

Jacob Mensah Swimming

Jacob Mensah, a disabled swimmer from Cloughton, recently competed in the North East Disability Swimming Championships in Harrogate on Sunday 23rd September. As this was his first competitive event, he was classified as an S7 swimmer on the Saturday before swimming in three events, the 100m Individual Medley, 50m Freestyle and the 50m Butterfly, on the Sunday.

Jacob, who has been a member of the Scarborough Disabled Swimming Group for many years, is now also a member of the Scarborough Swimming Club, which he joined one year ago. It looks as though his hard work has paid off. Although he narrowly missed the national qualifying time for the Individual Medley, Jacob was delighted to achieve two national qualifying times in the 50m Freestyle and 50m Butterfly. This success allows him to enter the DSE National Short Course Championships at Ponds Forge in Sheffield.

Jacob, who was lucky enough to go to the Olympics as a spectator this summer, is training hard for his next competition and hopes to improve on his personal best times in the National Championships in Sheffield.