



Mark Foster

**6x World Champion Swimmer, 5 x Olympian,
8 World Records, Broadcaster & Speaker**

Birth date: 12/05/1970

Born: Essex, UK

Lives: Cambridge, UK

Records / Achievements

- 2008 Flag Bearer for Team GB at Beijing Olympics Opening Ceremony
- 2008 Strictly Come Dancing and returned for the 2012 arena tour
- Lead contributor and analyst for BBC Sport's Swimming coverage
- Established the 'Mark Foster Swimming Academy' to inspire young swimmers from the ages 11-17
- Founder of Fitsteps, a dance and fitness programme aimed at creating a fun, energetic and effective way to keep fit by fusing Ballroom and Latin dancing.
- 2016 - Launched his own signature swimwear range with Zone3
- Long standing relationship with Ted Baker, including his own signature range – T For Tall



By the time he carried the GB flag at the Opening Ceremony of his fifth Olympic Games in Beijing (2008), Mark was already one of the country's most celebrated athletes. Now, still one of Britain's best recognised Olympians, Mark remains a figurehead for British Swimming, as well as a champion and vocal advocate on discussions around LGBT+ diversity and inclusion.

Having internalised and avoided the question of his sexuality throughout his career, Mark decided to share his story in 2017, in part to be true to himself and those going through a similar struggle, but also to challenge the casual levels of homophobia and prejudice prevalent in society. This is now a focal part of his corporate offering, as Mark speaks candidly about the impact it had on his swimming career.

After a career which saw Mark win 51 international medals and set 8 world records, Mark moved seamlessly into the studio for the Delhi Commonwealth Games. Having been recognised in 2012 alongside Clare Balding for their coverage of the London Olympics, Mark has been a mainstay on the BBC where his insight, clarity of thought and natural chemistry in front of camera is held in very high regard.

Away from the pool, Mark's dalliance with wearing very little continued with an acclaimed appearance in *The Real Full Monty* in 2012, having temporarily covered up (to much fanfare) during his stint on BBC's *Strictly Come Dancing*. Mark teamed up with *Strictly's* Ian Waite and Natalie Lowe as part of their *FitSteps* dancing fitness classes, providing nutritional information and lifestyle advice for subscribers. Since then he's become a global ambassador for his signature range with Ted Baker, created a swimming line and founded a grassroots swimming academy putting on clinics for aspiring youngsters throughout the country.

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