



Debbie Southwood 1973 Kennion
(nee Palmer)

Swimming

INTERNATIONAL REPRESENTATION

Olympics (1972)

Age Group World Triathlon Championships (Standard Distance) (2003 - 2005) (UK)

Where are they now?

Debbie retired from swimming after the 1972 Olympic Games when she was 16 and now lives in Birmingham in the UK (having done so since 1989).

Although now retired, Debbie worked in a range of Child Protection services throughout her career.

From 2002 - 2005 Debbie participated in numerous triathlon events and represented Great Britain in the Age Group World Championships (Standard Distance) 2003 - 2005.

Between 2005-2011 Debbie competed in various ironman events, winning her age group in two of them, and competed in the Ironman World Championship in Hawaii in 2008.

Nowadays Debbie prefers cycling.



INTERNATIONAL ACHIEVEMENTS

Commonwealth Record (4 x 100m Freestyle Relay) (1972)

Olympic Finalist (200m Backstroke) (1972)

Olympic Finalist (4 x 100m Freestyle Relay) (1972)

Olympic Semi-Finalist (100m Backstroke) (1972)

Olympic 200m Freestyle (1972)

NATIONAL ACHIEVEMENTS

Commonwealth Scholarship (1972)

Australian Open 200m Backstroke Champion (1972)

Australian Dolphins Swim Team Pin #220 (2021)

SCHOOL ACHIEVEMENTS

Prefect (1973)

House Prefect (1973)

Swimming Captain (1973)

Most Outstanding Girl of the Senior School (1973)

Senior Swimming Champion of the Senior School (1971, 1972, 1973)

Junior Swimming Champion of the Senior School (1970)

Dux of the Junior School (1968)

Most Outstanding Girl of the Junior School (1968)

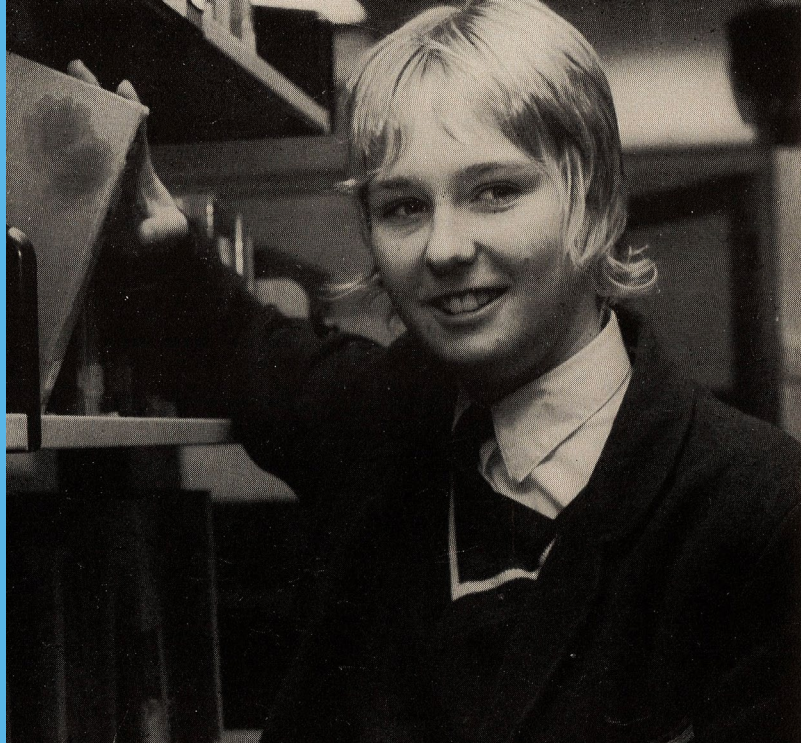
Junior House Captain (Kennion) (1968)

Junior Tennis Champion (1968)

Junior School Swimming Champion (1968)

Junior School Swimming Champion (Runner-Up) (1967)

Open and Old Scholars' Entry Scholarship (1969)



SCHOOL CO-CURRICULAR

Swimming (1968 - 1973)

Tennis (1968)



LEADING SWIMMERS

Back: Sarah Blunden, Debbie Palmer, Debbie Durnell, Sue Dinham, Caroline Barrister, Mandie Draper, Denise Castine.

Front: Rebecca Scott, Julia Benton, Tanya Buik, Julie Dahlenburg, Barbara Bryce.

MEDIA LINKS

<https://www.olympedia.org/athletes/45107>

https://en.wikipedia.org/wiki/Deborah_Palmer

<https://ktsc.com.au/notable-swimming-achievements/>

