

Disability Report 2023

The 18th Swimability Meet took place on the 15th April, after a four year absence. Seven clubs :- Norwich Swan, Colchester Phoenix, Team Ipswich, Stowmarket, West Suffolk, Great Yarmouth and Waveney Special Olympians and Team Waveney attended and 45 swimmers competed. It was hosted by Lowestoft Lions who provided the medals and certificates. It was a lovely event and was as always supported by Team Waveney and Suffolk officials. The meet was also attended by John North (Suffolk President) and Chris and Alison Vinter

Showing her support for swimmers at the event was Ellie Challis a member of Team GB Paralympics who won a silver medal for women's 50m back stroke at Tokyo. She took part in a 'meet and greet' with the competitors during the interval, which was thoroughly enjoyed by the swimmers. A provisional date has been set for next year on Saturday 13th April 2024 at Water Lane Pool Lowestoft.

The Norfolk Swimability event was held on Sat 8th July Riverside pool. A small team attended from teamipswich

The Regional Disability Gala was held on Sunday 17th September Newmarket, there were only 30 entries but all the swimmers enjoyed the event and six new swimmers were classified.

Manchester World Para Champs 31st July-6th August

Jordan Catchpole and William Ellard (St Felix School) both S14 represented Team GB. Jordan made the finals of the 200m Free and 100m back stroke. It was the first time that William had represented Team GB at a World Championships. William competed in 3 individual events (100m Butterfly, 200m Individual Medley and 200m Freestyle) and made the finals in each of them, winning a silver in the 200m Freestyle: he also won a silver medal in the mixed medley relay. William and Jordan were part of the mixed freestyle relay team that won gold.

Fiona Brittain (West Suffolk) and Ann Byrne (Norwich Swan) were selected to be National Technical Officials at the event.

David Metcalf is running a Disability CPD on the 3rd January 2024 via zoom. More details will be on the East Region website.

Ann Byrne