



Name: KIERAN HODSON KILROY
Date of Birth: 24/11/1996
Date Joined WSC: September 2011
University: Loughborough 2015-2020
Degree: BA Industrial Design Technology

My Time at Woking Swimming Club: Woking swimming club has given me a very friendly and supportive environment to train in. Many of the swimmers I met there are still my friends. Swimming has also given me an active, healthy lifestyle which I am still following. My coaches were Vince Ayling and Mark Staiger.

Some of my most memorable Woking moments were the many relays. Best one - British Nationals 2014 - 4x100m free relay. We were ranked 33rd on entry but we all swam so well we came 12th nationally. The free split time I achieved in this race is still my lifetime personal best for 100m free.

English Summer Nationals 2015 - 100m breast. This was my second time at Nationals and I made the final coming 5th in a time of 1:05.95 LC. This is still my lifetime personal best long course.

From the age of 12yrs, I progressed from Surreys to South East Region and finally, at 16yrs, to Nationals. My main events were 50m/100m breast, 50m/100m free. On that journey there were many ups and downs, medals of all colours, personal bests, seasons bests and whatever the result there was always encouragement for the future. Club champs were always fun but some of the races were as fiercely raced as at the Regions and Nationals!

What were your greatest achievements at Woking ? At club champs ? Did you go to Surreys and anything above?

My time at University: Being at Loughborough I was in the pool with many GB and Olympic swimmers, including Adam Peaty. At a meet in Nottingham, Adam Peaty and I were drawn in the same lane for 50m breast. He did an amazing over-the-top start right over me! Awesome!

BUCS Team Swimming Championship – represented Loughborough in the heats of the Championship event. I will never forget the buzz from being at Sheffield Ponds Forge, standing in lane 4 and wearing Loughborough swim kit, ie representing the fastest university swim team in the top event. I just had to win my heat! I won in 1:03.79 SC which is my lifetime personal best short course.

Masters swimming – Whilst I was on my course placement year and working, I swam with Dover Lifeguards masters for fitness. I also rock climbed and enjoyed gym training.

Successfully completed my Loughborough degree in Industrial Design Technology with a Diploma in Professional Studies (2.1)



Post University:

I have just graduated so I am actively searching for employment.

My interests are rock climbing, walking, cycling, and generally keeping fit, healthy and strong.