



## Mark Foster

**Champion swimmer, holding the British record for 50m freestyle & butterfly**

One of the most successful British swimmers of all time, Mark Foster holds the British records for 50m freestyle & butterfly as well as 6 World Championship titles, 2 Commonwealth titles and 10 European titles.

## Mark's biography

### Mark Foster's background

A familiar face due to his appearances in famous [sporting](#) events, Mark Foster has an International career spanning over 20 years. Selected to swim for the British team in 1985, he then went on to compete in the Commonwealth Games in Auckland in 1990, the World Short Course Championships in 2004 in Indianapolis and the 2008 FINA World Swimming Championships in Manchester. He is a patron for The Anaphylaxis Campaign, an ambassador for SportsAid and a support of ActionAid. He has appeared on numerous TV programs including Strictly Come Dancing, BBC Look East and Celebrity Juice. He has also appeared as the face of Wellman nutritional products and was a [celebrity](#) judge in 2009 for the Miele Fashion Prize, in aid of Sparks, the medical charity for children. Commentator for the BBC at major swimming competitions including the Olympic Games. Despite all the records Mark never medaled at the [Olympic Games](#) and can talk about dealing with this disappointment and going onto [succeed](#) despite this.

## Mark's talks

- **Learning How to Manage Your Responses**
- **An insight into the World's biggest Sporting event 'The Olympic Games'**
- **Working Outside of Your Comfort Zone**
- **Partnerships and Team Work**
- **Setting Achievable Goals**
- **Learning From Mistakes and Dealing with Setbacks**

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