

stephen brown
age 28
sittingbourne
wheelchair rugby



athlete profile

Stephen narrowly missed out on selection for the Beijing Olympic Games but is now a regular member of the GB team. He helped his club team win the 2009 National League title, picked up the Kent Disability Sportsman Award and won a Gold medal at the "Vegas Vengeance" tournament in January. He trains six days a week with a mixture of rugby, swimming handbike and weights sessions.

What are your short and long term ambitions? My big long term goal is to be part of the 2012 team at the London Paralympics. My short term goals are to be the best I can be at every step of my game and to train hard every day to make sure I fulfil my potential in my sport – I don't want to ever feel like I could have tried harder if I don't make it to the top.

How did you first get involved with your sport? Following a fall I broke my neck and was introduced to the sport. As soon as I left hospital I got involved and started playing for London.

How will your SportsAid Award help you? The SportsAid will help me be able to provide a strong financial platform to build by sporting dreams on. I could not afford to play this sport without this sort of help it costs more money than I can afford.

If you could win one tournament in your sport, what would it be? Paralympics – no bigger achievement in sport.

What do you do in your free time? There is nothing more important than friends and family so I spend a lot of time with them when I am not training or playing.

key achievements

- GB Development Squad - classification 2.5
- England Senior Team
- Key member of the Kent Crusaders
- 2010 Las Vegas "Vengeance" - Gold
- 2010 Kent Disability Sportsman Adult winner
- 2009 National League Champions
- 2008 European Championships

aims

- March 2010 Bernd Best (Germany)
- March 2010 Europa Cup (Germany)
- 2010 National League title

"I found myself getting better and better in the sport and taking it far more seriously. The extra dedication I have for the sport now has moved me from a recreational player to an athlete and my life now revolves around the sport." – Stephen Brown



Did you know?

SportsAid is the only UK charity working with 48 National Governing Bodies of Sport. We help an average of 1,500 athletes every year, both disabled and able bodied.