



Name: Lizzie Mosdell

Date of Birth: 23/03/2000

Date Joined WSC: 2008

My Time at Woking Swimming Club:

I swam at Woking for 10 years - Half of my life! I can honestly say I loved every moment – even if I complained about the odd butterfly set or two! From the chilly Saturday mornings at Pirbright, Cake Wednesdays at Cranmore and spending whole Sundays at Galas surrounded by your friends, it'd be impossible to pick a single highlight.

Two moments, however, stand out for me. Swimming at The Olympic Park pool in 2017 was awe-inspiring after watching so many dreams and goals be achieved in 2012 including Hannah Russell's very successful Paralympic debut. It was certainly a swim to remember. The other was swimming at Guildford Spectrum where all the kids I helped coach on Fridays cheered me on from the bottom of my lane as I raced. I had many role models at WSC and it was so nice to feel as though I was paying them back by being a role model to the younger swimmers.

Every time I swim, I mentally thank Alex Counsell for making me the swimmer I am and for his patience with me when I was very frustrated and injured in 2016. I was falling out of love with the sport as a result and his support kept me in swimming and is one of the reasons I love to coach and teach so much now. Thanks Alex!

My time after leaving Woking:

In 2018 I moved to Sydney, Australia where I joined a swim squad called Bondi Fit. I started training alongside the Bondi Lifeguards and instantly fell in love with the ocean and open water swimming. Race season rolled around and I entered lots of races varying from 2-5km much to the disbelief of my old coaches who joked I didn't like swimming for more than 50m! Haha! Swimming helped me find a sort of Aussie 'family' and I made friends for life while I lived on the other side of the planet from my real family.

Recently I moved back to England to start studying Sport and Exercise Science at Exeter University. I now swim with Exe Masters and I have managed to carry on open water swimming in England. My first race back in the UK I came 1st in my age group at the Henley Mile. Recently I completed a 5km in 15C water at Lake Windermere. In 2021, I plan to complete the whole length of Windermere which is the UK's longest lake – 16.5km. I'll be raising money for the Emily Ash Trust. You can follow my journey



on Instagram at @Alf_Liz_Swim!

The WSC hat goes where I go (see above) and I always wear it under the race hats as a lucky token. If you're in Windermere July next year look out for it!

I also continue to coach and teach, I'm looking to complete my Open Water Swim Coaching Qualification so I can help spread the swim love in pools, lakes and oceans!