



Tonbridge Swimming Club
"Swimming to Achieve"

P R E S S R E L E A S E

Tonbridge Swimmer Iona Winnifrith is selected for her first Paralympics and is heading to Paris 2024

Tonbridge Swimming Club is delighted to announce that following her performance at the British Paralympic Trials held at the beginning of April, Iona Winnifrith has been selected by Aquatics GB and the British Paralympic Association to compete at the Paris 2024 Paralympic Games. Iona is the youngest member of the Paralympic swim team.

Iona has short stature and swims in the S7 classification for physical impairment.

Iona's favourite event is the 100m Breaststroke. Her swim in this event at the British Championships saw her tie for Gold in the Multi-Class event, in a time that was under the Aquatics GB nomination standard for Paris.

Iona, who only turned 13 the week after the trials, celebrated receiving her official nomination form for Paris on her birthday.

Since the trials Iona has competed at the European Para Championships in Madeira and won 2 European Para titles. She improved her Personal Best Times in both the 100m Breaststroke (1:29.91) and the 200m Individual Medley. Both swims were also new British Para Swimming Records. Iona also won European Bronze in the 50m Fly. Iona's exact schedule at the Paris Paralympic Games is yet to be confirmed.

Tonbridge Swimming Club is extremely proud of Iona's achievements and holds great hopes for the future for this exceptionally talented para swimmer. Between now and the games, Iona will continue to train alongside her teammates at Tonbridge Swimming Club.



All media enquires to Iona's coach (Michael Ellis)

Michael Ellis: Lead Coach of Age Development Squad at Tonbridge Swimming Club

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