

My Story

Robin Derriman

Robin had suffered with a severe ankle problem for a couple of years when he saw the information about the Great East Swim programme at Fore Street pool. He decided to give it a go for two reasons... firstly for his health but also for a personal challenge.

Robin found the training a bit difficult especially because he underwent further procedures on his ankle during it, and at times he felt as though it would have been easier for him to quit. As a result of the training he had increased stamina and he actually found that he could remain in comfort in the water longer than he could stand in comfort. At the beginning of the training Robin was able to swim about 20 lengths but this has now increased to at least 40 which he is pleased about.

He really enjoyed the camaraderie within the group during the programme and he loved the outdoor practice swim the week before the Great East Swim which he felt provided great encouragement.

Robin opted for the half mile swim at the Great East Swim mainly because of the health issues he suffered with. And for him the best part was the exhilaration he felt as he finished the swim which made it all worthwhile.

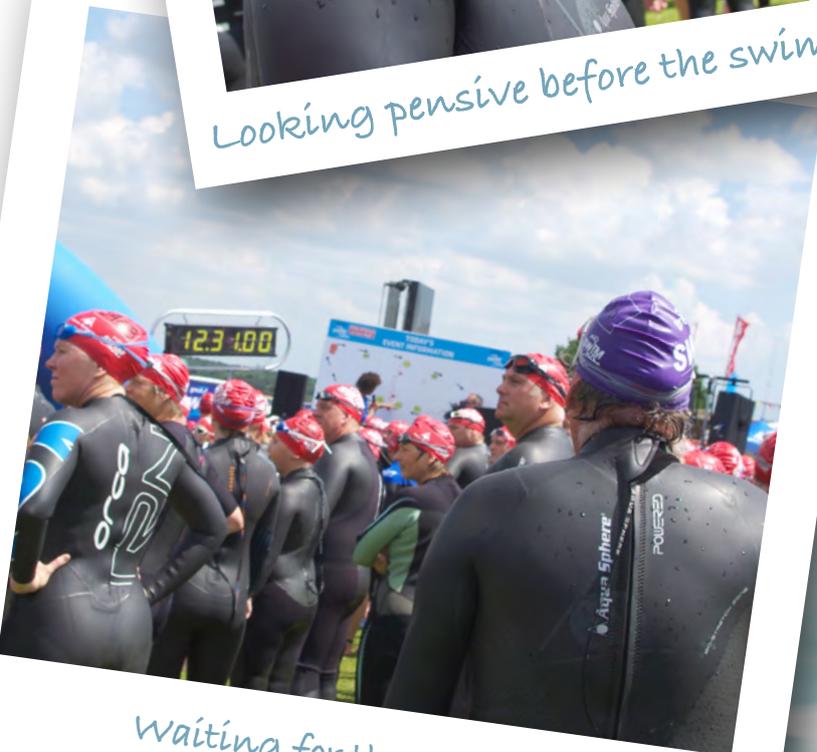
Robin has carried on swimming since completing the Great East Swim and loves the fact that he can successfully exercise now given his mobility issues.

The Great East Swim Outreach programme, supported by Suffolk County Council, Suffolk Sport, Sport England and local pool operators, aims to support inactive residents, who want to make a change to their physical activity levels, using a mass participation challenge as the motivation to help them achieve their goals and live more active lives.

The programme, provides 12 weeks of supported coaching, encouragement, membership to their local pool, free wetsuit hire and entry to either the 1/2 mile or 1 mile Great East open water swim held at Alton Water reservoir near Ipswich.



Looking pensive before the swim



waiting for the next wave