

# Mark Foster

## One of the most successful British swimmers of all time

- Available For:
- After Dinner Speaking
  - Motivational Speaking
  - Golf Days
  - Celebrity Personal Appearance
  - Hosting & Presenting



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## About

Mark Foster burst onto the International swimming scene at the age of 16, representing England at the 1986 Commonwealth Games. He went on to represent his country for 23 years and became Britain's most decorated male swimmer. Throughout his remarkable career, he has won 47 major international medals; competed in 5 Olympics, been 6 times World Champion, 11 times European champion, 2 times Commonwealth champion and broke the World Record 8 times. He was also chosen as the flag bearer to lead out Team GB at the opening ceremony of the 2008 Beijing Olympics.

Since retiring from swimming, Mark Foster has become a familiar face on television and his award winning partnership with Clare Balding from the aquatics centre during the Olympics in 2012, made him a household name. More recently, Mark co-hosted the BBC coverage of the World Swimming Championships from Barcelona with Gabby Logan.

To add to Mark's TV appearances, he has been a regular participant on Countdown, Question of Sport, Come Dine With Me, Celebrity Masterchef as well as a host of other charity shows and campaigns.

In 2008, Mark entered 'Strictly Come Dancing' on series six and took part in the live tour in 2012. Mark's appearance on Strictly transformed his image in the public eye from dedicated athlete to someone with a big personality, a great sense of humour and unafraid to take on new challenges way outside of his comfort zone. Mark has since teamed up with Strictly professionals, Natalie Lowe and Ian Waite to form Fitsteps. This dance/fitness programme fuses the graceful steps of ballroom with the up-tempo steps of Latin to create a fun, energetic and effective way to keep fit.

Mark Foster is passionate about fitness and promoting healthy lifestyles. He is a long-term brand ambassador for "Wellman" nutritional products and works closely with British Gas, the principal partner of British Swimming, as a brand ambassador for 'Swim Britain' an initiative to get the nation fitter and healthier by inspiring 500,000 people to swim more often.

## Video



## Testimonials

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Mark Foster helped us launch our campaign to cut Britain's hot water usage and was an inspiring and engaging speaker. He was very easy to work with and went the extra mile to make sure that he completely understood the campaign before the speech on the day and by using the products in his home. He made sure that all of our key messages were included in an entertaining and interactive speech.

Emma Healey, Energy Saving Trust

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Mark Foster MBE spoke at our annual conference and was a huge hit. He managed to combine inspirational messages with funny moments from Strictly and great interaction with the audience.

Emma Bradley, Education and Special Projects Ltd

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Mark Foster was invited to address a delegation of 200 sport industry professionals at our flagship conference, Sports Marketing 360. He offered an entertaining, insightful and honest account of his relationship with the commercial aspects of sport. It led to a lot of questions from the delegates and a number of talking points for the ensuing panel discussion. SportBusiness Group has worked with a number of high profile athletes in a professional speaking capacity and would consider Mark one of the best.

Luke Upton, Conference & Event Manager, SportBusiness Group

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Mark Foster was a brilliant host, very professional and down to earth and made time for everyone at the event.

Michelle Grimes - Burnley Leisure.

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With over 300 people in the room, Mark Foster used different techniques to keep everyone engaged and interested in what he was saying. With mostly business men and sports fans in the room Mark was able to conduct himself in a manner that suited both parties and children. Mark's experience in life after sport was extremely interesting and our 1st team players took this in as something they need to start thinking about as well. The interactivity that Mark had with our guests was exceptional and spent over an hour signing autographs and having photos and it was a pleasure to host him and have him as our guest speaker.

Leicester Tigers.

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Mark recently presented at our commercial conference. He listened carefully to my brief and delivered a session that landed all the messages superbly. Mark was keen to participate and add value to the whole conference. He willingly participated in breakout sessions and helped to facilitate some great discussions. The success of a good speaker is not just the impact they have on the day, but the impact they have in the following weeks. My team still refer to Mark's session – clear indication of a job well done.

British Gas

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Can you please pass on my thanks to Mark Foster for Friday night. He was an absolute pleasure to work with and he courted the audience perfectly. Timings ran over a bit but he just took it all in his own stride.

Charlotte Bradley, Worcestershire  
Acute Hospitals NHS Trust

## Exclusive Interview



TAGS FOR MARK FOSTER

Team Building

Sport

Strategy & Competitiveness

Strictly Come Dancing

Peak Performance

Olympian

Inspirational

Personal Development

Diversity & Inclusion

Olympics London 2012

Swimming

LGBT

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