

BRACKLEY

LEISURE CENTRE



PROMISING ATHLETES PROGRAMME

Ben Thorne

Having received a kidney transplant when I was just 16 months old meant I was not able to do as many sports as other kids growing up.

I've always loved swimming from age 9 when I did water babies. I was a rookie lifeguard and have been swimming at Brackley for 3 months now. I was a previous gym member too so when I was selected for Team GB at the British Transplant Games I selected swimming as one of my 3 chosen sports.

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Ben Thorne

Naturally the pool but also the gym for running and resistance machines to help with cardio, strength building and core strength.

I also do Karate within a club environment with people who know me as there are naturally limitations as to what I can do with just one kidney. I also wear a protective shield to keep me safe.

I won silver in the 50m freestyle swimming at the 2024 British Transplant Games in Nottingham and bronze in tennis the same year.

I'm also a brown belt in Karate.

My two brothers are truly my role models - it's a tough kind of brotherly love. They're protective but at the same time they make me push myself to achieve better.



Ben Thorne

I play guitar quite well. I have four guitars, two electric and two acoustic and I've always been able to read music very well. I also do work experience at a local vets looking after police dogs.

Being part of the Promising Athlete Programme means a lot as it gives me the facilities to train for the events.

Personally it's also important for me to be able to do something different to my older brothers, something to work towards, that is completely unique to me.



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