

THE

OFFICIAL MAGAZINE OF THE PARALYMPIC MOVEMENT

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# PARALYMPIAN

[www.paralympic.org](http://www.paralympic.org)

## London's Legacy

Inspiring a generation





20 goals were scored by Russia at the IPC Ice Sledge Hockey B Pool World Championships



After starting up a team just two years ago, Russia won gold at the 2012 IPC Ice Sledge Hockey B Pool World Championships in Novi Sad, Serbia, in November

“It was a tremendous 12 days – we are still soaring high. But now that we’ve had time to come back to earth, the real work begins of carrying on that momentum.”

Dear Readers,

The London 2012 Paralympic Games were special in many ways. Great Britain as a nation came alive with the buzz of the Games, and the performances of the athletes inspired and excited the world.

It was a tremendous 12 days – we are still soaring high.

But now that we’ve had time to come back to earth, the real work begins of carrying on that momentum.

It is really too early to speak about a legacy, but the first signs are already there. Some of the research produced by LOCOG post Games has highlighted some seismic shifts in attitudes and perceptions, as well as greater awareness of the Agitos, the Paralympic symbol.

During my Closing Ceremony speech I told the story of five year old George Glen who, when reading a book entitled “Treasure”, thought the man pictured with an eye patch, a hook for a hand, a parrot on his shoulder and a wooden leg was an athlete as opposed to a pirate.

Since then we have been inundated with stories about children who now excitedly play “Paralympians” with dolls with missing arms, which might previously have been discarded as “broken”.

Thanks to the Games, a generation has not just been inspired, but changed.

The lead article of this issue of The Paralympian explores the first beginnings of this legacy and how the Paralympic Movement is trying to maximise this.

We also look back at the amazing 12 days of sporting action in London through the athletes’ eyes and showcase some of the most powerful images to come out of the Games.

The NPC profile looks at Namibia, which alongside Fiji won its first ever Olympic or Paralympic gold medal.

It is also a chance to look ahead to the coming winter season which heralds a new arrival in snowboarding.

I hope you enjoy the issue.

Happy New Year!

*Philip Craven*

Sir Philip Craven, MBE  
IPC President



Brazil's Yohansson Nascimento celebrated winning gold in the 200m T46 in London by proposing to his girlfriend on TV shortly afterwards.





Enjoy this edition of “The Paralympian” – the official award-winning magazine of the Paralympic Movement!

www.paralympic.org

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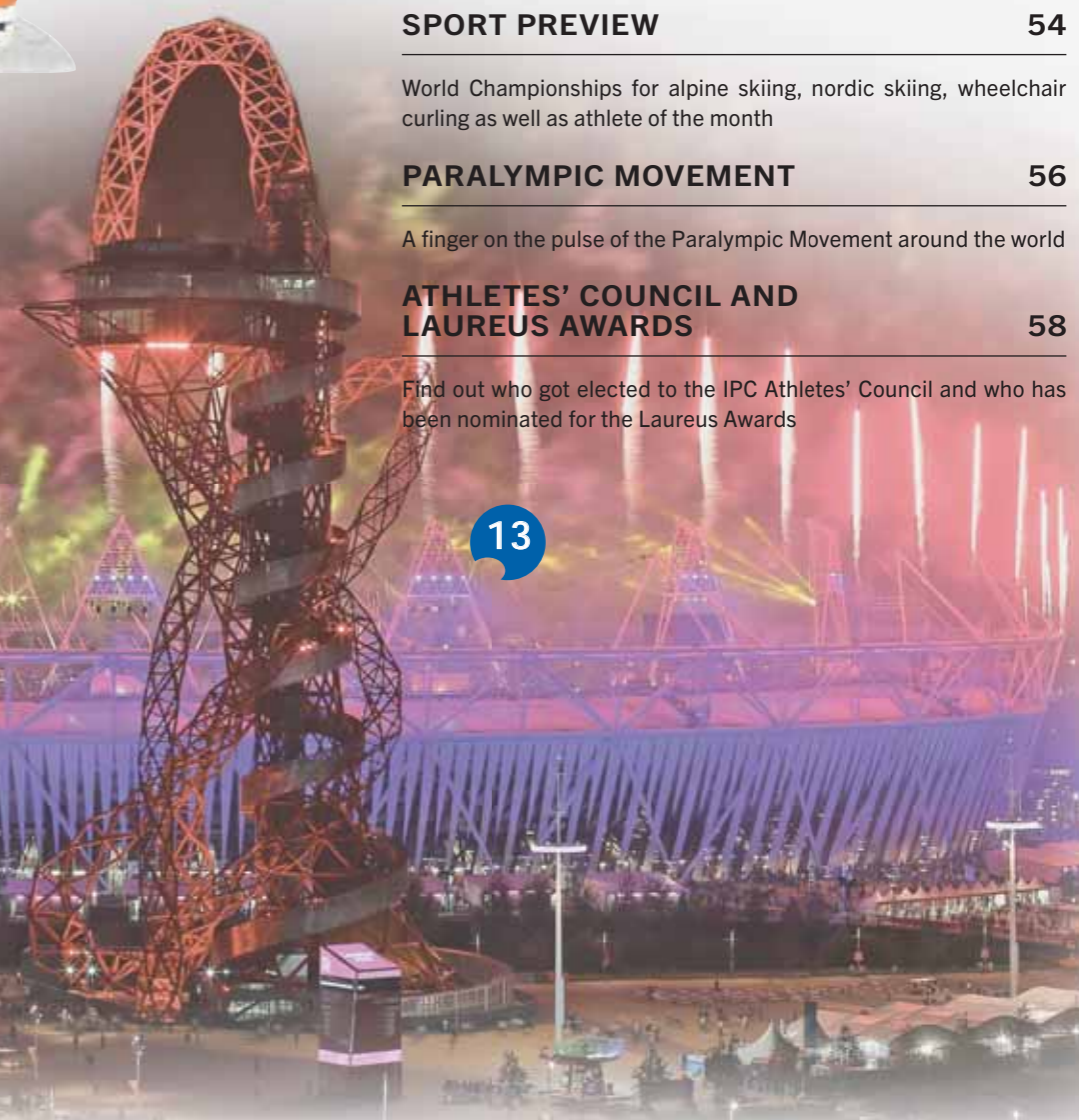
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# London's Legacy

There are exciting signs that London 2012 did not just create a bubble, but that its legacy may be a lasting one



Brazil's Tito Sena (second from left) won the men's marathon T46 at London 2012



# London 2012 inspires a generation

The Paralympic Movement will never be the same again, thanks to the London 2012 Paralympic Games.

With a record number of spectators, broadcasters, athletes and countries taking part, IPC President Sir Philip Craven hailed London 2012 "the greatest Paralympic Games ever," as they truly changed the perception of people with an impairment.

For 12 days, 4,237 athletes from 164 countries took the world by storm with their performances, and the British public started to look at them for their abilities, rather than their disabilities.

Great Britain changed. The focus shifted to what people can do, overshadowing whatever it is they cannot.

For the first time in Paralympic Games history, the legacy left was sport.

Great Britain's sitting volleyball player Charlie Walker summed up the effect of the Games perfectly.

"It has made people realise that athletes are athletes and people are people," Walker said.

"It doesn't matter if you're Usain Bolt or in a wheelchair, we're all people. And everyone just wants to talk about the sport now, so that's good."

## Because of the sport

Sixty-four years after the first sparks of the Paralympic spirit were created at Stoke Mandeville, just outside of London, Great Britain again proved itself a trailblazer in sport.

For the third consecutive Games, China topped the medals table with 231 medals, including 95 golds.

After finishing eighth at Beijing 2008, Russia jumped to second place with 36 golds, whilst host nation Great Britain took third with 34 golds.

Seventy-five of the 164 nations competing took home at least one medal.

Those in the Olympic Stadium on 6 September will never forget what it was like to be a part of the 80,000 capacity crowd, chanting Jonnie Peacock's name before he raced to gold in the 100m T44.

"Give me enough Red Bull and I will sit there and take photos with every single person who came through the doors today," Peacock said following his victory, humbled at what he had done for Paralympic sport.

## Sporting legacy

The incredible performances of athletes have fuelled grassroots interest in clubs across Britain. The British Paralympic Association's para-sport website ([www.parasport.org.uk](http://www.parasport.org.uk)), which is designed to inspire people with an impairment to find sporting opportunities, saw a 115 per cent increase of visitors during the Games. In addition, more than 1,000 people attended the organisation's Sport Fest, a two-day event to showcase para-sport.

With interest peaking, several countries introduced talent identification days to conduct a search for the next batch of Paralympic stars. More than 400 people turned up for Paralympics Ireland's event, where 20 talented individuals were identified for a fast-track training programme.

"It was clear that the extensive London 2012 coverage had inspired many new athletes with disabilities to seek an opportunity to bring their talents to the next level," said Liam Harbison, CEO of Paralympics Ireland.

In London, the start of the handover of the Olympic Park was marked by the London Legacy Development Corporation (LLDC) on 23 October. It will be transformed into the Queen Elizabeth Olympic Park through a 292 million pound construction project.

Accessible venues like the Aquatics Centre and Velodrome will provide world-class facilities for athletes with an impairment to train and compete.

"We began our work straight after the Games to transform the venues, parks and facilities in the Olympic Park to ensure generations to come will benefit from a golden summer," LOCOG Chairman Seb Coe said.

## Media success

As well as a sporting legacy, media interest in the Games played a decisive role in changing attitudes and sparking interest in para-sport.

Nearly two million people visited [www.paralympic.org](http://www.paralympic.org) – which broadcast more than 780 hours of live sport – and the Games made the front page of every national newspaper in Great Britain, as many publications made special wrap-around covers on a daily basis.

The Mirror, the third biggest selling newspaper in the UK, stated: "The Olympics were glorious, and the Paralympics even better."

A record 2.72 million tickets were sold for the Games, and British host broadcaster Channel 4 showcased them at unprecedented levels to viewers who had never received large exposure to Paralympic sport before.

"As a commercial broadcaster, it was a win for us. It brought record viewing figures," Channel 4 Paralympic project leader Deborah Poulton said.

"It worked. And there's no reason it shouldn't work in Brazil for the Rio 2016 Games and onwards from there.

"There's no reason why we can't keep the stories alive of athletes like Ellie Simmonds and Oscar Pistorius. Those athletes have proven that the public is genuinely interested in those athletes and they don't just have to wait for the Games to come for them to be genuinely interested in them."



"It has made people realise that athletes are athletes and people are people."

Great Britain lost the men's sitting volleyball 7-8 classification match against Brazil



Japan's Shingo Kuneida celebrates his men's singles gold



Brazil's Terezinha Guilhermina gets off to a winning start in 100m T11



Great Britain's Sarah Storey won four golds in cycling



Brazil's Daniel Dias won six golds in the pool





Swimmer Ellie Simmonds, winner of two golds, one silver and one bronze, relished the crowds in the Victory Parade through London the day after the Games



A sign that Paralympic sport has reached the mainstream: children are now playing with Paralympic lego figures

“There’s not enough broadcasters in Paralympic sport. There just isn’t. And yet there’s a lot of broadcasters out there who could be in Paralympic sport, so we’re willing to go out there and shout about all the things we learned and how great it was for us.”

Channel 4 hopes it has set a precedent for future Paralympics and wants to sustain the momentum between Games.

Poulton said the network has received an influx of messages the last couple of months from viewers asking where they can watch more Paralympic sport and how they can gain more knowledge of the Paralympic Movement.

“We certainly have no intention for anything to go backwards now,” Poulton said. “We want to work with other broadcasters around the world to share with them what we learned.

“Since the Games, we’ve had a bit of contact with a broadcaster who didn’t do much Paralympic sport and actually was surprised by the reaction we had and would like to talk further about that,” Poulton added.

“There’s not enough broadcasters in Paralympic sport. There just isn’t. And yet there’s a lot of broadcasters out there who could be in Paralympic sport, so we’re willing to go out there and shout about all the things we learned and how great it was for us.”

### A generation inspired

Because of the Games, 81 per cent of British adults changed their viewpoint of persons with a disability. A further 85 per cent felt athletes were people to aspire to, Charity United Research found.

So far, that attitude has carried on after the Games.

When several mini-lego figures of British Olympians were produced this autumn, seven-year-old British super fan Evie Hones approached her father Duncan and said:

“Daddy, you see this mini-lego figure of an Olympics sportsman? Well, I would like one with his arm missing so that he can be a Paralympic sportsman cause they’re the best.”

Luckily for Hones, her wish was granted, and in addition the British Paralympic Association will carry forward London 2012’s Get Set programme, which works to teach children the Paralympic values and integrate them into schools across the UK.

The signs are in place that London 2012 has laid the foundation for potentially the greatest legacy in Paralympic history – a seismic shift in perceptions of people with an impairment.

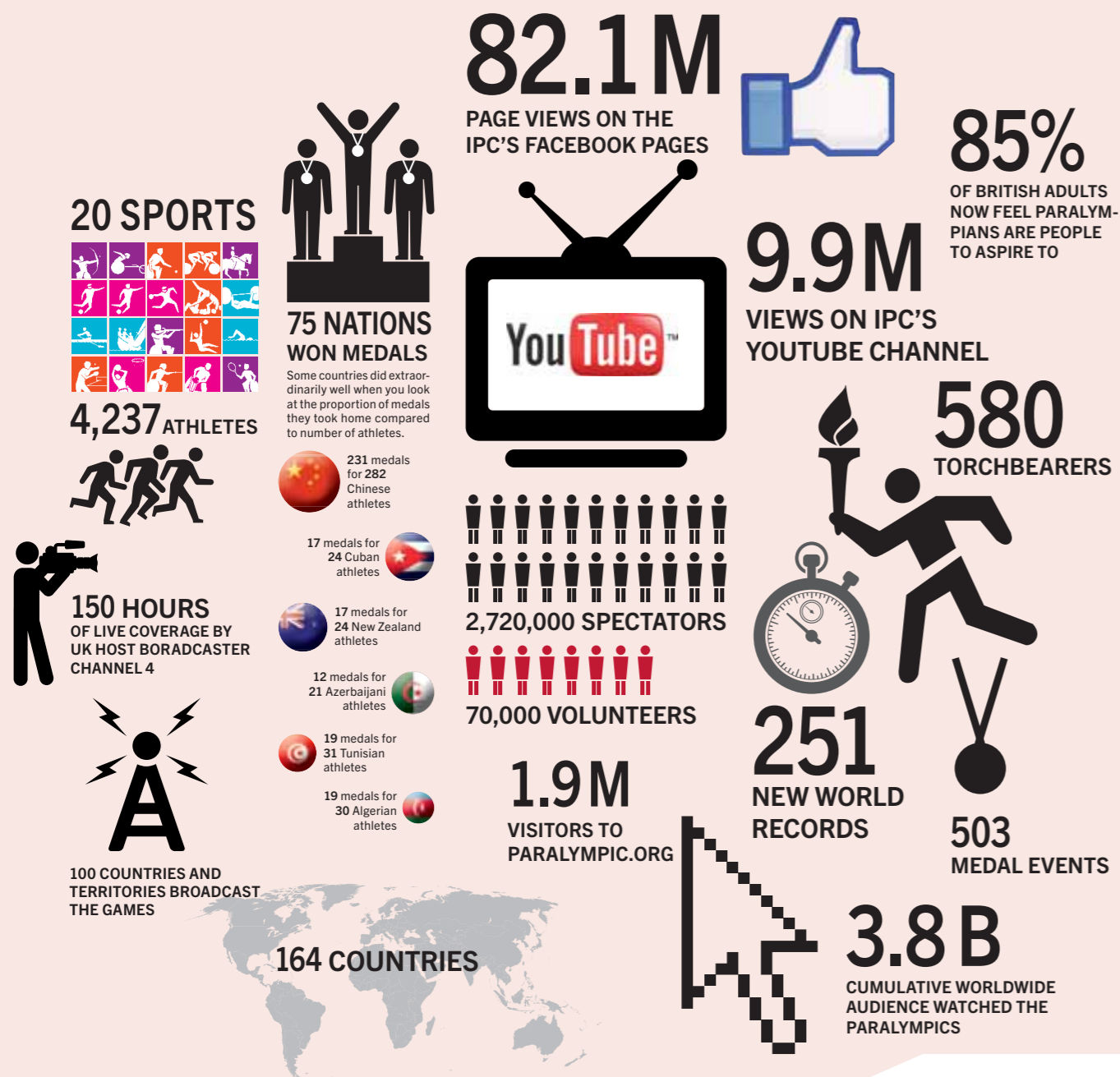
“My best moment was putting that gold medal around the neck of Ellie Simmonds,” UK Prime Minister David Cameron said.

“And I am so grateful for what all those Paralympians did. When I used to push my son Ivan around in his wheelchair, I always thought that some people saw the wheelchair, not the boy. Today, more people would see the boy and not the wheelchair – and that’s because of what happened here this summer.”

LONDON 2012					
					Total
1	China	95	71	65	231
2	Russia	36	38	28	102
3	Great Britain	34	43	43	120
4	Ukraine	32	24	28	84
5	Australia	32	23	30	85
6	USA	31	29	38	98
7	Brazil	21	14	8	43
8	Germany	18	26	22	66
9	Poland	14	13	9	36
10	Netherlands	10	10	19	39



## London 2012: By the numbers



★ **Timur Tuchinov (Russia)**  
Tuchinov led a strong Russian delegation at the Royal Artillery Barracks, picking up both his country's gold medals there in the men's individual recurve standing and the men's team recurve open.

# Archery

ARCHERY LONDON 2012				
Country	Gold	Silver	Bronze	Total
1 Russia	2	1	2	5
2 Republic of Korea	1	2	0	3
3 China	1	1	2	4

**Gizem Girismen, Turkey**  
"It was my second Paralympic Games after Beijing, but London was quite different in terms of spectators. They were so well-educated and so knowledgeable in terms of how to watch an archery competition, when to support and be quiet. So it was very nice to compete in front of them.

Every day competition gets stronger and stronger. The points that are shot are getting higher, so competition gets harder for each athlete. There were quite a lot of world records broken in London, so it shows the quality of the competition.

Matt Stutzman was, for me, a highlight of the Games. He won silver in his event. For most of the people it was a once in a lifetime opportunity to watch him shooting. What he's able to do shows if there's a will there's always a way to accomplish things. He's a really inspirational guy."

▶ **What's next?** World Archery Para Championships, November 2013, Thailand

The USA's Matt Stutzman won silver in the men's individual compound open

## Sport Review: Best moments from the London Games

This special edition of The Paralympian features some of the best moments from the London Games, which IPC President Sir Philip Craven hailed the best Paralympics ever.

For more memories, take a look at the London 2012 highlights film, [bit.ly/BestGamesEver](http://bit.ly/BestGamesEver) and follow the top 50 Paralympic moments of 2012 on [www.paralympic.org](http://www.paralympic.org) in the countdown to the new year.

web >> [bit.ly/BestGamesEver](http://bit.ly/BestGamesEver)

web >> [bit.ly/50ParaMoments](http://bit.ly/50ParaMoments)



In the following pages, we tell the story of London 2012 through the eyes of the athletes as well as looking ahead to upcoming competitions.

★ We have highlighted some of the star performers



# Athletics



★ **David Weir (Great Britain)**  
The wheelchair racer became a household name across the world, as he notched golds in the men's 800m, 1,500m, 5,000m and marathon T54 events, edging out rivals Marcel Hug of Switzerland and Kurt Fearnley of Australia in all of them.

ATHLETICS LONDON 2012					
	Country				Total
1	China	33	29	24	86
2	Russia	19	12	5	36
3	Great Britain	11	7	11	29



**Dan Greaves, Great Britain**

“To win a silver medal at a home Games is something I won't forget in a hurry. The crowds were amazing, even during my warm-up throws they were going crazy.

I did really good considering I only managed three sessions prior to my event. I was carrying a minor injury and had a small hernia which didn't make throwing easy. Ultimately, I don't think it affected my performance, as I was only a metre down on my personal best, so I was very happy.

Everyone said they were very proud of my achievements and I even received letters from the council and mayor. The people who have helped me along the way were thrilled to see me achieve, and I couldn't have done it without them, it was very humbling.

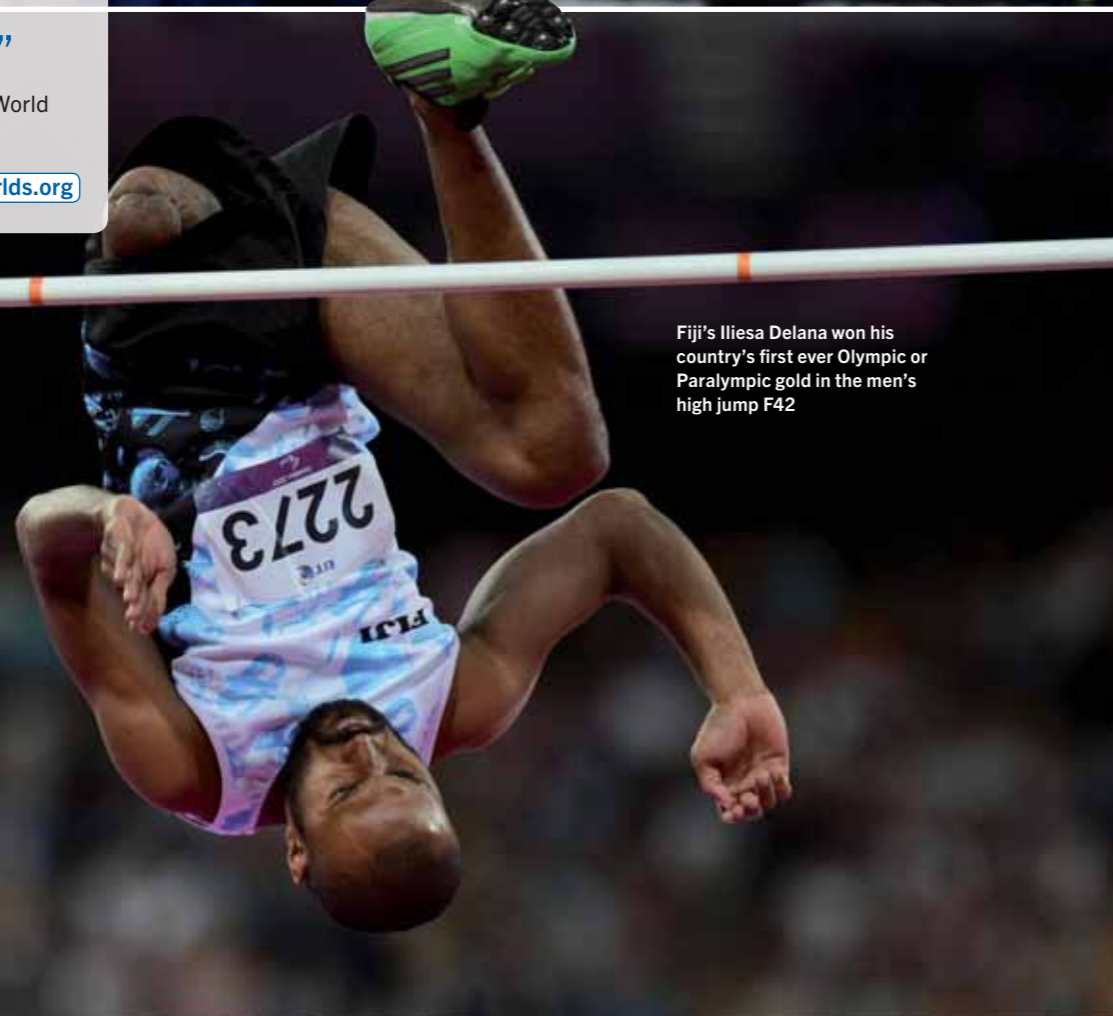
My favourite Paralympic moment of 2012, meanwhile, was watching Jonnie Peacock win gold in the 100m.

That was my favourite moment because I've seen where Jonnie has come from and watched him progress from a youngster to a world-class sprinter.

Seeing him win gold was awesome.”

► **What's next?** 2013 IPC Athletics World Championships, July 2013, France

web >> [www.ipcathleticsworlds.org](http://www.ipcathleticsworlds.org)



Fiji's Iliesa Delana won his country's first ever Olympic or Paralympic gold in the men's high jump F42

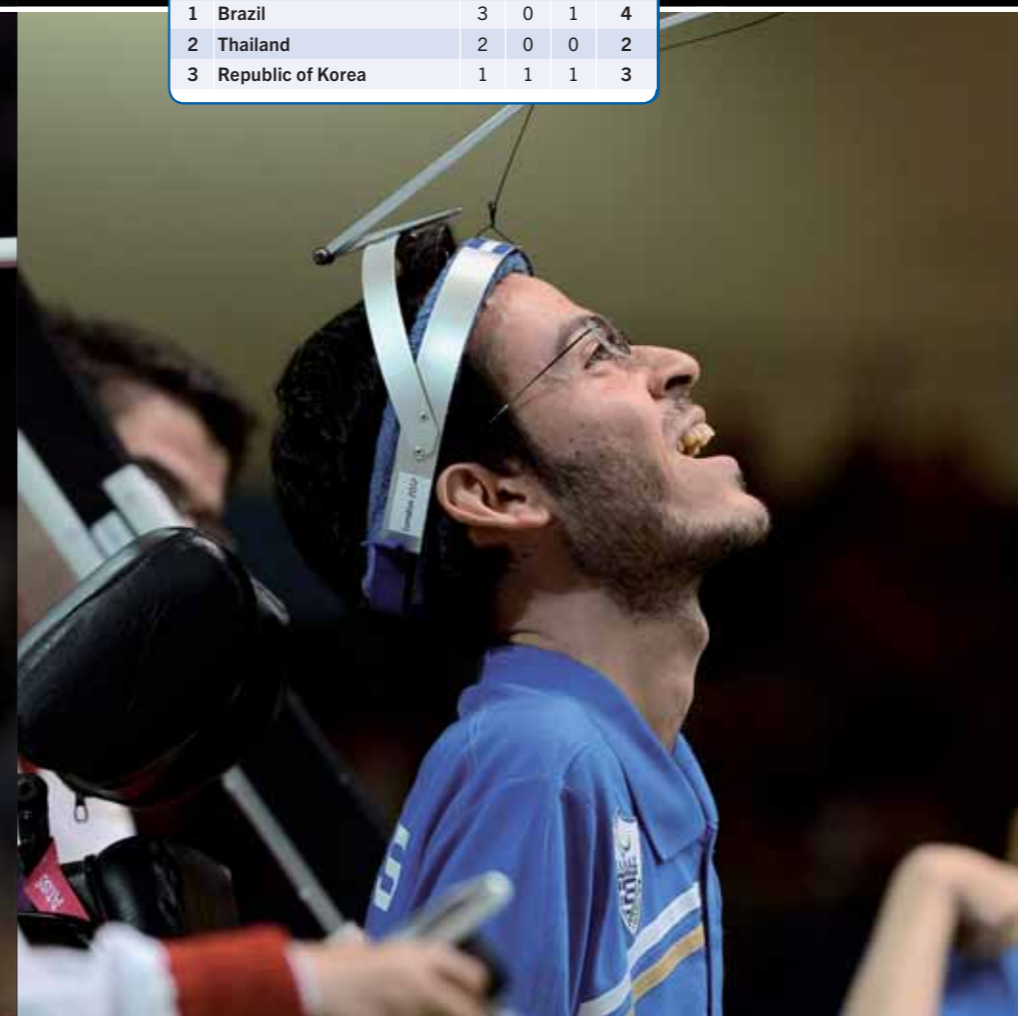
# Boccia

★ **Dirceu Jose Pinto (Brazil)**

The 31-year-old won every single match at the Paralympics, picking up gold in the BC4 individual and pairs events. His teammate in the latter, Eliseu dos Santos picked up individual bronze.



BOCCIA LONDON 2012				
Country				Total
1 Brazil	3	0	1	4
2 Thailand	2	0	0	2
3 Republic of Korea	1	1	1	3



**Greg Polychronidis, Greece**

“It was the first competition where not even one game was easy.

I really liked the fact that the venue was full almost all the time. After the British, the Greeks were the second in cheering – you could easily hear them.

I cried when I won. I thought I would cry at the medals ceremony but I cried on the court just when the game was won.

I felt really proud because I managed to realise my dream and the fact that my country's national anthem and flag would be at the most significant event for people with a disability. That's huge. It is a dream. Then of course I had personal satisfaction that I finally managed to win a gold medal.

It was the only gold for Greece. If it was not for that, then we would say Greece did not have any gold medal in either Olympics or Paralympics.”

► **What's next?** Americas Championships, August 2013, USA; European Championships, May 2013, Portugal



**Colin Lynch, Ireland**

“At the London 2012 Paralympics, I was unfortunate enough to experience falls on several levels. Going into the racing, I was a favourite to win a medal as the reigning World Champion in two different events.

And yet, I walked – or limped – away from the Games without a medal. I experienced a fall in form at the wrong time. Nothing major, but enough to keep me off the podium.

And in my final race of the Games, I decided to lay it all on the line and try a different strategy than I might normally have done.

Rather than merely sit in the bunch and wait to either get dropped mid-race or lose out in the final sprint for the finish line, I decided I was going to try and spring a surprise attack right from the start.

But my plan lasted all of about four minutes. I went screaming into the first hairpin corner at 40 miles an hour, lost control of the bike and ended up in a heap on the side of the road.

In the end, I was able to get back on my bike but it was only partially functional, so I just finished the first lap and had to pull out of the race.

I left the Games a broken man. No medals. I missed one by a mere tenth of a second in the Velodrome. A broken bike. A broken body. But the one thing that wasn't broken was my spirit.

I had experienced falls on so many levels, but it has only made me more determined to come back next year stronger in my desire to win.”

► **What's next?** UCI Para-Cycling Road World Cup, June 2013, Spain



# Cycling



USA's Allison Jones won one gold, one bronze in the Velodrome

CYCLING LONDON 2012				
Country				Total
1 Great Britain	8	9	5	22
2 USA	6	5	6	17
3 China	6	4	5	15



New Zealand's Philippa Gray cycled to victory in the pursuit



★ **Alex Zanardi (Italy)**

The story of the former Formula 1 driver alone was enough to capture crowds, but the fact that he won two golds and a silver in road cycling made it even sweeter. Zanardi topped the podium in the individual road race and time trial H4 events, and his team finished second in the mixed team relay H1-4.



# Equestrian

## Sophie Christiansen, Great Britain

“It was my third Paralympics. Going into the Games, I found it quite amazing that the media were already calling me a veteran at the grand old age of 24.

In freestyle, I was the reigning champion. I'd made the music so special for London and worked really hard on it with a musician. We ended up having Land of Hope and Glory, Pink Floyd, Queen and a bit of the Beatles. To top it all off we had some Big Ben sounds and some quotes from Shakespeare read over the top. It was quite risky and it caused a lot of controversy at the beginning of the year because some people said that they didn't like it, but I knew they weren't listening to it in context. We'd written it for London.

I remember after finishing the freestyle, my last test, the crowd were told to wave instead of clap because it might spook the horses. Then my brother and my two cousins just shouted, ‘We love you Sophie,’ and the whole crowd just erupted into this enormous roar. They knew that they were witnessing a gold medal for me. So that was pretty special.

That shows that sometimes we do have to take a risk in order to be the best.

I worked so phenomenally hard this year. It was one of the hardest years of my sporting career, but I think that made me dig even deeper and made me appreciate winning my three gold medals a lot more.




Part of the reason the Games got big was because they promised a legacy. We need to use the momentum to make the country a better place not only for disabled people but for everyone.”

## ► What's next?

European Dressage Championships, August 2013, Denmark

## ★ Sophie Christiansen (Great Britain)

The mathematics student picked up three golds in the 1a freestyle, championships and team tests allowing her country to dominate the equestrian event.

EQUESTRIAN LONDON 2012				
Country				Total
1 Great Britain	5	5	1	11
2 Germany	2	3	2	7
3 Belgium	2	0	0	2



# Football 5-a-side



Brazil's Ricardo Alves faces French defence in the gold-medal game

## Antonio Martin Gaitan, Spain

“The competition itself was challenging. National teams are getting better and better prepared each time, and we find that Paralympic sport is becoming professional.

When I scored in London, I felt happiness and satisfaction to see the result of all the work done before the Games. I scored three goals and one penalty.

Every goal was special. In the game against England, the goal started the scoring even though we didn't know how to take advantage of it. The two goals scored against Iran allowed us to move on to the medal match and the penalty against Argentina was really special because it took us to the podium.

The moment I'll keep forever in my memory is when they put the medal around my neck.

The atmosphere at Riverbank Arena was amazing. It was without any trace of doubt the best atmosphere I have found in any Paralympic Games. These have been my third Paralympics and the best experience ever in every sense: organisation, the spectators' attendance as well as their behavior, the Paralympic Village, the presence of media ...

Unbelievable! Amazing! Great!”

► What's next? American, Asian and European Championships in 2013

## ★ Antonio Martin Gaitan (Spain)

Gaitan, along with Brazil's Jefferson da Conceicao Goncalves were the tournament's top scorers with three goals apiece. The 30-year-old Spaniard scored two goals against Iran and one against Great Britain in the group stage, as well as scoring the winning penalty in the bronze-medal game against Argentina.



FOOTBALL 5-A-SIDE LONDON 2012			
Country			
Brazil			
France			
Spain			



# Football 7-a-side

## Eduard Ramonov, Russia

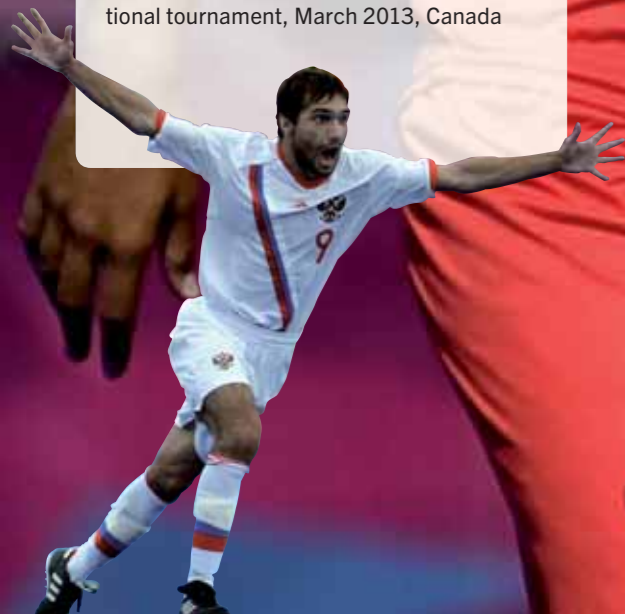
“I felt great happiness, joy, and was extremely proud to represent Russia in London. The stadium was great it was very convenient to compete there and I liked the entire atmosphere. It was great to see tribunes full of people. I felt a lot of support from our spectators.

The final games were held in the atmosphere of an uphill struggle. The Ukrainian team made every possible attempt not to miss a scoring opportunity. Most of our time was spent in defence.

Scoring the winning goal was my happiest seconds, too difficult to describe. Then, I did not know yet that this goal would win the game. We were prepared for a tense and hard final. Hearing the Russian anthem after the game it was difficult to hold back the tears of joy.

We had a very modest celebration. We had tea and cakes. But these were the first cakes we were able to taste during the entire year, since we were on a very strict diet before the London 2012 Paralympic Games.”

► **What's next?** Défi sportif AlterGo international tournament, March 2013, Canada



## ★ Farzad Mehri (Iran)

With six goals and one penalty to his name, Mehri (far right) was the top football 7-a-side scorer in London. With 300 minutes of play time, he was also one of the only players to play five full matches.



FOOTBALL 7-A-SIDE LONDON 2012

Country	Russia	Ukraine	Iran





★ **Akiko Adachi (Japan)**  
The 28-year-old scored the winning goal in the women's final against China, who were unable to score throughout the match, despite having 37 goals to their name up until that point.

# Goalball

GOALBALL LONDON 2012			
Men's	Finland	Brazil	Turkey
Women's	Japan	China	Sweden

**Erkki Miinala, Finland**

“The London 2012 Paralympic Games were an unbelievable experience in my life – the best Paralympic Games ever. The biggest reason was the spectators. I love British sport culture: how the audience cheers and appreciates every athlete. British spectators showed how to treat all the athletes equally – whether Olympic or Paralympic.

The goalball competition was very tough, and our start in the tournament was very poor, because we lost our first three matches. But when we noticed, that we still had a chance, we decided to change our tactics. I'm our offensive centre player, but when my

play didn't work, we decided I should do defence. This new tactic worked great.

It was fantastic to score a goal in front of 7,000 people, and I enjoyed every second of playing in front of a great audience in the final match.

Afterwards we drank some champagne with the team, and of course went to check out London's night life. The day after the final we went for a picnic in a park with our team, coaches and also the Finnish ladies team, where my girlfriend Kaisa played.”

► **What's next?** Malmo Open, February 2013, Sweden

Erkki Miinala dives for the ball as Petri Posio blocks it with his legs



# Judo

**Choi Gwang-Geun, Korea**

“I still can't believe that I won at London 2012. It was so unexpected that I felt like I was flying in the sky.

My first game against Joe Ingram was the toughest. I wasn't perfectly ready for the game since it was my first on such a big Paralympic stage and it was against a British athlete. I felt all the spectators cheering him, and I felt nervous because of my bad condition.

Two weeks before, I had an inflammation on my left leg, above my ankle. I had an operation and was in hospital for a week.

I had to go to London before I recovered perfectly. But still, I strongly believed that I could perform at my best as I'd trained, and I prayed a lot to God so I had nothing to worry about.

The best moment was when I beat Myles Porter by ippon in the final round using the technique which I was the most confident in. I felt satisfied using my technique that I have trained so hard with, and I finally felt I was rewarded for my hard training.

My mum was a little sick before I went to London. But when I returned she got much better, and I was happier to see her in good health than winning gold in London. I believe that my mum recovered by hearing the good news that I had won.”

► **What's next?**  
IBSA World Youth Championships, July 2013, USA

★ **Choi Gwang-Geun**  
Just two weeks after being hospitalised with a leg injury, Choi came back to the mat to defeat USA's Myles Porter in the men's -100kg final, arguably the most competitive judoka class at London 2012.

JUDO LONDON 2012				
Country	Gold	Silver	Bronze	Total
1 Ukraine	3	0	2	5
2 Cuba	2	0	2	4
3 Azerbaijan / Germany	2	0	1	3

Ukraine's Dmytro Solovey (in white) went on to win gold in the men's -73kg competition





# Powerlifting

## Paralympic Games

★ **Esther Oyema (Nigeria)**  
The 30-year-old was one of four Nigerians to break a world record in powerlifting at the Paralympic Games, lifting 135 kg – over 2.5 times her own body weight.

### Grace Anozie, Nigeria

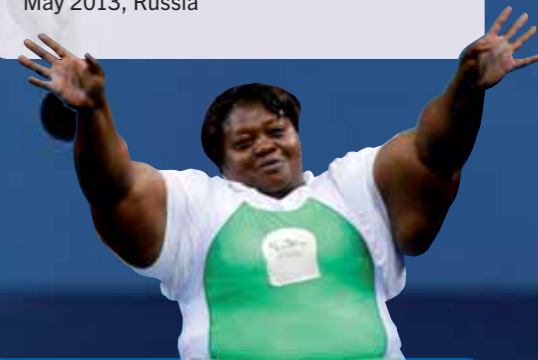
“London was my fourth Paralympics. I medalled in Athens and Beijing and I got my first gold in London. Winning gold wasn't easy. It took a lot of training. I trained almost every day. I made sure that nothing distracted me or made me feel bad. I kept myself happy because sport is about mental concentration. After training, when I sleep and I wake up, I play Nigerian hip-hop music to keep myself happy.

Competing in London was one of my best competitions. Everything was perfect: the officials, the equipment, the organisers.

I had a lot of support from the spectators. They were watching me and clapping hands. Some were shouting, 'Go, go, go!' and 'We want gold.'

It was great to be on the podium. My first daughter called me and said, 'Mummy, you came first. We are so happy. You are really a great mum. We will never ever forget what you did.' ”

► **What's next?** European Championships, May 2013, Russia



POWERLIFTING LONDON 2012					Total
Country		Gold	Silver	Bronze	
1 Nigeria		6	5	1	12
2 Egypt		4	3	4	11
3 Iran		4	1	1	6



# Rowing

**Cheng Huang, China**

“The arena is a place full of wonders and magic.

I'm the pride of my family, my coach and my teammates.

I think personally that the winner cannot be determined by the past performances and achievements. I'm not surprised that Tom Aggar did not win a medal.

The top moment for me was when the national anthem was played and the flag raised. At that moment, I knew I was the pride of my motherland.

I and my teammates only knew about rowing for two years, and we trained very hard with strict self-requirements.

I just hope to say thanks to all the people who support sports for people with disabilities.

I'm very excited that I won the gold during my first Paralympic appearance. I will keep this feeling of excitement and pride as my motivation in future races.

And I also hope to tell everybody that as long as you struggle, you will be great.”

► **What's next?** 2013 World Rowing Championships, August 2013, Korea

★ **Alla Lyenko (Ukraine)**  
The Ukrainian powerhouse cruised to gold in the women's singles sculls ASW1x event, in which she is now the European, world and Paralympic champion in



POWERLIFTING LONDON 2012					
	Country				Total
1	China	2	0	0	2
2	Ukraine	1	0	1	2
3	Great Britain	1	0	0	1



China's mixed coxed four just missed out on bronze by 0.21 seconds, whilst the mixed double sculls and Cheng Huang in the single sculls won gold



**Mischa Rossen, the Netherlands**

“We've been to Weymouth so many times, so it's just sort of like coming home. It's a nice venue, nice place, but very, very tricky conditions because the wind can do very strange things there.

We used the whole week to get 10 points ahead and the last day that we sailed, we managed to double that, but we didn't know that because we didn't think about or talk about the results. We just sailed.

Everyone was congratulating us when we went back in, but we just thought, we still have to race tomorrow. But we didn't race the 11th race because there was no wind.

It was very cool just to stand there and hear our national anthem, knowing that we'd won. All the little things that we trained very, very hard for, all just worked out.

Now that we have the gold medal, all of a sudden, doors that we didn't even know existed have opened.”

► **What's next?** World Championships, August 2013, Ireland

★ The Three-person keelboat (sonar) winners **Udo Hessels, Marcel van de Veen and Mischa Rossen (Netherlands)** sailed consistently all week long in a variety of breezes, winning by 20 points.

# Sailing

SAILING LONDON 2012			
<b>Sonar</b>	Netherlands	Germany	Norway
<b>Skud 18</b>	Australia	USA	Great Britain
<b>2.4mR</b>	Helena Lucas (Great Britain)	Heiko Kroger (Germany)	Thierry Schmitter (Netherlands)



# Shooting



★ **Zhang Cuiping (China)**  
She was one of China's many stars of the Games, picking up two golds and a bronze on the shooting range at the Royal Artillery Barracks.

SHOOTING LONDON 2012				
Country				Total
1 China	4	1	3	8
2 Republic of Korea	3	0	1	4
3 France / Sweden	1	1	0	2

**Abdulla Alaryani, United Arab Emirates**

“At London 2012, the UAE did not get any medals at the Olympics, so then all media focused on the Paralympic Games. I am so happy because now everybody knows more about Paralympic people and disability. Personally, this gives a big chance to me, my friends and everybody in this country to know about the Paralympics.

Everybody knows me as the only gold medallist not for the United Arab Emirates only, but for all the Gulf countries, for the six countries that include our neighbors.

It was a big challenge to beat Jonas Jacobsson and I didn't expect it. He's like (James) Bond in the 50m rifle. I was worried about this, but I was confident. When I saw Jacobsson, I said 'You are a big challenge, not the medals.'

When I arrived home at the airport, I saw lots of people coming that I didn't expect, most of them from the public and the media. Also, people from the government came to say thanks for what I did for the country. It was the first time they saw our flag being raised at a medal ceremony. It was a very sensitive time for me, I couldn't even think about what it meant to me.

Now, in Rio de Janeiro, I'm expecting two gold medals, not one.”

► **What's next?** IPC Shooting World Cup, April 2013, Poland



In the bronze-medal match, Ukraine defeated the Netherlands 3-0

# Sitting volleyball

**Elvira Stinissen, the Netherlands**

“My first impression of the ExCeL was in training there. It was a huge venue. When we started playing our first match, all those people were so enthusiastic and cheered for everyone.

The competition was really tough. We were in a pool with four teams. GB and Japan were the easiest for us, but then we got Ukraine as a third match. In the semi-finals we got China and in the bronze medal game we got Ukraine again.

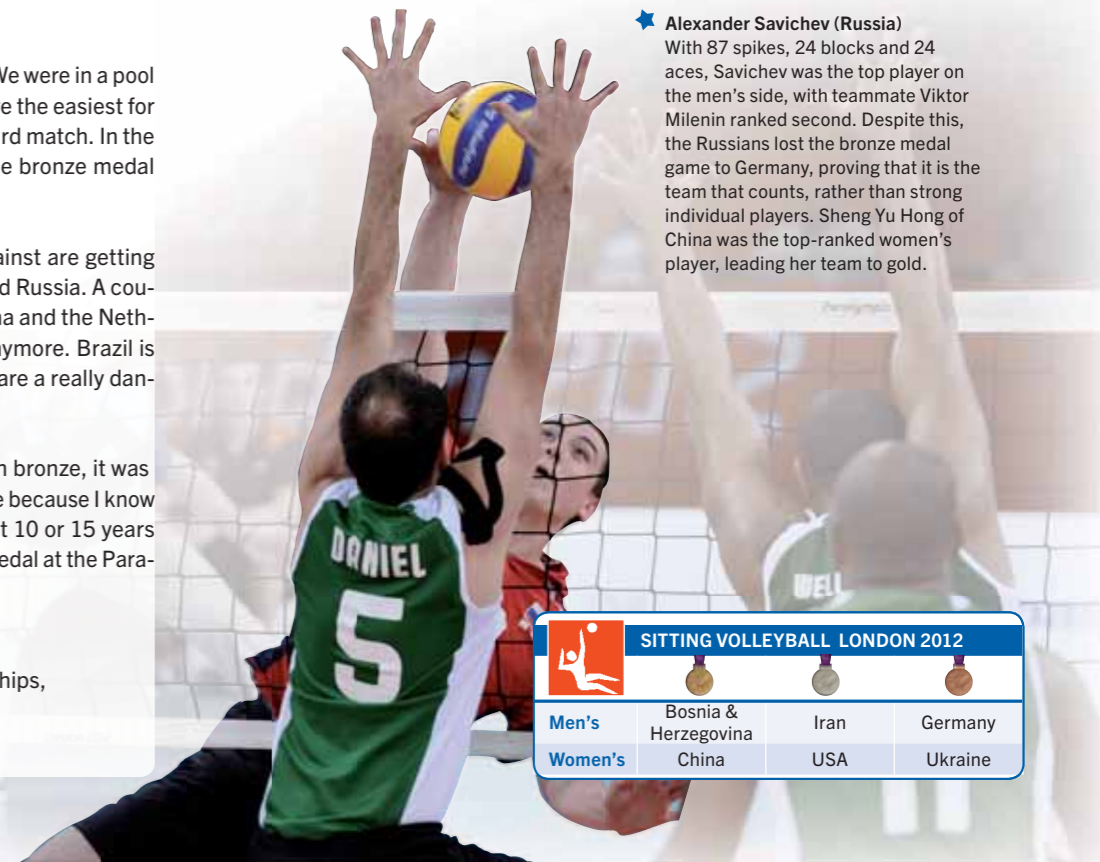
The opponents we are playing against are getting stronger each year, like Ukraine and Russia. A couple of years ago you had USA, China and the Netherlands, but that's not the case anymore. Brazil is coming on and I think for Rio they are a really dangerous country for us.

When the German men's team won bronze, it was also a goose-bumps moment for me because I know what they accomplished in the last 10 or 15 years and I think they really deserved a medal at the Paralympic Games.”

► **What's next?** World Championships, August 2013, Ireland

★ **Alexander Savichev (Russia)**

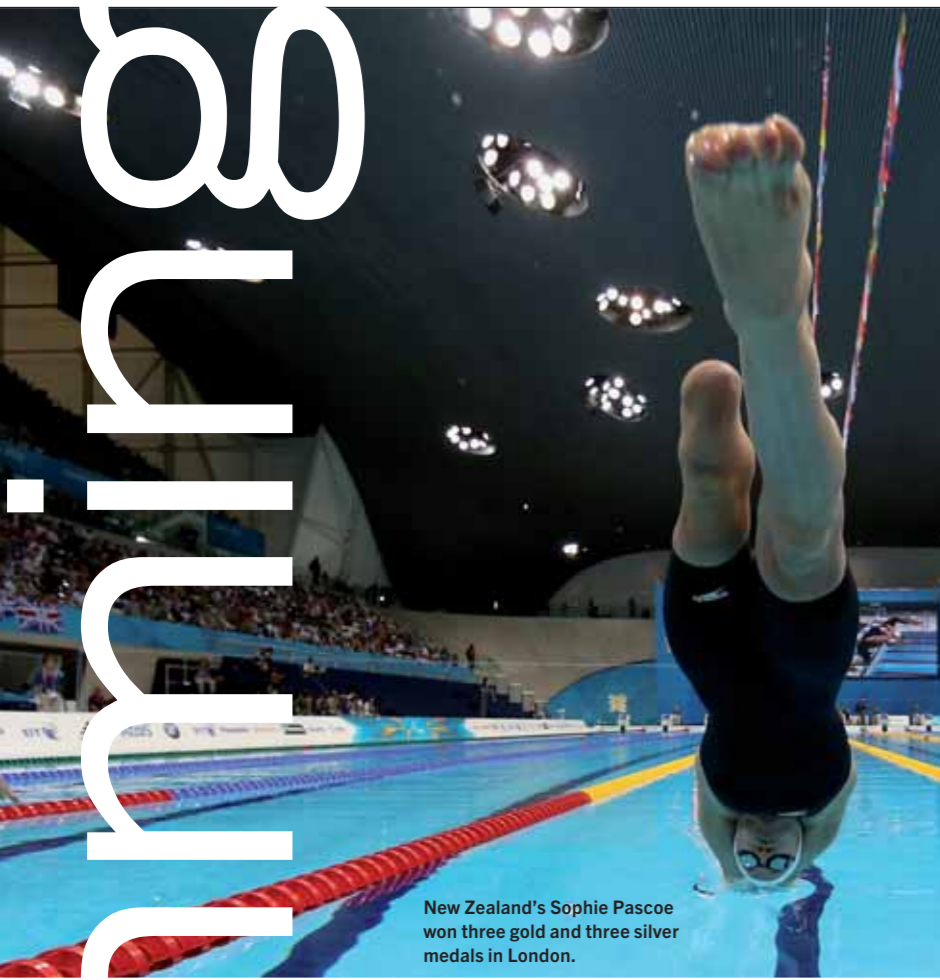
With 87 spikes, 24 blocks and 24 aces, Savichev was the top player on the men's side, with teammate Viktor Milenin ranked second. Despite this, the Russians lost the bronze medal game to Germany, proving that it is the team that counts, rather than strong individual players. Sheng Yu Hong of China was the top-ranked women's player, leading her team to gold.



SITTING VOLLEYBALL LONDON 2012			
Men's	Bosnia & Herzegovina	Iran	Germany
Women's	China	USA	Ukraine



# SWIMMING



New Zealand's Sophie Pascoe won three gold and three silver medals in London.

**Teresa Perales, Spain**

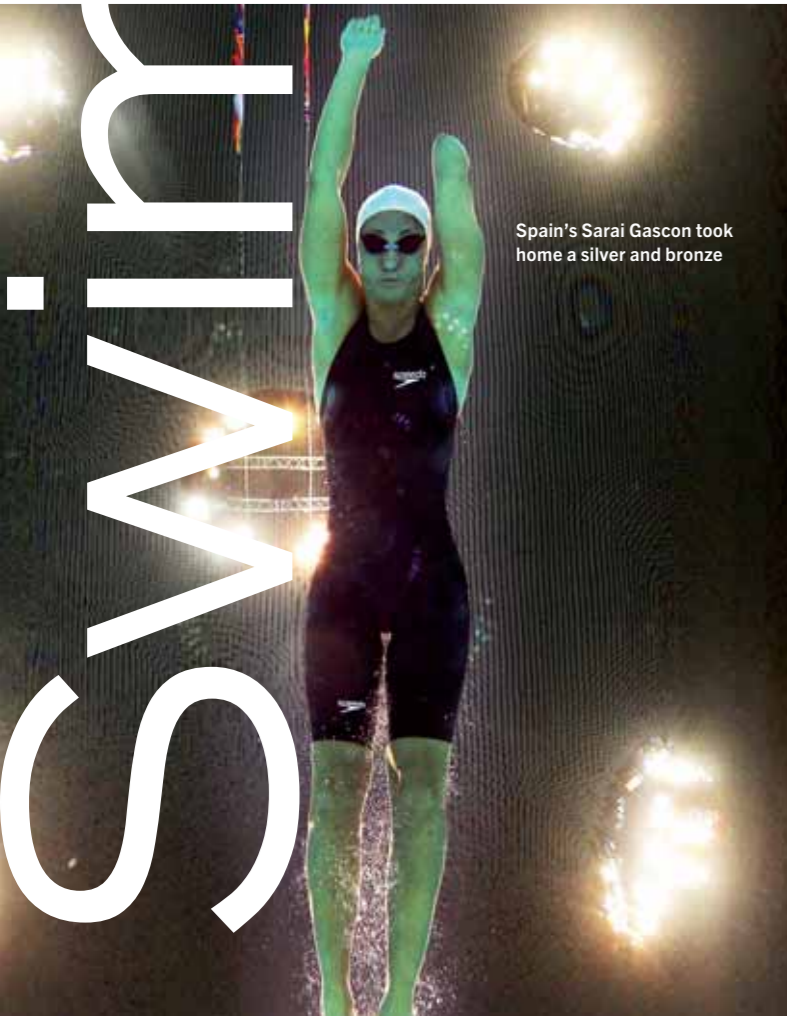
“ Competing in the Aquatics Centre was awesome. I remember the first time I walked into the pool before training and seeing these huge stands in front of us and imagining how it would be to see them full. It gave me goosebumps.

The competition was very hard for me. I wanted to win six medals because when I saw the ranking I knew I had a chance. My goal was to give my first medal to my son. I wanted gold, but got silver. My son didn't care. But I wanted the gold and I had to wait until the last day to win it. And this was one of my very special moments: when I went to see my child and told him that I had won gold, and he expected a silver medal.

I'm totally thankful to the British people for the way they treated us. The media coverage helped people to change the way they look at us, not only in the UK but all over the world.

In Spain it was the very first time that journalists treated Paralympic medals the same as with the Olympics. They have compared my 22 medals with the Phelps medals. I opened the news on TV and was on the front page of newspapers. I believe that the legacy of these Games is to have helped to change the way people look at us. ”

► **What's next?** IPC Swimming World Championships, August 2013, Canada

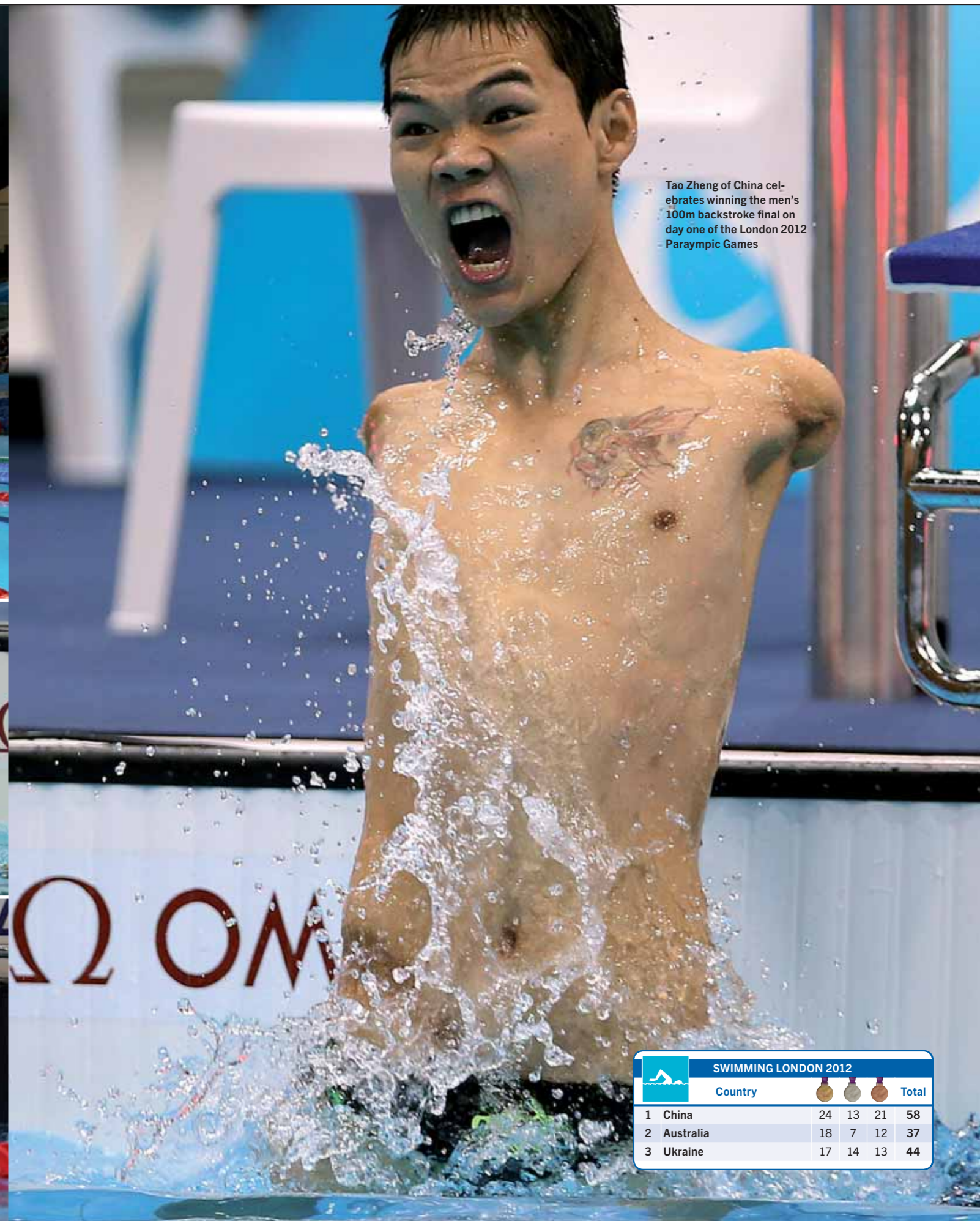


Spain's Sarai Gascon took home a silver and bronze



★ **Jacqueline Freney (Australia)**

The swimmer hauled in the most individual medals of any athlete competing at London 2012, going home with an astounding eight golds.



Tao Zheng of China celebrates winning the men's 100m backstroke final on day one of the London 2012 Paralympic Games

SWIMMING LONDON 2012				
Country				Total
1 China	24	13	21	58
2 Australia	18	7	12	37
3 Ukraine	17	14	13	44



# Table tennis

★ **Natalia Partyka (Poland)**  
Having already competed in the London 2012 Olympic Games, the 23 year old won individual gold (class 10) and team bronze (class 6-10)

## David Wetherill, Great Britain

“It’s so difficult for so many of us to put into words because it was such a brilliant experience – the best experience of my life by an absolute mile.




Especially being a British athlete in London made it the pinnacle.

I went to the Beijing as well, so I’ve got that comparison. Beijing was my first experience so that was special . . . but everyone was cheering for you in London because you were British and everyone wanted you to win.

It was a lot of pressure, but that experience was something I’ll never ever experience again, even if I go to Rio and further Games.

It was unbelievable. There are so many synonyms you could use for that. I can throw them all at you. It was unreal.”

► **What’s next?** European Championships, September 2013, Italy

TABLE TENNIS LONDON 2012					
	Country				Total
1	China	14	5	2	21
2	Poland	3	1	1	5
3	Germany	2	1	1	4



# Wheelchair basketball



★ **Patrick Anderson (Canada)**  
As the top player on a Canadian men's team that won gold, Anderson posted career numbers, averaging 25 points, 11 rebounds and eight assists per game. He scored a game-high 34 points, 10 rebounds and eight assists for Canada in the final.

**Patrick Anderson, Canada**

“It was really rewarding to see all the veteran players and coaches mix with the younger guys and have a really unique experience.

We'd won before, but I can say that it really felt like a unique experience with that particular group of guys at that particular time.

I was really proud. It was really satisfying, for me personally.

I was disengaged from a competitive level for a couple of years, so it kind of surprised me how meaningful the moment was when we finally won. When I lose, it's more about the experience, and it definitely was about that, but it felt really good to win.

It had been eight years since we won, it's not like we had done it six months before.”

► **What's next?** European Championships, June 2013, Germany

WHEELCHAIR BASKETBALL LONDON 2012			
	🥇	🥈	🥉
Men's	Canada	Australia	USA
Women's	Germany	Australia	Netherlands



Despite their best efforts Australia lost to Germany in the women's wheelchair basketball Gold medal game

# Wheelchair fencing

**Yu Chui Yee, Hong Kong**

“I felt very happy when I had quite a good performance in the London Paralympics. I was so delighted. Every time I got a medal, I just threw my flowers to my parents and they shared the joy with me.

I think being a Paralympian and a medalist, of course it's the reward of our hard work, but if you can try to share your story with the public, it just delights them so much.

I think the most treasured thing for a Paralympian is the spirit of never giving up,

no matter how many obstacles we are facing.

When I came back, I just had so many interviews. They interviewed my mum, my family and me, and just tried to use my story to cheer up the adolescents and the youngsters in Hong Kong.

I'm kind of legendary now. I'm so happy.”

► **What's next?** IWAS World Cup, December 2012, Hong Kong

★ **Yu Chui Yee (Hong Kong)**

With first-place finishes in the women's individual epee and individual foil category A events, and by helping her team to bronze in the women's team category open, Yu proved herself as one of the all-time wheelchair fencing greats.



WHEELCHAIR FENCING LONDON 2012					
	Country	🥇	🥈	🥉	Total
1	China	6	3	1	10
2	Hong Kong	2	1	4	7
3	Poland	2	0	1	3



China beat France in the final of the men's team open event



# Wheelchair rugby

WHEELCHAIR RUGBY LONDON 2012			
Teams	Australia	Canada	USA

## Naz Erdem, Australia

“ We were over the moon with the results. We’re so high at the moment and it’s just going to make us want to keep that spot. We know that all the hard work that we’ve done in the last four years has paid off, and I think this is going to make us work harder, you know, because we’ve seen some results.

Because of the live TV coverage people back home could experience the excitement at the same time we were.

The support we had was just amazing, you know. It was unbelievable. There’s

more awareness as well. That’s where the TV coverage and newspapers are so important because it just makes people aware of what it’s all about.

We’ve had a few training sessions locally and there’s quite a few new players just coming in and seeing what it’s all about. So there has been an impact in the popularity I guess. There’s a lot more interest, a lot more people know about it.”

► **What’s next?** Europa Cup, April 2013, Denmark

## ★ Ryley Batt (Australia)

Canada had no answer for the 23-year-old in the finals. Batt scored 37 goals to give him a remarkable tally of 160 from his five tournament starts at his third Paralympic Games.



# Wheelchair tennis

## Aniek van Koot, the Netherlands

“ I’m very proud of my performance at the London 2012 Paralympic Games. Two silver medals are more than I ever could have hoped for.

At first, I thought my biggest accomplishment was just that I participated. But then it was my silver medal that I won in front of my family. It was an amazing feeling.

The best event for me, I thought, must be the Paralympic Games. I was scared that I would lose in the first round, but I made it into the final.

When I won the singles quarter-final, I was so nervous and Yui Kamiji put up a real big fight on court. Even though I didn’t play my best tennis, I still won. When I realised that I had won, tears came rolling down my face. When I hugged my parents, they had tears on their faces as well.

Beautiful.

It had touched my parents as well. They were as nervous as I was. They felt the same at that moment. I reached the semi-finals, and I had a chance to go for a medal.

It was a rollercoaster of emotions when I came home. My family organised a celebration in my hometown, Dinxperlo. A lot of people came out to watch and they even picked me up in a Bentley convertible.”

► **What’s next?** Australian Open Grand Slam event, January 2013, Australia



## ★ Esther Vergeer (Netherlands)

The Dutch sensation won her fourth Paralympic gold and 470th straight match when she beat compatriot Aniek van Koot to wrap up the women’s singles gold at Eton Manor, where she also won doubles gold.

The Netherlands had a full sweep in the women’s singles with Esther Vergeer taking gold, Aniek van Koot silver and Jiske Griffioen bronze

WHEELCHAIR TENNIS LONDON 2012					
	Country	Gold	Silver	Bronze	Total
1	Netherlands	2	2	2	6
2	USA	1	1	1	3
3	Israel	1	0	1	2





Namibia sent a delegation to the Agitos Foundation Regional Training Camp in Zambia in 2011


# Namibian Paralympic Committee

## PENANDINO DRUSILLA KANDJII



Kandjii joined the Namibia Sport Federation for Disabled People as a secretary in 2004 after taking a team to the All-Africa Games. In 2007, she was elected Secretary General of the organisation.



 When the Namibian delegation returned home from London 2012 they received a hero's welcome.

A few days earlier, Johanna Benson became the first Namibian athlete ever to win gold at either the Olympics or Paralympics, after finishing first in the women's 200m T37 sprint.

"We thought maybe she could get a medal, a bronze or something, but it was not something that we expected for her to get a gold," said Penandino Drusilla Kandjii, Secretary General of NPC Namibia.

The day after arriving home, the team were in front of the Namibian President Dr. Hifikepune Pohamba, who rewarded Benson with a diplomatic passport, a house worth N\$1.5 million (132,000 euros) and a N\$170,000 (15,000 euros) grant.

The mayor of Walvisbaai, Benson's hometown, decided to name a street after her, and she is also receiving lots of sponsorship offers.

"Her life has changed totally," said Kandjii. "This is a wake-up call for all parents who are hiding their children with disabilities in our country. People are opening their eyes up to the Paralympics in Namibia. She has really put us on the map."

## HUMBLE BEGINNINGS

Namibia's NPC began as the Organisation for Sport for People with a Physical Disability in the early '80s, but after Namibia gained independence in the '90s, it lost momentum. In 2003, the organisation was formed with the first elections, which proved difficult, as Namibia is a vast country where some people live up to 700km away from one another.

"It was tough," said Kandjii. "We didn't have an office, not even office equipment. We were operating from nowhere. The government did not yet see the need to sponsoring our organisation."

In 2004, the Namibia Sport Federation for Disabled People sent its first athlete to a Paralympic Games, returning empty handed. Three years later they got the leg-up they needed. By applying for the IPC's Organisational Development Initiative (ODI), they managed to set up offices and buy equipment.

They started working on their constitution, logo, Code of Conduct and strategic plan and changing the name of the organisation. In 2007, they became the NPC of Namibia.

The IPC's support caught the attention of the Namibian government.

"My dream was to bring our NPC up to a level where people will start to recognise our organisation. With the help of the rest of the team we managed to convince the Government to give us funds so that we can prepare our athletes."

## RESULTS AND RECOGNITION

At the Beijing 2008 Games, Reginald Benade was Namibia's sole representative, winning bronze in the discus F35/36. He also took home a silver and bronze in the field events at the 2011 IPC Athletics World Championships.

The NPC began to invite media to events, funding their travel, meals and accommodation. It was not long before the media began to notice the potential of the Paralympic athletes.

"When they saw what our athletes were doing before competition in preparation, they saw they were really motivated, so when they



Namibia is working on developing para-sport further



"Everyone wants to join our sport"

went back to the country, they gave all the information, and they made sure this information was published. So that helped us very much," said Namibian head coach Michael Hamukwaya.

The Paralympic Movement garnered even more support after London 2012 when Benson returned with a gold and a silver as part of a five-strong Paralympic team, but the Olympic team returned with nothing.










The IPC will launch a new website for NPC Namibia in early 2013, supplying the nation with another resource to help attract further attention to the Paralympic Movement within the country.

"Now that the media is getting interested, it's our job to keep on pushing and make sure that our people with a disability get involved in Paralympic sport on every level, even officiating, administering and coaching. This will help us to motivate other people to get involved," said Hamukwaya.

## TALENT DEVELOPMENT

The NPC's next big challenge will be to develop and find new talent for Rio 2016. They already hold national championships and are hoping to set up regional events and IPC-sanctioned events to be able to select the top athletes. They will also look at introducing more sports.

Paralympic Games	Number of athletes	Number of medals
1992		-
2004		-
2008		
2012		 

One of the challenges they face is getting equipment for wheelchair racers.

"Wheelchair equipment is quite expensive and isn't made in our region, so it's not easy to get them. We usually take wheelchair athletes to events, but with old-fashioned chairs, so it demoralises our athletes," said Hamukwaya.

With renewed interest from sponsors after the London 2012 success, the NPC hopes that it can finance the equipment and talent development to take an even stronger team to Rio 2016.

In a culture where a child with an impairment often does not get access to schooling, the success of one 22-year-old on the world's stage has created a surge of momentum for societal change in Namibia.

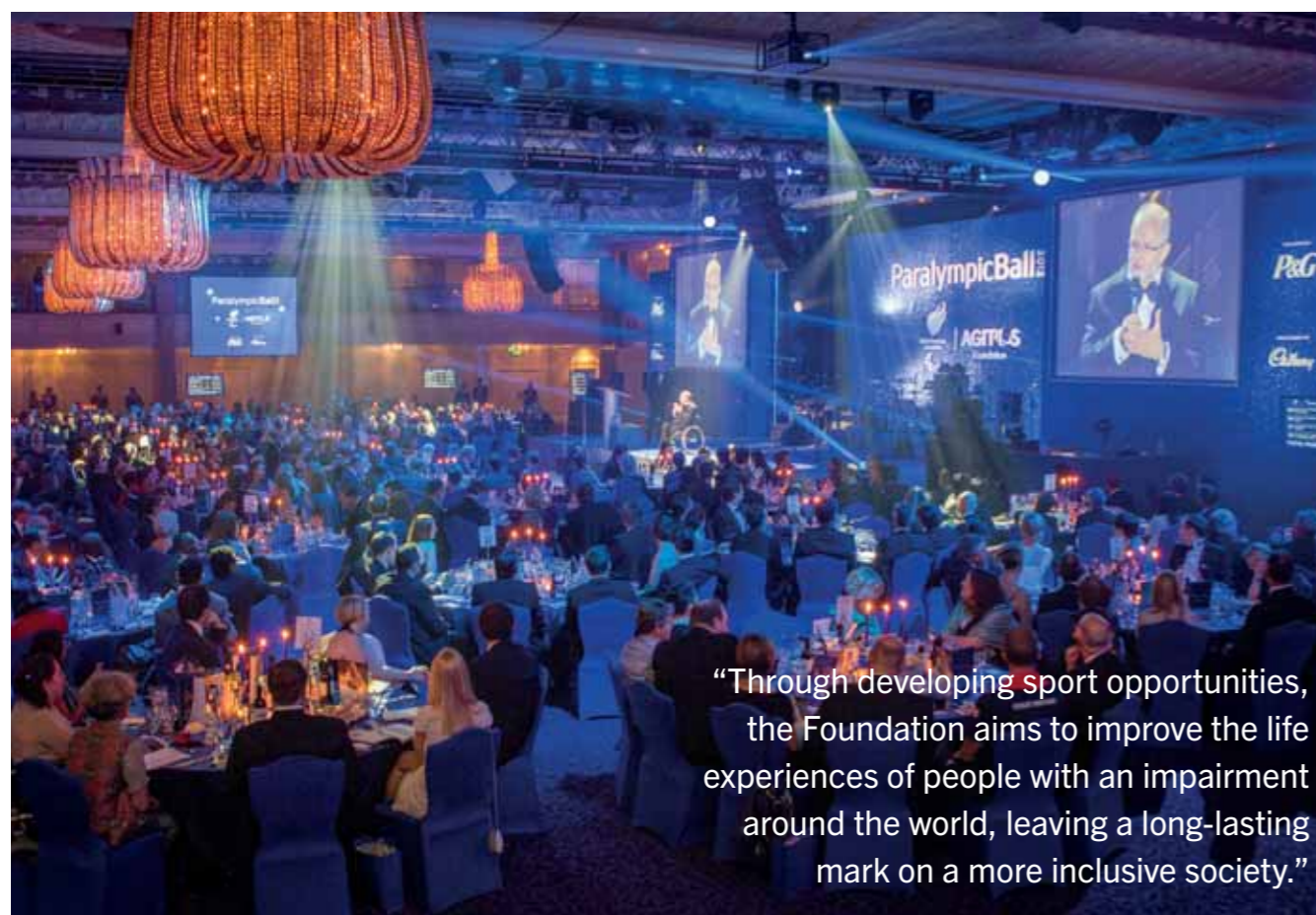
"Everyone wants to join our sport" said Kandjii.

"They want to be like Johanna. They're all calling us."

web  >> [www.namparalympics.org](http://www.namparalympics.org)

Namibia's Joanna Benson has been nominated for the 2012 Laureus Award for World Sports person of the Year with a Disability





“Through developing sport opportunities, the Foundation aims to improve the life experiences of people with an impairment around the world, leaving a long-lasting mark on a more inclusive society.”

The Paralympic Ball officially launched the Agitos Foundation, which will develop the Paralympic Movement

## Agitos Foundation

At the inaugural Paralympic Ball in central London on 5 September, the IPC officially launched the Agitos Foundation, which will serve to lead the Paralympic Movement's aim in making for a better society.



The Foundation will act as the leading global organisation in developing sport activities for people with an impairment as a tool for changing lives and contributing to an inclusive society for all.

It will achieve its goals through four pillars: sports development, awareness and education, advocacy and inclusion, and knowledge and research.

“Through developing sport opportunities, the Foundation aims to improve the life experiences of people with an impairment around the world, leaving a long-lasting mark on a more inclusive society,” IPC President Sir Philip Craven said.

A host of celebrities from the world of sport and showbiz gathered at the Grosvenor House for the Ball, which raised valuable funds for the Foundation.

The Agitos Foundation and Motivation – an international development charity supporting people with mobility impairments – also launched a low-cost racing wheelchair called ‘Flying Start’ to coincide with the Games. Costing less than US \$1,000 and available in four different sizes, it is hoped the chair will provide more grassroots opportunities for low-income athletes to play sport.

During London 2012, Dutch Chef de Mission Andre Cats offered a symbolic cheque to IPC President Sir Philip Craven of EUR 20,000 for the Foundation on behalf of the Netherlands' National Olympic and Paralympic Committees and the Netherlands Sports Confederation.

“We hope that other National Paralympic Committees will follow us again to make the Paralympic Movement stronger,” Cats said.

[web >> www.agitosfoundation.org](http://www.agitosfoundation.org)

Watch Agitos Foundation video: [bit.ly/AgitosFoundation](http://bit.ly/AgitosFoundation) Flying Start video: [bit.ly/FlyingStart](http://bit.ly/FlyingStart)

## IPC Academy Inclusion Summit



The Inclusion Summit aimed to facilitate a more inclusive society



The IPC Academy's Inclusion Summit took place at the UK Business Embassy's iconic Lancaster House, London, from 6-8 September, bringing together business and government leaders to discuss how the Paralympic Games can aid societal change through inclusive activities and accessibility policies.

Participants at the summit talked about how the Games were a catalyst for change for people with an impairment, as IPC and LOCOG officials shared how they influenced the British community through the development and education of Paralympic sport.

Dmitry Chernyshenko and Carlos Arthur Nuzman, President of the Sochi 2014 and Rio 2016 organising committees, respectively, were among the many panellists and presenters, as well as British Airways CEO Keith Williams and Adecco Group CEO Patrick De Maeseneire.

[web >> www.ipc-academy.org](http://www.ipc-academy.org)

## IPC Academy Games Experience Programme

A new initiative called the Games Experience Programme was held from 3-5 September at London 2012, giving global governments and those involved in the Paralympic Games supply chain a greater understanding of what is involved in delivering the second biggest sporting event in the world.

For three days, the programme focused on case studies of past, current and future Paralympic host cities, obstacles the city and event faced and how to overcome those to create sustainable legacy for the Paralympic Movement.

Visits to Games operational areas, meetings with IPC, LOCOG and supply chain experts and networking opportunities with future host city staff helped lay the groundwork for great future Paralympic Games.

Speakers included IPC President Sir Philip Craven, LOCOG HR Director Jean Tomlin and Commissioner of Transport for London Peter Hendy.

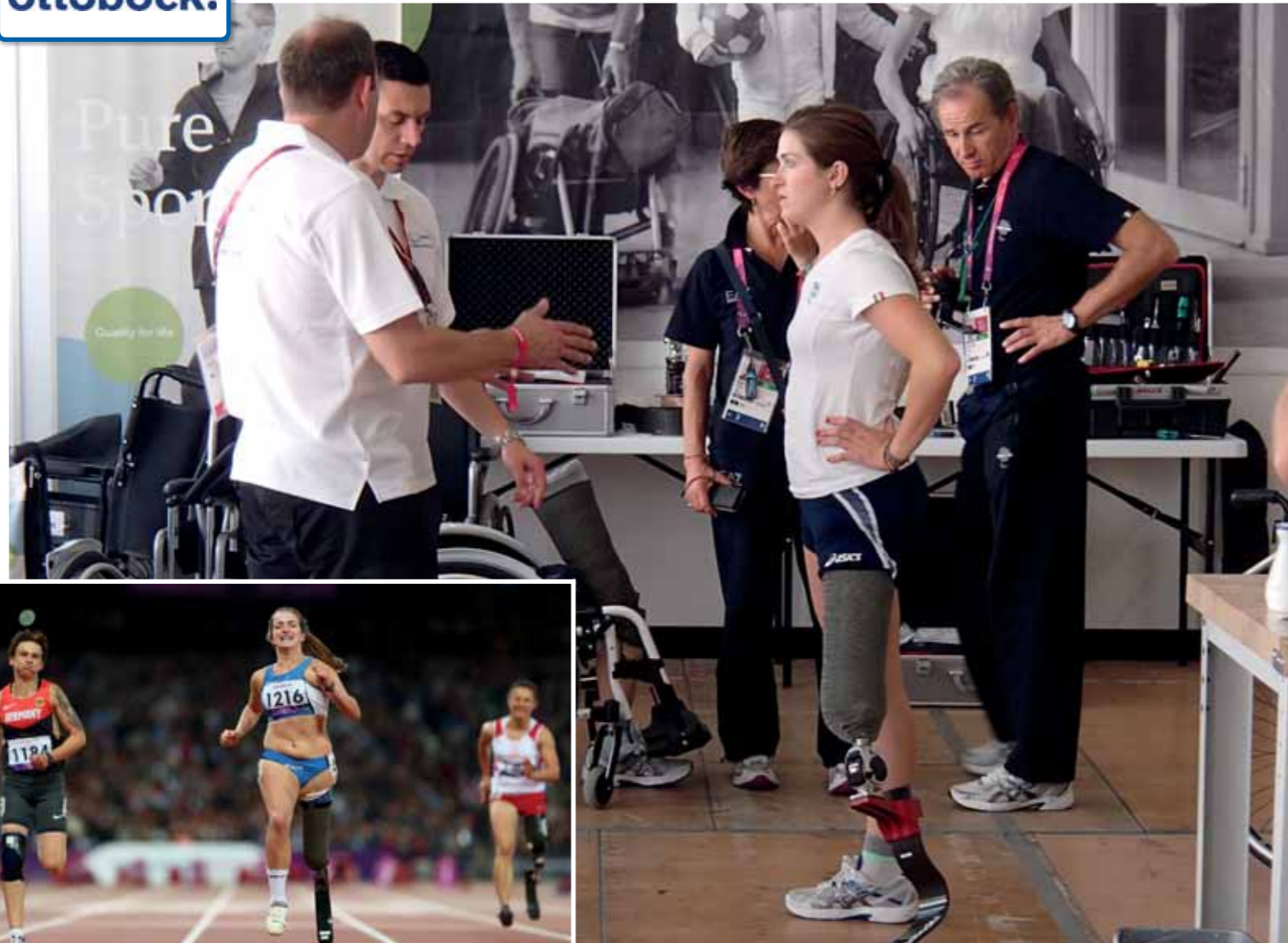
## Paralympic Youth Sport Programmes

Five National Paralympic Committees held Paralympic Youth Sport Programmes over the past several months: Burundi, Kenya, Rwanda, Uganda and the Democratic Republic of Congo.

The programmes were a direct outcome of the 2012 Youth Workshop in Rwanda supported by the EU and Charity and Sport. Each were led by two youth co-ordinators from that workshop and totalled 350 participants in addition to 100 coaches, assistants and teachers.







After Ottobock's technical support, Italy's Martina Caironi went on to win the 100m T42 gold

## A lifeline for athletes

During the London 2012 Paralympic Games Ottobock technicians made more than 2,740 repairs in 10,684 work hours.

The service meant the world to many athletes taking part, including Italy's T42 sprinter Martina Caironi.

During training she fell, and, concerned that something might be wrong with her running blade, visited the Ottobock workshop for help.

"I was scared about it, because I would compete in the next days. I was really worried that a thing like this could happen also in the competition," said Caironi.

Tino Hartmann, Ottobock's prosthetist tried to reassure her and gave the prosthesis a thorough check.

However, there was little that actually needed doing other than tightening up the spikes.

"I could feel safe and more confident," said Caironi. "When I won the gold in the 100m race I felt like in a dream, with great emotions and quite incredulous of what had just happened."

During London 2012, more than 25,000 people also visited Ottobock's Passion for Paralympics exhibition located at Olympic Park.



Shortly after the Games, Ottobock was named the official technical service provider for athletes competing at Sochi 2014.

[web >> www.passion.ottobock.com](http://www.passion.ottobock.com)



## Samsung Paralympic Bloggers

For the first time ever during a major sports competition, athletes were given mobile phones to film video blogs of their experiences of the Paralympics, as part of Samsung's 'Sport doesn't care who you are' campaign.

Fifty athletes from 16 sports and 18 different countries took part in the project recording nearly 600 behind-the-scenes video blogs. The content was uploaded to YouTube.com/ParalympicSportTV, reaching more than 400,000 viewers.

The day after the Games, awards were presented for the most viewed, most creative and most inspirational videos.

Spain's Teresa Perales picked up the award for the most-viewed video, which had nearly 26,000 views by the 10 September deadline. The video shows an emotional, behind-the-scenes moment when Perales gives her medal to her son.

[web >> http://bit.ly/mostviewedvideo](http://bit.ly/mostviewedvideo)



Samsung held an official launch of their video blogging campaign in the Paralympic Village

USA's Alana Nichols picked up the award for most creative blog after filming a "giant Russian rower" pick up a "giant turtle" in the Paralympic Village, and then challenged him to an arm wrestle.

[web >> http://bit.ly/mostcreativevideo](http://bit.ly/mostcreativevideo)

USA's Jarryd Wallace, a T44 sprinter, won the award for the most inspirational blog, which displayed true sportsmanship. He recorded the blog after his team missed out on bronze when they were disqualified in the 4x100m T42-46 relay for a lane infringement.

[web >> http://bit.ly/mostinspirationalvideo](http://bit.ly/mostinspirationalvideo)



## Visa Paralympic Hall of Fame

Athletes Chris Holmes, Trischa Zorn, Louise Sauvage and Roberto Marson, who have 100 Paralympic medals between them, inducted into the Visa Paralympic Hall of Fame on 30 August, along with Paralympian turned coach Frank Ponta.

Launched in 2006, by founding partner Visa, the Paralympic Hall of Fame aims to recognise retired athletes and coaches who have a track record of excellent athletic performance, history of fair play and participation in community activities.

With August's induction coinciding with London 2012, only athletes and coaches involved in summer sports were considered.

[web >> www.paralympic.org/Athletes/Halloffame](http://www.paralympic.org/Athletes/Halloffame)



IPC President Sir Philip Craven, far left, with the new Hall of Fame inductees



# Technology

Essential for athletes to perform or performance enhancing?

Developments in ice hockey sledges have made for a safer sport



This year's Paralympic Games saw some exciting technological advances from better fitting chairs for wheelchair basketball players to more durable ones for wheelchair rugby.

As the technology ceases to impede athletes from reaching their full potential physically, the Paralympic Movement has begun to question at what point technology becomes performance enhancing rather than essential for the athletes' ability to perform.

Although technological developments have their obvious benefits, the subject was a hot topic at the London 2012 Paralympic Games, not least because a few weeks earlier, Oscar Pistorius had competed at the Olympic Games, with some people claiming that his blades gave him an unfair advantage.

"If you use the Formula 1 analogy, you might have the fastest mechanical car, but you still need a human to operate and drive it," said Professor Brendan Burkett, member IPC Sports Science Committee. "And it's human error

that often causes the car to break down or crash rather than the mechanical failure, so if you follow that same analogy, it's not technology driven, it's the human driver."

"Pistorius has to control that device with his residual limbs

and that doesn't give him any advantage – it's actually a disadvantage – compared to his able-bodied athletes."

## Level playing field

"I'm confident that there's no advantage in an athlete at present," said Burkett, who will give a keynote speech at May's VISTA2013 conference in Bonn, Germany. The theme this year is sport equipment and the aim is to provide a platform for scientists and experts on sport for athletes with an impairment to discuss in-depth issues that made global headlines during the recent London 2012 Paralympic Games.

**"I'm confident that there's no advantage in an athlete at present"**

"The IPC is excited for academics, experts and athletes to come together to discuss the crucial role of equipment and technology and its impact on the grassroots and elite levels of sport, as well as Paralympic classification and athlete health

and safety," said Peter Van de Vliet, IPC Medical and Scientific Director.

Van de Vliet is also keen to encourage submissions before March 2013 of research projects for the Sochi 2014 Winter Paralympic Games.

## Safer sport

Paralympic Winter sport has already seen the benefits of technological developments, from adaptable crutch skis to safer ice hockey sledges.

"New developments have helped to reduce or prevent injury," said Burkett.

When using prostheses, for example, the anatomical limbs are sometimes overstimulated or just used outside of their typical range of motion, causing injuries.

"Developments in prosthetic devices have been key because they've closed the gap in the asymmetry between the prosthetic limb and the anatomical limb," said Burkett, who is Professor in Biomechanics at the Faculty of Science, Health, Education and Engineering of the University of the Sunshine Coast, Brisbane, Australia.

"In doing that the athlete then doesn't have compensatory actions."

The way the prostheses connect to the body has also improved with suction valves and silicone liners reducing discomfort and blistering.

## More durability

Other recent developments include improvements to wheelchair rugby chairs, which are



Technology in Paralympic sport was thrust in the spotlight during London 2012 especially after the men's 200m T44 final

substantially stronger, making them more durable and reducing injury.

"Athletes are literally crashing into each other," said Burkett. "They've improved the design of the hand grip on the chairs so that they can do that in a safe manner, especially if you've got a high degree of spinal lesion which is going to affect your ability to grip the ring.

"It's also changed the seat position and seat posture. By doing all those changes you get a better understanding about what

the person sitting in that chair requires."

The new chairs allow players to turn sharply and accelerate quickly, matching the requirements of the sport in the same way that sprinters use different sports shoes to basketball players.

The elite level technology eventually flows down to the grass roots and everyday use, for example, light-weight carbon fibre chairs originally introduced for racers, have now hit the mainstream.

## WADA Publishes 2013 Prohibited List

Following approval by the World Anti-Doping Agency's (WADA) Executive Committee on 10 September, the 2013 List of Prohibited Substances and Methods is now available.

web >> [www.wada-ama.org](http://www.wada-ama.org)

**WORLD ANTI-DOPING AGENCY**  
play true

web >> [www.Vista2013.com](http://www.Vista2013.com)





## RIO 2016

### Handing over to Rio

The Rio 2016 Organising Committee celebrated the Paralympic flag handover with an eight-minute show at the London 2012 Closing Ceremony.

Mayor of Rio de Janeiro, Eduardo Paes, accepted the flag at the Olympic Stadium after Rio 2016's presentation was opened with a 44-second video clip featuring Brazilian Paralympic athletes.

Rio 2016 President Carlos Arthur Nuzman said: "Receiving the Paralympic flag from our friends here in London makes us in Rio and in Brazil very proud. With our presentation at the London 2012 Paralympic Games Closing Ceremony, we offered a glimpse of how exciting the Games in Rio 2016 will be.

"We will ensure that our hard work here in London to foster social inclusion, accessibility and the Paralympic sport is continued in Rio."

In November a London 2012 debrief and Project Review were held in Rio covering progress of transport, venues, village, accommodation, broadcast integration, commercial, spectator experience and communications.

"Now that London is consigned to the history books as the best ever Paralympic Games, the focus is now fully on Rio. We have challenged them to 'bring the world to Rio' in four years time and deliver an even better Games than London," said Xavier Gonzalez, the IPC's Chief Executive Officer.

web >> [www.rio2016.com](http://www.rio2016.com)



## SOCHI 2014

### 500 days to go



On 23 October to mark 500 days to go until the next Paralympic Winter Games, the Sochi 2014 Organising Committee launched an accessibility map for Russia, a unique interactive internet project identifying accessible facilities and sport venues across the country.

It is being created from and will be added to by the data received from the residents of Russian cities, and thus every Russian can help contribute to the creation of a barrier-free country.

"The Accessibility Map will help generate awareness across Russia of accessible facilities and will make it easier for people to engage in Paralympic sport," IPC President Sir Philip Craven said. "With the help and support of the IPC, this could act as a blueprint for other countries to follow."

Sochi 2014 also opened an Equal Opportunities Park to host the 500 days to go celebrations, for which visitors tried their hand at several

Paralympic sports and met the Sochi 2014 Paralympic mascots, Ray of Light and Snowflake.

The Sochi 2014 Games will run from 7-14 March 2014 with 700 athletes from 45 countries expected to compete across five sports on the programme: alpine skiing, biathlon, cross-country skiing, ice sledge hockey and wheelchair curling. Snowboarding will be a discipline within the alpine skiing programme for the first time at the Paralympics.

In February and March, test events will take place for most Paralympic winter sports. (See the Sport Preview on page 55 for more details).

web >> [www.kartadostupnosti.ru](http://www.kartadostupnosti.ru)

### Sochi in London

Six Sochi 2014 employees worked full-time for the IPC during the London 2012 Games as part of the Secondment Programme, taking on various roles and functions across areas such as logistics, venue and village management, transport, media and protocol and hospitality.

In addition, the Sochi 2014 Observers Programme was the largest in its history in London, as more than 200 people participated in seminars and meetings with experts, in addition to visiting competition and non-competition venues.

Finally, a team of 24 volunteers from Sochi 2014 worked 230 shifts in London for the Paralympics and organised an excursion across the British capital for the Russian athletes at the end of the Games.

web >> [www.sochi2014.com](http://www.sochi2014.com)



# Snowboarding

## Newest addition to the winter Paralympic programme

### Introducing some of the top riders:

"My real purpose is to demonstrate to young disabled people that their limitations must not be an insuperable stumbling block, but just a reason more to follow their ambitions with grit. And of course, speaking about ambitions, to step upon the podium will mean a lot to me."

Sara Dorigatti, Italy

"Having snowboarding in the 2014 Paralympic Winter Games is a dream come true for me! I remember I had just lost both of my legs when I found out that snowboarding was not yet a Paralympic sport and I thought, if it ever was a Paralympic sport then I would do whatever it takes to be there competing for my country! Helping to get snowboarding into the Paralympics became a passion of mine and it's so exciting to see where we are today."

Amy Purdy, USA

Bibian Mentel was on a mountain in Tignes, France in May 2012 when she got an unexpected phone call.

Tears started rolling down the snowboarder's face as she found out the sport she loves was added to the Sochi 2014 Paralympic Winter Games programme.

Male and female medal events for standing snowboarders with a physical impairment were included in the IPC Alpine Skiing programme to bring the total medal events in Sochi to 72.

"It was just awesome," said Mentel. "We had been working for that for such a long time."

For her, it was the culmination of a 10-year campaign that began in 2002 when the Olympic snowboarder's leg was amputated after she was diagnosed with bone cancer.

Four months after her operation, she was back on her snowboard, and seven months later she won the Dutch National Championships.

Her success sparked a desire to put snowboarding on the Paralympic programme, a sport that only made its Olympic debut in 1998.

### Finding riders

Mentel worked with IPC Governing Board member Rita van Driel, who at that time was a cross-country skiing technical delegate. Together they tried to find out if other National Paralympic Committee's (NPCs) would be interested in including snowboarding at the Paralympics.

"We had a lot of response. Twenty out of 25 countries responded that they were very interested," said Mentel.

"I totally believe in para-snowboarding in the Paralympics. I think it has to be there.

"Snowboarding is more than just a sport. It's more of a

### Upcoming snowboarding events

Date	Location	Category
22-23 Nov 2012	Landgraaf, the Netherlands	IPCAS
26-27 Jan 2013	Twin Bridges, USA	IPCAS
02-03 Feb 2013	Copper Mountain, USA	IPCAS
04-06 Mar 2013	Sochi, Russia	IPCAS Test Event
08-10 Mar 2013	Maribor, Slovenia	World Cup
25-30 Mar 2013	Kelowna, Canada	World Cup
31 Mar - 05 Apr 2013	Copper Mountain, USA	NAC

lifestyle as well. Snowboarders in general are people who love their freedom and are very outspoken and open and love to live life and enjoy the world."

Mentel began networking with all the contacts she had made as an Olympic rider and teaming up with organisations like Canada Snowboard and the US Foundation, Adaptive Action Sports, for which Paralympic hopeful Amy Purdy is a co-founder.

It was not the easiest of tasks. For the sport to even be considered for the Paralympics, riders were needed from eight different countries on two continents.

"We started the quest to find riders and get the word out that there were competitions for adaptive riders in snowboarding."

The next step was to think about a competition format. Alpine snowboarding with slalom and giant slalom was ruled out because most of the snowboarders were freestyle riders.

Mentel also thought judged freestyle snowboarding disciplines such as the half pipe could be difficult with athletes with varying impairments competing against each other.

"How on earth are we going to judge people who are missing one leg, compared to someone who is partially paralysed, compared to someone who is only missing an arm?" she asked.

Bibian Mentel has worked for 10 years to get snowboarding into the Paralympics



The solution became a timed snowboardcross event and alpine skiing point factoring so that athletes with different impairments could compete against each other in a single classification.

Events began with national competitions in the US and the first official World Championship was held in Canada. The Netherlands and New Zealand were also key players in supporting and developing the new sport under the World Snowboarding Federation (WSF).

### Hitting the slopes

In May 2012, snowboarding was officially accepted into the Sochi 2014 programme, under IPC Alpine Skiing.

The sport has around 50 active athletes and is still growing.

In February 2012, France hosted a two-day World Championships featuring 40 snowboarders from 10 countries.

USA's Evan Strong starred on the men's side, finishing first ahead of New Zealand's Carl Murphy and fellow American Mike Shea.

Mentel claimed the top prize in the female competition, as silver and bronze went to USA's Amy Purdy and Italy's Sara Dorigatti, respectively.

During the upcoming season, the IPC will organise eight competitions that will serve as Sochi 2014 qualifiers.

"Competing at the 2014 games will mean everything to me. To represent my country at the highest level is such an honour that only a few people get the chance to do. I have worked extremely hard over the past few years to get to where I am now. Being at these games and standing on the podium would be the pinnacle of my snowboarding career," Carl Murphy, New Zealand



# Mikhailina Lysova

## Russia's time to shine



Her time to shine

Having played second fiddle to Vernea Bentele at the Vancouver 2010 Paralympic Winter Games, Mikhailina Lysova has come into her own since the dominating German retired from the sport last year.

The visually impaired Russian skier won a team relay gold at Vancouver, in addition to two silver and two bronze medals in individual events that were all won by Bentele.

But with the Paralympics coming to her country and Bentele now off the slopes, 2014 could be the year Lysova tops the world's podium and becomes Paralympic winter sport's next big star.

### Wide-eyed youngster

Lysova, 20, has been on the slopes since 2002, when her sister took her to a skiing lodge and she was immediately impressed with the sport.

The Nizhny Tagil native made her international debut at a World Cup event in 2007, and now, the second-year Barshkirostan State University student insists she is hooked on the sport and will continue it even after she graduates.

**"I am very happy and proud that my country was chosen to host the next Paralympic Games"**

"My disability does not stop me," Lysova said.

"All my family is very supportive of my involvement in skiing. They are my best and most encouraging support group. My boyfriend is also involved in sports. He is a member of the national Ukrainian team."

Lysova, who has an innocent persona about her, said her biggest career challenge thus far has not been Bentele or her other opponents, but rather the expectations she puts on herself and managing that stress.

"My coach helps me to fight with difficulties," Lysova said. "He tells with me before a race starts that I am the best, strongest and I will manage everything ... and I do."

She puts all of her trust into guide Alexei Ivanov, who takes her down the slopes as quickly and safely as possible.



Mikhailina Lysova, left, has won three individual world titles, but she has yet to claim an individual gold at the Paralympic Games

"We have been working together for a long time and understand each other without words," Lysova said.

"We were introduced by my coach, Alexey, who was his pupil in the past as well. We began to work together four years ago. We could not work as a team at the first steps. But when we got to know each other better everything became better – our friendship and results."

### Hauling in the medals

Four years ago, Lysova's primary goal was to qualify for the Paralympics, so coming away from Vancouver with five medals was a bonus.

"It was very difficult to win my first medal. I received bronze. That gave me a lot of self-confidence to strive for more," Lysova said.

"All of my fellow competitors are very able and worthy sporting rivals. But at every competition I do my best to overcome my fears and difficulties."

Her ambition now is to win "as many medals as possible" in Sochi, and she is also focusing on this season's IPC Nordic Skiing World Championships and World Cup, for which she hopes to up her physical shape.

In Sochi, her toughest challenges will come from her own teammates Elena Rmizova, Valentina Nevidimova and Luliia Budaleeva,

which could make for a very exciting Games for host nation Russia.

"I am very happy and proud that my country was chosen to host the next Paralympic Games," Lysova said.

"It is a great honour to host such a big event in the country. I hope that after the Sochi Games the attitude and minds will be changed positively towards disabled people.

"During the Paralympic Games, people with various physical disabilities overcome their constraints and fears, striving to achieve their goals. You can accomplish almost everything if you try and do your best and never give up."

### LATEST TRIUMPHS

#### 2011 IPC Nordic Skiing World Championships

**Gold:** 3.6km pursuit; 12.5km biathlon; 1km sprint; 3x2.5km team relay cross country

**Silver:** 7.5km biathlon, 5km cross country, 15km cross country

#### 2010 Paralympic Winter Games Vancouver

**Gold:** 3x2.5km team relay cross country

**Silver:** 1km sprint; 5km cross country

**Bronze:** 3km pursuit; 12.5km biathlon



### Russian rivals

At the end of the 2011-12 season, the top five female visually impaired athletes on the IPC Nordic Skiing World Cup rankings list hailed from Russia.





# Athlete of the Month

web >> [www.paralympic.org](http://www.paralympic.org)

The IPC's Athlete of the Month poll attracted record number of voters this summer. Because of the London 2012 Games, the IPC did not have an Athlete of the Month for August or September, but rather had three award winners for those two months, including Best Female, Best Male and Best Team.

JUL



**Blake Leeper (USA, athletics)**

The double-amputee sprinter won the vote after tying South African Oscar Pistorius' world-record time of 10.91 seconds in the 100m T43 race at the Boiling Point Track Classic in Windsor, Canada, on 14 July.



**Best Female London 2012: Muffy Davis (USA, cycling)**

The American handcyclist claimed gold twice in all three of her events at the London 2012 Paralympic Games, including titles in the individual time trial H1-2 and individual road race H1-3 events, as well as the mixed team relay H1-4 with American teammates Matthew Updike and Oscar Sanchez.



**Best Male London 2012: Alex Zanardi (Italy, cycling)**

The former Formula 1 driver struck gold in the men's individual H4 time trial and road race at the London 2012 Paralympic Games. He capped off his performance on the Brands Hatch road course with a silver in the mixed H1-4 team relay.



**Best Team London 2012: Australia wheelchair rugby**

The squad went undefeated at the London 2012 Paralympic Games, beating Canada in the finals to claim the gold medal. Ryley Batt proved to be the team's top player, scoring 37 points in the title match, finishing his London campaign with 161 points in five matches.

OCT



**Yannick Bourseaux (France, triathlon)**

The 37-year-old who is a dual sport athlete in para-triathlon and nordic skiing won after claiming his second career title in the men's TRI-4 at the Para-Triathlon World Championships on 22 October, finishing the race in a time of 54:30.

NOV



**Russia's ice sledge hockey team**

The team won after taking gold at the 2012 IPC Ice Sledge Hockey B Pool World Championships in Novi Sad, Serbia, and now move up to the A Pool for 2013.

**January 2013**

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**Australian Open (23-26 January, Melbourne, Australia)**

The first wheelchair tennis Grand Slam event of 2013 will include eight singles players and four doubles duos in both the men's and women's competition. The quads competition will include four singles players and two doubles duos.

web >> [www.australianopen.com](http://www.australianopen.com)

**February 2013**

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

**World Wheelchair Curling Championships (16-23 February, Sochi, Russia)**

Ten mixed gender teams will compete for qualification points for the Sochi 2014 Paralympic Winter Games, including Russia, Korea, USA and Canada.

web >> [www.wwhcc2012.curlingevents.com](http://www.wwhcc2012.curlingevents.com)



**IPC Alpine Skiing World Championships (18-27 February, La Molina, Spain)**

The best skiers from 30 countries will compete in downhill, slalom, giant slalom, super G, super combined and a team event. France, Germany and Slovakia are expected to field some of the strongest athletes.

web >> [www.ipcalpineskiingworlds.org](http://www.ipcalpineskiingworlds.org)



**IPC Nordic Skiing World Championships (23 February - 5 March, Solleftea, Sweden)**

The top nordic skiers from 18 nations will compete in the short, middle and long distance biathlon, as well as cross country sprint, relay, short and long courses. Russia is expected to dominate the competition, with Ukraine and Canada fielding strong contenders.

web >> [www.ipcnordicskiingworlds.org](http://www.ipcnordicskiingworlds.org)

**March 2013**

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**Sochi 2014 test events (4-21 March, Sochi, Russia)**

The snowboarding test event will take place from 4-6 March, followed by alpine skiing from 7-12 March and nordic skiing from 14-21 March.

web >> [www.sochi2014.com](http://www.sochi2014.com)

**April 2013**

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**IPC Ice Sledge Hockey A Pool World Championships (12-20 April, Goyang City, Korea)**

The world's eight best ice sledge hockey teams will battle for the world title as well as qualification spots for Sochi 2014. At last year's tournament, USA defended their title, while Korea finished a surprising second and Canada a disappointing third.

web >> [www.icesledgehockeyworlds.org](http://www.icesledgehockeyworlds.org)



**Largest-ever Parapans**

 [Canada] The Toronto 2015 Parapan American Games will feature 1,500 athletes, including the new sports of wheelchair rugby and football 7-a-side. In addition, each of the sports will serve as a Paralympic qualifier for the Rio 2016 Paralympic Games.



web >> [www.toronto2015.org](http://www.toronto2015.org)

**Celebrating para-sport**

 [Haiti] More than 2,000 people celebrated Haiti's National Competition day of Handisport on 17 October, an annual event funded this year by the IPC's Agitos Foundation that honours people with an impairment in the country and showcases Paralympic sport.



**NPC Senegal host development workshop**

 [Senegal] Sixty-four participants from 17 countries took part in a Paralympic development workshop in Dakar, Senegal to further para-sport in their respective nations. The event was organised by NPC Senegal and JAPPO, a professional event organisation company, and also included coaching courses.



**2015 Alpine Skiing Worlds**

 [Canada] The 2015 IPC Alpine Skiing World Championships will be held at the Panorama Resort in Canada.



**2014 Swimming Worlds**

 [Scotland] The 2014 IPC Alpine Skiing World Championships will be held in Glasgow, Scotland.




**2014 Goalball Worlds**

 [Finland] Following an extensive bid evaluation process, Finland has been chosen as the host nation for the 2014 IBSA Goalball World Championships.



**Korean hold sledge clinic**

 [Korea] held their second annual ice sledge hockey clinic from 19-23 November to help further cultivate their programme and establish themselves as top contenders at the 2013 IPC Ice Sledge Hockey A Pool World Championships and the PyeongChang 2018 Paralympic Winter Games.



**40th Anniversary**

 [Hong Kong] To celebrate the 40th anniversary of the Hong Kong Paralympic Committee and Sports Association for the Physically Disabled an exhibition of Paralympic memorabilia toured shopping malls across the region.




web >> [www.hkparalympic.org](http://www.hkparalympic.org)

**Paralympic Wall unveiled**

 [Great Britain] IPC President Sir Philip Craven unveiled the Paralympic Wall in the London 2012 Paralympic Village, commemorating the UN Convention on the Rights for Persons with Disabilities. The wall was part of LOCOG's Get Set programme, which will continue in Great Britain with the support of the British Olympic Association and the British Paralympic Association.



**NHL player donates sledges**

 [Austria] Buffalo Sabres player and Austrian ice hockey star Thomas Vanek helped Austria field a team for its first ice sledge hockey international event by donating funds and sledges to the squad his father coaches.







## IPC Athletes' Council election

Athletes took to the polls at the London 2012 Paralympics to vote for six members of the IPC Athletes' Council, the collective voice for all Paralympic athletes within the IPC and the greater Paralympic Movement.

From 27 August – 7 September, 1,970 athletes placed their votes, representing a 46 per cent overall turnout.

The six council members will serve a four year term, and include four newly elected athletes: sitting volleyball player Elvira Stinissen of the Netherlands, track athlete Arnaud Assoumani of France, archer Gizem Girismen from Turkey, and football 7-a-side player Jon McCullough of the USA.

Swimmer Teresa Perales of Spain and wheelchair fencer Yu Chui Yee of Hong Kong are the two re-elected athletes.

The IPC Athletes' Council is made up of nine athletes in total, which includes the aforementioned six summer athletes, and three winter athletes, as well as chairman Bob Balk.

The three winter sport Athletes' Council members will be re-elected at the Sochi 2014 Paralympic Winter Games.



The first meeting took place in Bonn, Germany, in November

web >> [www.paralympic.org/Athletes/Council](http://www.paralympic.org/Athletes/Council)

## Athletes nominated for Laureus Award

The Laureus World Sports Academy has announced the six nominations for the 2012 World Sportsperson of the Year with a Disability category.

The Laureus World Sports Awards celebrate sporting excellence across all disciplines and all continents. The winner will be announced on 6 February 2013.

They include:



Alex Zanardi, cycling (Italy)



Daniel Dias, swimming (Brazil)



Pat Anderson, wheelchair basketball (Canada)



Alan Fonteles, athletics (Brazil)



David Weir, athletics (Great Britain)



Johanna Benson, athletics (Namibia)



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