

## 2016 Rio Paralympic Games Athlete Profile: Stephen Clegg



<b>Date of birth</b>	23 November 1995
<b>Home town</b>	Newcastleton, lives in Edinburgh
<b>Sport</b>	Swimming
<b><u>Classification</u></b>	S12
<b>Club</b>	<a href="#">East Lothian Swim Team</a>
<b>Coach</b>	Bruce Halloran

### Events

50m freestyle, 100m freestyle, 400m freestyle, 100m backstroke

### Personal Bests

25.24, 54.3, 4:15.6, 1:02.25

### Sporting Goals

Medal at the 2016 Rio Paralympics; win a gold medal at the 2017 World Championships.

### One piece of advice for an aspiring athlete?

Frequently ask yourself what you need to be improving now to make yourself a better athlete. In other words, don't worry about your long-term goals and focus your energy on accomplishing your short-term goals.



[@stephenclegg95](#)