

Splash into 2025 with New Year to change lives

Olympian launches swim challenge to raise £25k for hydrotherapy pool

A swimming challenge is making waves this January, inviting swimmers across Scotland to set personal goals and raise funds for a life-changing hydrotherapy pool on behalf of leading disability charity, Capability Scotland.

“Swim the Distance,” led by Commonwealth Games gold medallist and Olympian Dan Wallace, challenges participants of all ages and abilities to swim 10, 20, 30, or 40 kilometres during the month of January to help raise at least £25,000.

Funds raised during the 31 day challenge will support the development of a flagship £600,000 hydrotherapy pool at Capability Scotland’s national disability hub in Perth.

The state-of-the-art facility will serve as a vital resource for disabled people, offering therapeutic benefits and opportunities for recreation and connection for people supported by the charity, as well as the wider local community.

Dan Wallace, who won gold in the 400-metre individual medley at the 2014 Commonwealth Games in Glasgow, was inspired to support the challenge after visiting Capability Scotland and seeing the impact of hydrotherapy first-hand.

He said: “Swimming has always been my ‘happy place,’ and seeing the joy it brings to the people Capability Scotland supports was truly inspiring. It reminded me why I love this sport and motivated me to get involved with this fun New Year challenge.

“This is a chance for everyone to introduce a healthy kick start to the year, experience the incredible benefits of swimming and support a facility that has the power to transform lives.”

Participants can take part individually or come together as a team to multiply their distances, with free training and support provided by [Swimmr](#). This platform, founded by Dan Wallace, aims to offer everyone the opportunity to access lessons and tips online to improve their technique in the water during the month long challenge.

All entrants will gain access to Swimmrs Freestyle Masterclass course and join its exclusive online community, where they can share their progress, celebrate milestones, and track their fundraising impact on a national leaderboard.

Designed for swimmers of all abilities, the event combines fitness, community, and purpose, providing participants with bespoke training plans to help them achieve their targets.

Ailsa Wallace, Head of Fundraising at Capability Scotland said: “This challenge is about much more than swimming – it’s about raising vital funds to create a state-of-the-art hydrotherapy pool that will transform lives.

“The pool will provide therapeutic benefits, promote well-being, and open up new opportunities for inclusion and connection.

“With Dan’s support, we’re encouraging people across Scotland to get involved, make a difference, and be part of something truly life changing.”

Registration is now open, and the challenge officially kicks off on 1st January. Participants can sign up individually or fundraise as part of a team, with no restrictions on team size. The minimum fundraising target is £200pp, and everyone who reaches this goal will be entered into a prize draw

sponsored by Swimmr.

Swimmers who meet their fundraising targets will be eligible for prizes and can celebrate their achievements through an active online community.

To join the challenge or find out more, visit:
<https://www.capability.scot/events/1100-swim-the-distance>

Capability Scotland is a charity delivering care, support, and education for disabled children and adults across Scotland. It has a range of facilities and services across the country which helps the people they support to achieve the best outcomes in their lives, no matter their needs.

<https://www.capability.scot/>



Dan Wallace with Jason O'Donnell