

Meet the swimmer: Ben Beedell



FACTFILE

Name: Ben Beedell

Age: 15

Squad: Midlands Youth

Joined club: 2013

Pre-race meal: the night before I have salmon and rice or spaghetti Bolognese – lots of it!

Post-race treat: KFC

National event(s) 2017: 200m butterfly

Q: What do you love about swimming?

It's good fun. It is a whole body activity which is good for fitness.

Q: What is your favourite stroke, and why?

Freestyle because it's the easiest!

Q: What is your least favourite part of training?

Getting up at five in the morning or kick (getting up at five in the morning to do kick would be the worst!)

Q: What's the best bit of advice or feedback that head coach Lynn has ever given you?

To streamline.

Q: What is your achievement aim at the 2017 nationals?

To get to the final.

Q: Who is your sporting hero (swimmer or otherwise)?

Julian Savea, a New Zealand rugby union player [plays wing, nicknamed 'the bus'].

Q: What was your most embarrassing incident at training or a gala?

Splitting my trunks at training.

Q: What are your goals for the next year?

To reach the British Championships.

Q: What do you enjoy doing when you aren't in the pool?

Seeing my mates or playing my X-Box.