



March 2020

Olympic swimmer Mark Foster supports charity event, 'In at the Deep End', to raise funds for sports tetraplegics

Mark Foster is hosting the outdoor swimming event at Eton Dorney Olympic Lake, Windsor, Berkshire on Sunday 27th September 2020. Funds raised at 'In at the Deep End' will help Regain Sports Charity provide life-changing support for more people who have become paralysed in sporting accidents.

Hundreds of swimmers of different abilities are taking part - people can choose to swim one length (2.2km), one lap (5km) or 10km (two laps) of the open water course. There is a specially designed 1km course for tetraplegic participants. Mark and Regain are urging people to sign up to take part: details are online here <https://www.dream-challenges.com/challenges/in-at-the-deep-end-2020/>

As part of the event, Ben Clark, tetraplegic, is undertaking a world record-breaking 10km swim.

Mark Foster, one of Britain's most successful swimmers and patron of Regain Sports Charity said, "It's going to be a great event - what's not to like - swimming outdoors on a sunny Sunday and raising money for an incredible charity! And we'll all be right behind Ben, supporting his amazing world-record attempt."

Dorset swimmer Ben Clark's life was thrown on its head – literally – when in 2010, he broke his neck diving into shallow waves. The accident left Ben tetraplegic. At twenty years old, Ben was told it was unlikely he would move again from the neck down. A massive blow for a keen swimmer and lifeguard who had hoped to compete in the 2012 Olympics.

Today, Ben, age 29, is swimming again and is aiming to break the world record to become the first tetraplegic to swim 10 kilometres.

"Before my injury, I was a professional swimmer, so I took the same approach to my rehab as I did to my athletic career, in the sense that I learned how to deal with failure and push myself to the limits. My main inspiration to do the 10K swim is I love the challenge of it - the sense of training for a purpose and accomplishing something for myself."

Ben is working hard at his fitness levels over long-distance not just in a pool but also on a skiing machine and in the gym. He is also a big believer in pursuing happiness.

"Choosing to be happy allows me to stay positive and focus on the things that I love doing not dwell on what I can't do. When we are positive, we remain motivated to do things and to be successful in them."



Ben is helping raise funds and awareness for Regain Sports Charity. “Regain has changed my life, allowing me to be more independent and to remain positive. The charity offers grants and invests in people with profound sports injuries and helps them adapt and succeed.” With the help and support of Regain, Ben managed to achieve qualifications for swimming coaching and personal training, which helped him kick start his career.

Ends

About [Regain Sports Charity](#)

The only UK charity helping people who have had a sports related spinal cord injury resulting in tetraplegia. Based in London. Aims:

- To help British sports tetraplegics lead independent and fulfilling lives
- To assist in providing equipment and facilities via grants to improve mobility, communication, education and employment opportunities
- To build networks and provide support for sports tetraplegics and their families
- To increase awareness of risks, educate & reduce the number of accidents resulting in tetraplegia
- To ensure equal opportunities for tetraplegics

About Mark Foster

As a five-time Olympian, World, European and Commonwealth Champion and holder of eight world records in a career spanning 23 years, Mark Foster is one of Britain’s most successful swimmers.

<http://www.markfoster.co.uk/>

About Ben Clark @AdaptToPerform

Ben lives in Poole, Dorset and runs **AdaptToPerform**

<https://www.facebook.com/AdaptToPerform/>

<https://www.youtube.com/channel/UClosZzwrXmjPzDCwD9OcC0A>