream I set in 2008. I failed in 2012, I failed in 2016 – but you never give up chasing your dreams at all. It's been absolutely amazing. Why not finish it off with a bang and get a new British record and move onto Paris now in 2024."

Clegg secured his place in the S12 100m Butterfly final by winning his heat in a time of 59.13.

It ensured he was second fastest qualifier and he will swim in lane five in the final at 10.53am this morning.

Amazing Grace

Grace Harvey reflected on her Paralympic experience after finishing sixth in the S6 100m Backstroke in 1:31.10 – which earned her 12th place overall.

The 23-year-old said: "That was fun – 100 back for me isn't a focused event but I was here so I may as well swim it. I'm happy to finish on a fun event – I have done so many.

"You train to race and this is the best opportunity there is to race so why wouldn't I go out there and do everything I possibly can.

"I think I might cut it down with a bit more experience under my belt but who knows? It's three years [until Paris] so we'll see.

"Next time, the goal is to stand on top of that podium. I really want to hear that anthem play for me – let's see if I can get a bit quicker. I came in expecting nothing – just to make the team was a massive opportunity, a dream come true, everything I have wanted for so long.

"To come away as a silver Paralympic medallist, I'm ecstatic. It still hasn't sunk in for me really."

Paralympic Tweets



7 Retweets



22 Likes

"I'm happy with this great experience. It's a dream I set in 2008. I failed in 2012, I failed in 2016 – but you never give up chasing your dreams at all."



Stephen Clegg brings Paralympics swimming to a close with superb silver

Stephen Clegg has won Great Britain's final swimming medal of the Tokyo 2020 Paralympic Games in what was a nail-biting finish in the Men's S12 100m Butterfly.

The world record holder in this event faced tough competition in the form of Ramen Salei of Azerbaijan and Braedan Jason of Australia.

Clegg took the race out hard and was tied for second alongside Salei at the 50 metre mark with a split time of 26.33.

He edged ahead of the rest of the field after the turn and looked to be on his own World record pace with 25 metres left to swim.

In the end, a strong finish by Salei meant that he got his hand to the wall first in a time of 57.81 – only 0.06 ahead of Clegg who finished in the silver medal position with a time of 57.87.

His time in the final knocked more than a second off his heats swim of 59.13, and was just over a second off his world record personal best of 56.75

I'll come back stronger

Speaking after his race, Clegg voiced his 'disappointment' saying: "I'd be lying if I said I wasn't disappointed.

"I came here to win, I can't really make any excuses. My preparation coming in was good for the fly. I can't take anything away from Raman – it was an amazing race and he just held on better than me.

"It's a bit heart-breaking knowing I was capable of much faster, and if I was anywhere close to my best that would've been a gold. But it's whoever is



best on the day, he was better than me today and you can't say much more than that.

"I was quite far out on my turn and had a big glide in. It's frustrating because even with the long glide, it was really good and so it could've been even better."

Despite his disappointment, Clegg maintained that he will take learnings from the race and look to be better for the next Paralympic Games in Paris.

"I lost that race on the back end," he said. "Not the first 50m. I've got to go away, look at that and see where I can make myself better for Paris. I want to thank everyone who has got me here. Even though it wasn't the result that myself or the team wanted, I've come so far in the last five or seven years – I only started

when I was 18. I wouldn't be here without the team-mates and coaches I've worked with over the years.

"I really want to thank my coach Chris Jones at the University of Edinburgh and the university themselves.

"They've gone to the moon for me this last year and gave me all the pool time to get back in the water. My first coach, Bruce Halloran, who gave me my first chance, I wouldn't be here without those people, they're the ones who are really there for me and I know they'll be there for me after this.

"I definitely want a Paralympic gold in my career – there's no chance of me retiring any time soon. I'll go away from this and come back with a vengeance in Paris."



TOKYO