

Fish Eagle Swimming Club



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FESC - Press Release ...

Quinton Harris is on the road to Rio; first stop IWAS World Games 2015!

They say, "An arrow can only be shot by pulling it backward. So when life is dragging you back with difficulties, it means that it's going to launch you into something great. So just focus, and keep swimming." Well our very own Quinton Harris, of Fish Eagle Swimming Club, is a perfect example of someone who was pulled back by difficulties in his life and is swimming his way to achieving his goals. Eight years ago Quinton broke his back in a motorbike accident and is paralyzed from the armpits down.



Instead of letting his disability get the best of him he set himself a goal, touching the lives of many people along the way, inspiring and motivating them to work towards their dreams and goals not only in swimming, but in life as a whole. Quinton's goal is to swim in the Rio Paralympics next year and win a medal; he has recently qualified to swim for South Africa in the IWAS World Games, which will be held in Sochi within the Krasnodar region of Russia in September 2015! The IWAS, also known as International Wheelchair and Amputee Sports World Games, is a multi-sport competition for athletes with a disability. In the 1960's and 1970's it was often called the Wheelchair Olympics, and under the former name of the International Stoke Mandeville Games, it is the forerunner of the Paralympic Games.

Quinton currently holds 4 SA Short Course records, 6 African Short Course records and 6 SA Long Course records (he has not as yet claimed the long course records as he is in the wrong class). He has just re set one of his SA and African records at the SA Short Course 2015 which was held this last weekend on PMB. Quinton will be swimming at the Grand Hotel Polyana swimming pool, home to the swimming events of the IWAS World Games this year, between the 29th September 2015 and 2nd October 2015. His coach, Claire Swan, will be attending the World Games with him, as he is disabled he needs assistance getting in and out of the pool, and on and off a plane.

Quinton is all about helping and giving back to the community, especially to those with physical, mental or financial disadvantages. At this moment in time he helps coach swimming at the Tutukhuni Special School and also personally supports a couple of disabled swimmers financially. He is also the Swimmers Representative at Fish Eagle Swimming Club, speaking up for the swimmers at committee meetings. Someone once said that, "Difficult roads lead to beautiful destinations." Even though Quinton has a disability, is currently unemployed and survives on a small pension, he is still helping where he can and making a difference. He is an amazing inspiration; through hard work and dedication he is one lap closer to achieving his goal!

Please come support Quinton at the Round Table Empangeni 61, "Steak and Rib Evening", on Friday 14th August 2015 at The Amble Inn. Kindly contact Amanda at 083 271 0999 or via email at empangeni61@gmail.com to book your table, as bookings are essential. All proceeds from this fantastic evening of good food, music and family fun, will go towards helping Quinton compete in Russia at the IWAS World Games! If you are unable to attend this fundraising evening, but would like to support Quinton with a donation, please contact Zoe Sloane on 082 409 5008 for further information – thank you!

Fish Eagle Swimming Club

"We Fly Thru Water"!

