Tim Quiterio is a Crew Manager, working for Devon & Somerset Fire & Rescue Service helping to deliver home fire safety and prevention engagement for members of the South and West Devon community.

Tim has always been a keen sports person, having represented swam competitively from a young age for Plymouth Leander. At 16, he represented England as a loose head prop. Although, following a parachute jump he injured his knee and he never secured an England cap again. Tim was forced to hang up his rugby boots aged 20 after being part of England RFU development squad for 4 years. Tim reignited his love with swimming, and now represents Caradon Swimming Club, where he is also the land based coach.

Following the death of his farther, Tim explained that his brother encouraged him into the cold English sea to give him a natural high. Tim describe how cold water swimming brings him into discomfort and the endorphins that are released are energising.