



PROMISING ATHLETES PROGRAMME

JOSHUA INGLIS - Swimming

Being part of the Promising Athlete Programme would give me valuable support as I move from junior international swimming into senior competition.

Swimming at this level requires a huge amount of training and commitment. Access to good facilities would help me complete my gym work, strength and conditioning and recovery alongside my pool training.

I have made the decision to focus fully on swimming for the next 2 years on the road to LA28, so this support would make a real difference. It would help me stay consistent with my training and give me the best chance of continuing to improve.

It would also mean a lot to have my achievements and potential recognised by Parkwood Leisure. I would be proud to represent the programme and show how support from local facilities can help athletes progress to national and international level.

OVERVIEW

Why did you select the sport you have?

I started swimming when I was young and joined Bexley Swimming Club at the age of nine. I enjoyed racing and trying to beat my times, and as I improved, I became more serious about the sport.

Breaststroke was always my strongest stroke, so I naturally started to focus more on it. I like that swimming is an individual sport because the result comes down to the work you have put in, but you are also part of a team and train alongside people who are working towards similar goals.

Swimming has become a massive part of my life. I have made some great friends through the sport and it has given me opportunities that I would never have had otherwise.

What type of training facilities do you use or need?

I need regular access to a 25m or 50m swimming pool and a well-equipped gym.

My training includes around 10 pool sessions each week, as well as strength and conditioning, mobility work and recovery. Gym work is especially important for breaststroke because I need to build strength, power and speed while also making sure I stay mobile and avoid injuries.

Access to recovery facilities and support such as physiotherapy is also really useful. Swimming at a high level puts a lot of strain on your body, so being able to recover properly is just as important as completing the training.

What awards and accomplishments have you achieved so far in the sport?

My main achievements so far include:

- Representing Team Wales at the 2026 Commonwealth Games in Glasgow
- Representing Great Britain at junior international level
- Winning gold in the 100m breaststroke at the 2023 European Youth Olympic Festival
- Winning silver in the boys' 4x100m medley relay at the European Youth Olympic Festival
- Winning bronze in the mixed 4x100m medley relay at the European Youth Olympic Festival
- Reaching the 100m breaststroke final at the 2025 European Junior Championships and finishing eighth
- Winning the 17/18 years 100m breaststroke title at the 2025 Swim England Next Generation Championships
- Reaching senior British Championship finals in the 100m and 200m breaststroke
- Achieving a new personal best in the semi-final at the 2026 Commonwealth Games
- Training as part of the Swim Wales high-performance programme

I am proud of what I have achieved so far, but I still feel like I have a lot more to improve and achieve in the sport.

Who has been your role model and why?

Adam Peaty has always been a big role model for me because he completely changed breaststroke and showed what British swimmers could achieve.

OVERVIEW

Who has been your role model and why? Cont.

He has dominated the sport, broken world records and won medals at the biggest competitions. I also respect the way he has spoken honestly about the difficult parts of being an elite athlete and has continued to come back and compete.

My coaches, teammates and family have also had a big influence on me. They have supported me through good and bad swims and have helped me keep going when progress has taken longer than I wanted.

What other hobbies or interests do you have and are you involved in any charity work?

Outside of swimming, I enjoy going to the gym, spending time with friends and family and following other sports.

Because training and competing take up so much of my time, I am not currently involved with a specific charity. However, I enjoy supporting my home swimming club and hopefully showing younger swimmers what can be achieved if they work hard and stick with the sport. I am also a level one swim teacher and hope to gain my full qualification soon.

I joined Bexley Swimming Club at nine years old, so it is important to me to stay connected to the club and support the swimmers coming through now.

What other sports or activities do you enjoy?

I enjoy gym training and strength and conditioning, both as part of my swimming programme and outside of the pool.

I also enjoy following different sports and seeing how other athletes train and prepare for competitions. I am interested in fitness, recovery and how small changes in training can improve performance.

What does being part of the Passionate about Performance Programme with Parkwood Leisure mean to you and your future success?

Being part of the Passionate about Performance Programme would help me continue working towards my goal of becoming an established senior international swimmer.

Having access to high-quality facilities would allow me to train consistently, especially when I am away from my main swimming programme or back home. The gym and recovery side of my training is really important and has a direct impact on how I perform in the pool.

The programme would also give me extra motivation and support at an important stage in my career. I have recently competed at my first senior international competition and now want to build on that experience.

My journey from joining Bexley Swimming Club at nine to representing Team Wales at the Commonwealth Games has taken a lot of hard work and patience. Being supported by Parkwood Leisure would help me continue that journey and give me the best opportunity to achieve more in the future.

OVERVIEW



Josh 1
Josh 2

