

## Becky Swims for GB at Downs Syndrome World Championships 2016

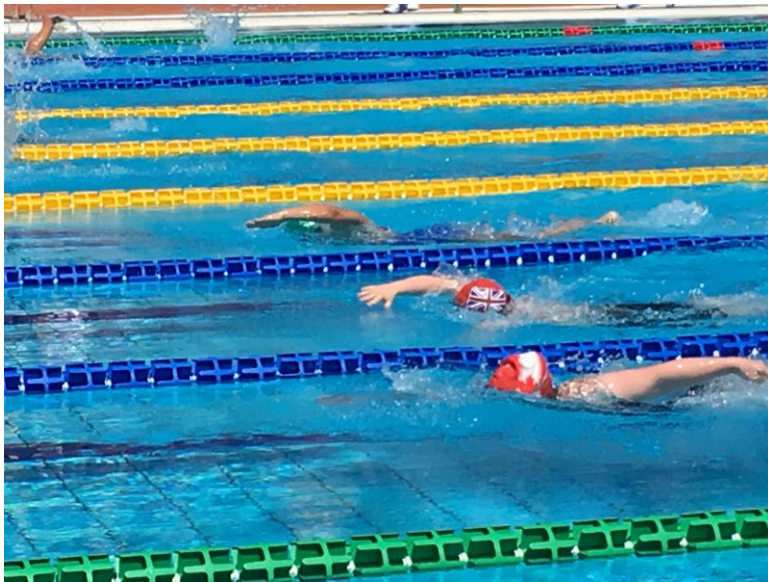
On the 15<sup>th</sup> July Becky Turner travelled to Florence in Italy to represent Great Britain for her first time at the Downs Syndrome Swimming World Championships. The championships this year were also part of the first Triosmy Games – an Olympic style multi sports event for athletes with Downs Syndrome. During the week of events 34 nations participated in track and field, swimming, synchronized swimming, artistic gymnastics, rhythmic gymnastics, futsal, judo, tennis and table tennis.

The games were officially opened on the first evening with an opening ceremony in the centre of Florence. Starting in front of the cathedral all the athletes paraded through the streets of Florence in their team colours finishing in the Piazza della Signoria with each country being announced to the crowd. It was an amazing atmosphere!



In the swimming championships Becky competed in 5 individual races and 2 mixed relays across 4 days of competition. She swam really well in all her races in a 50m outdoor pool. Becky gained long course personal bests in all her races; in her 100 m freestyle race she also beat her previous short course PB. In her 200m freestyle race Becky finished first in her heat and was presented with a gold 'heat' medal. In her 100m backstroke race Becky received a silver 'heat' medal for finishing second in her heat. In this event Becky also achieved her highest placing, finishing in 20<sup>th</sup> position overall.

Becky also swam in 2 relays; in the mixed 100m medley Becky swam the backstroke leg and the team finished in 7<sup>th</sup> place out of 13 teams. In the 50m mixed freestyle relay Becky swam a personal best time for her leg of the relay and the team finished in 8<sup>th</sup> place out of 13 teams overall.



On the last evening all the athletes attended a gala celebration evening to celebrate the fantastic week of sport that had taken place. Becky thoroughly enjoyed her first experience of international competition and spending time with her fellow GB swimmers.

