**May 2021**

**Felix Bennett**

Hi, Felix Bennett here, member of CPSARA for around 20 years! At 29 years, I am fast becoming one of the veteran swimmers representing CPSARA at the NSW Multiclass carnivals.

With few competitors in my age group and classification (S4) my fiercest rival is me. I am still going out there to break my PBs and am succeeding while also managing to set a new State Record now and then. I train all year round in a special needs squad 4 times a week at Warringah Aquatic Centre and the Cerebral Palsy Alliance’s Allambie Seals, attend 3 gym sessions per week at CPA’s adaptive gym in Allambie and compete with my local swim club the Manly Ladies Associates for race practice over the summer months. These races are time handicapped making every race a close, tough finish.

My passion is SPORT! In my early years of joining CPSARA I attended Come & Try Sport days and multi-sport camps at Narrabeen. It is nice to see these activities returning to the CPSARA calendar as they are great times to meet like-minded sports enthusiasts and make lifelong friendships.

Over the years I have had opportunity to play modified games of cricket, AFL, basketball, baseball, soccer, table tennis as well as rock climbing, archery, canoeing, frame running, athletics, horse riding and skiing but it is swimming where I found I could be independent and competitive.

My most memorable sporting achievements in the pool are from representing my High School, my State at the Queensland State Multiclass Championships and my country at the World CP Games in Nottingham, UK(2015) and the World Masters in Auckland, NZ (2017).

Apart from all the medals and trophies I have won along the way, I am most proud of the “Spirit of the Games” award presented to me by CPISRA (the international body of CPSARA) in Nottingham. It acknowledged my efforts to have-a-go, swim to my best ability while also enjoying and celebrating the achievements of my teammates and other competitors in all sports.

I am fit and healthy with a strong fan club which keeps me motivated to keep on swimming. I am not ready to hang up my goggles and cap yet!