



1



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## Wounded 20<sup>th</sup> November 2010 AFGHANISTAN, Helmand Province



5

## 9 Weeks in Hospital



6

# Rehab RMDC Headley Court



7

# DMRC Stamford Hall Duke of Westminster



8

## Re Integration into Society



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## Adaptive People, Same Sport



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# Paralympic Sailing




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2.4mR 

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Sonar

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# London 2012



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# Paralympic Closing Ceremony 2012

17



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19

## Back to Sailing and Paralympic selection for Rio 2016



20

Can a person with no legs  
Jump?

21



22

**Jump and try and get better**



23

**First International  
Competition.  
Grosseto, Italy April  
2016**

24



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# Training for the World Championships

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One off?



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The Next day...

30



31

I'm not fat I'm just big boned.



32



# British Athletics Pre World Championships Camp – France

33



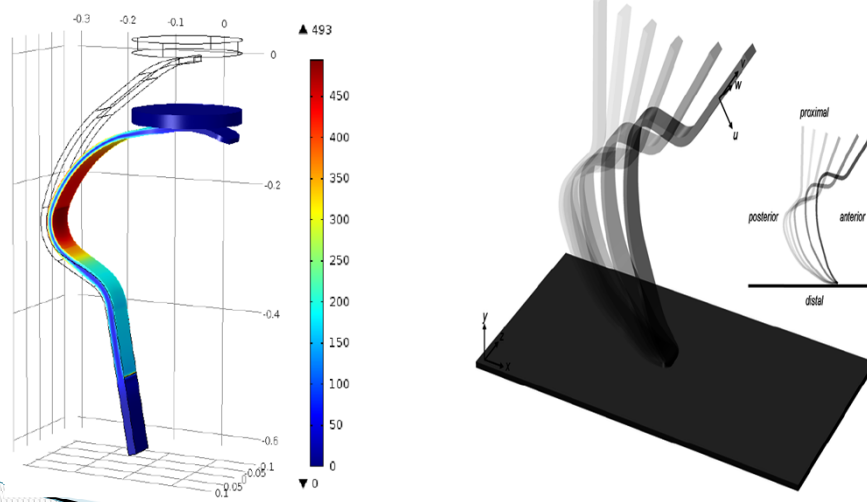
34

OK Something needs to change



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Solution



36

4 days to go



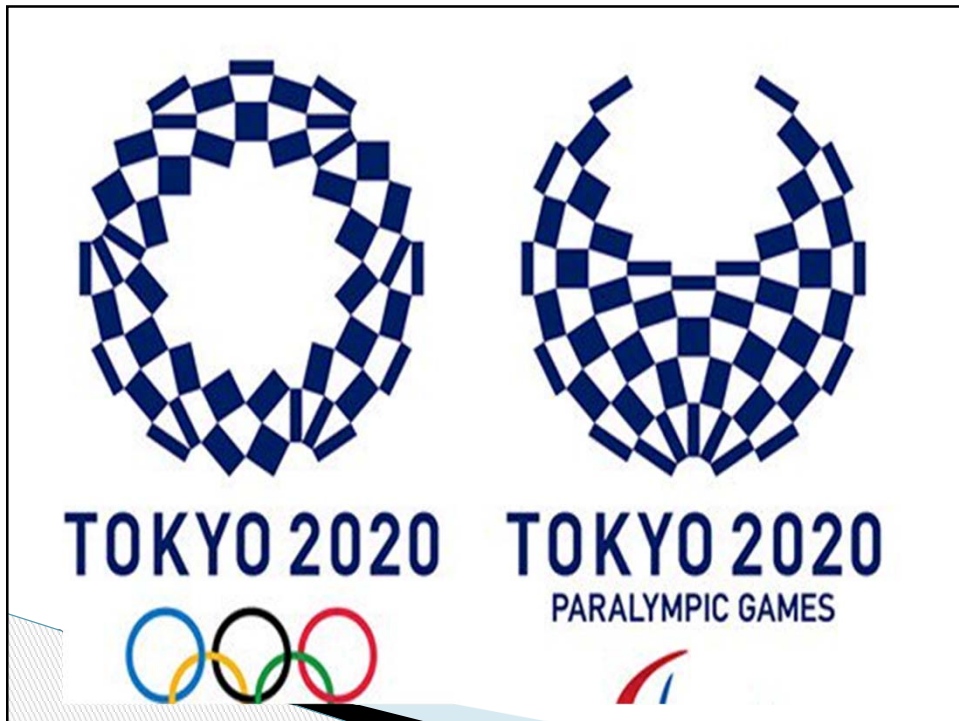
37

World  
Championship Final  
18<sup>th</sup> July 2017  
London

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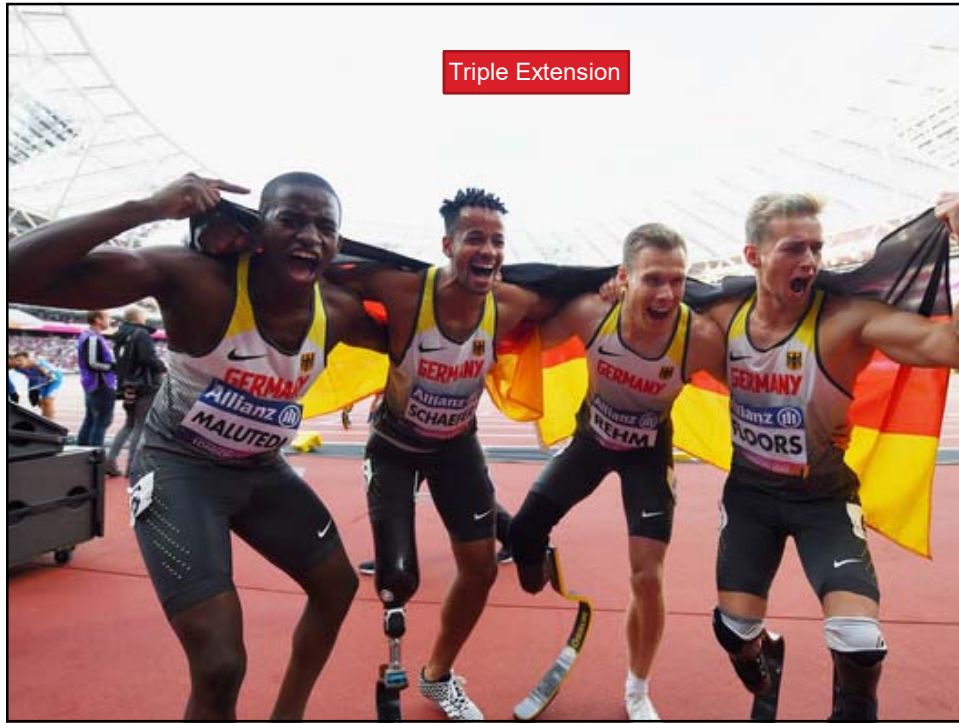
## London 2012 Oscar Pistorius and Alan Oliveira



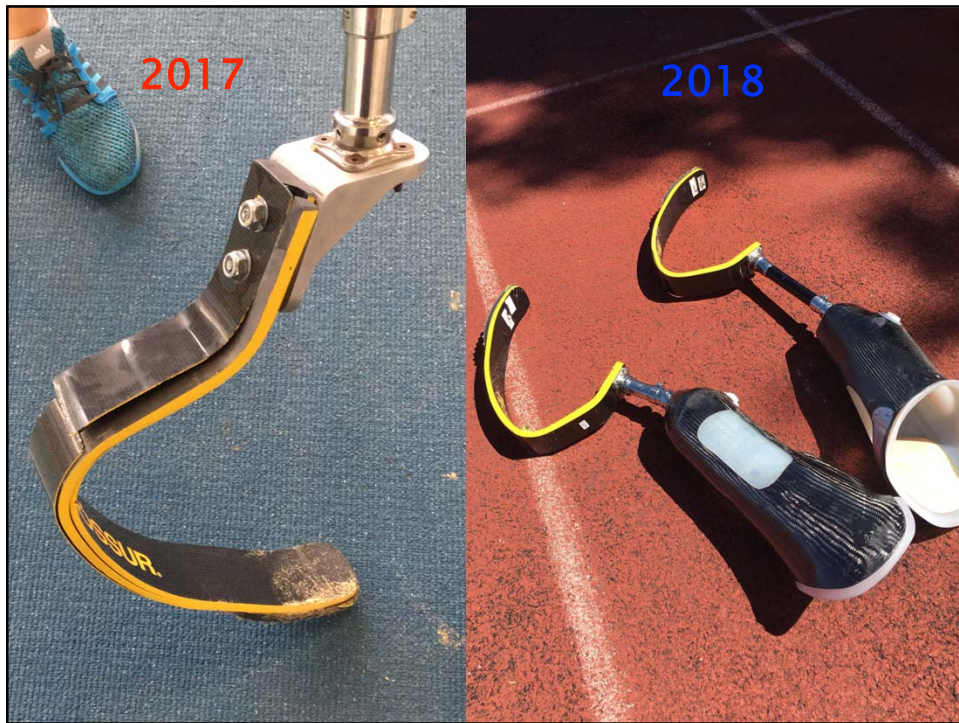
41



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## Athletics 4 year Cycle

2016 - Paralympics - Rio de Janeiro

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2017 - World Championships - London (July)

**2018 - European Championships - Berlin (August)**

2019 - World Championships - Dubai (November)

2020 - European Championships - Bydgoszcz, Poland (July)

2020 - Paralympics - Tokyo (September)

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2024 - Paralympics - Paris

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2028 - Paralympics - Los Angeles

Grand Prix vs Diamond League

45

## European Championships Berlin 2018



46

One of those competitions



47



48



# Athletics 4 year Cycle

2016 - Paralympics - Rio de Janeiro

---

2017 - World Championships - London (July)

2018 - European Championships - Berlin (August)

**2019 - World Championships - Dubai (November)**

2020 - European Championships - Bydgoszcz, Poland (July)

2020 - Paralympics - Tokyo (September)

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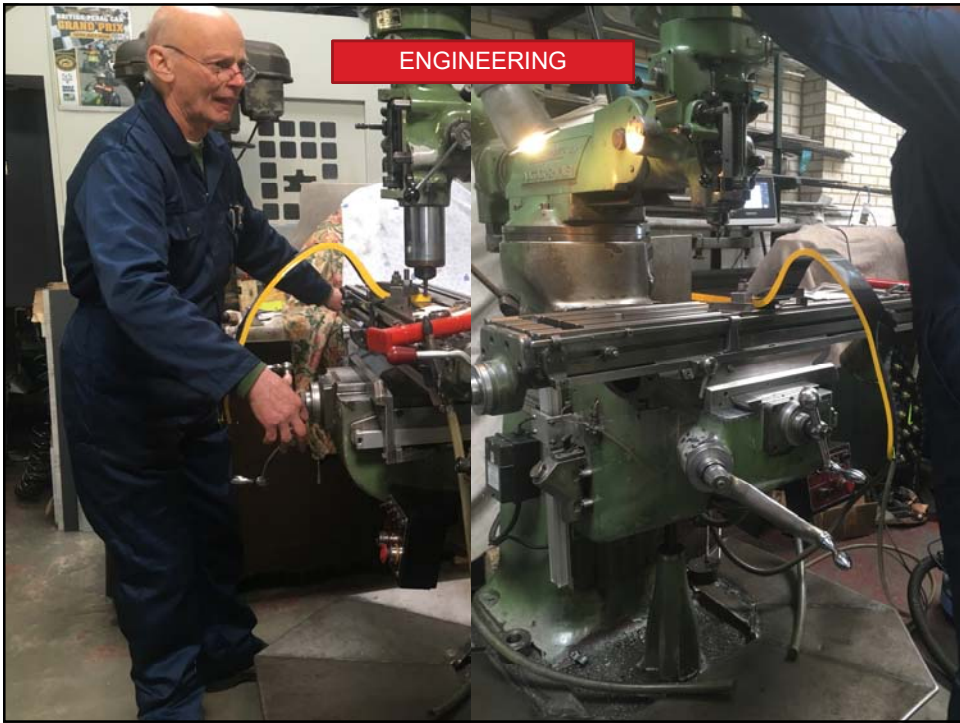
2024 - Paralympics - Paris

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2028 - Paralympics - Los Angeles

Grand Prix vs Diamond League

49



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51



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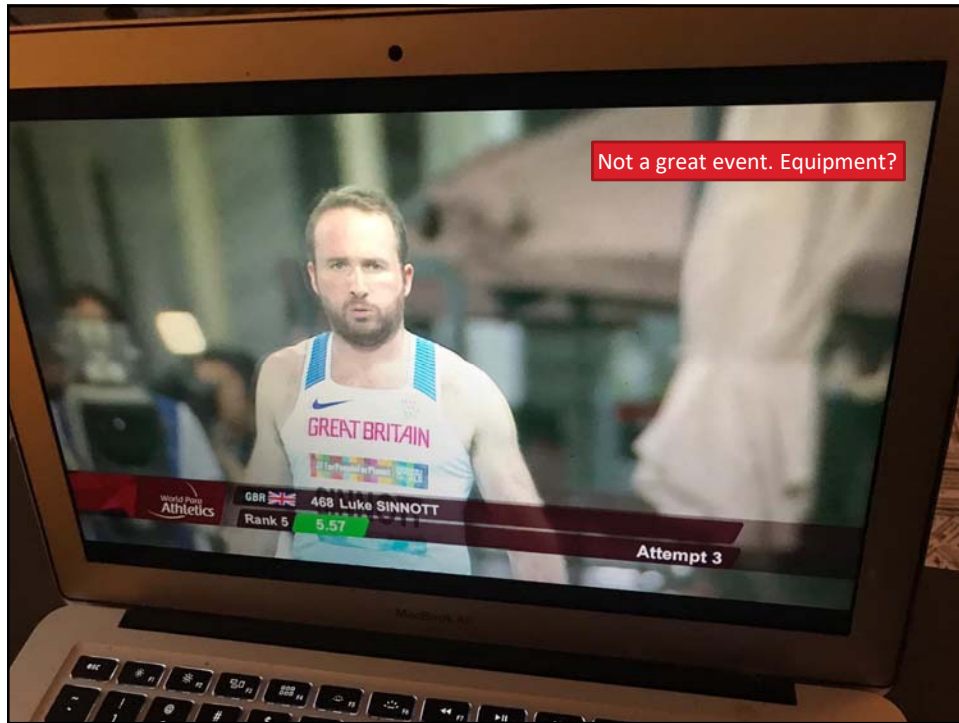
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57

## Athletics 4 year Cycle

2016 - Paralympics - Rio de Janeiro

---

2017 - World Championships - London (July)

2018 - European Championships - Berlin (August)

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**2020/2021 - European Championships - Bydgoszcz, Poland (July)**

**2020/2021 - Paralympics - Tokyo (September)**

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2024 - Paralympics - Paris

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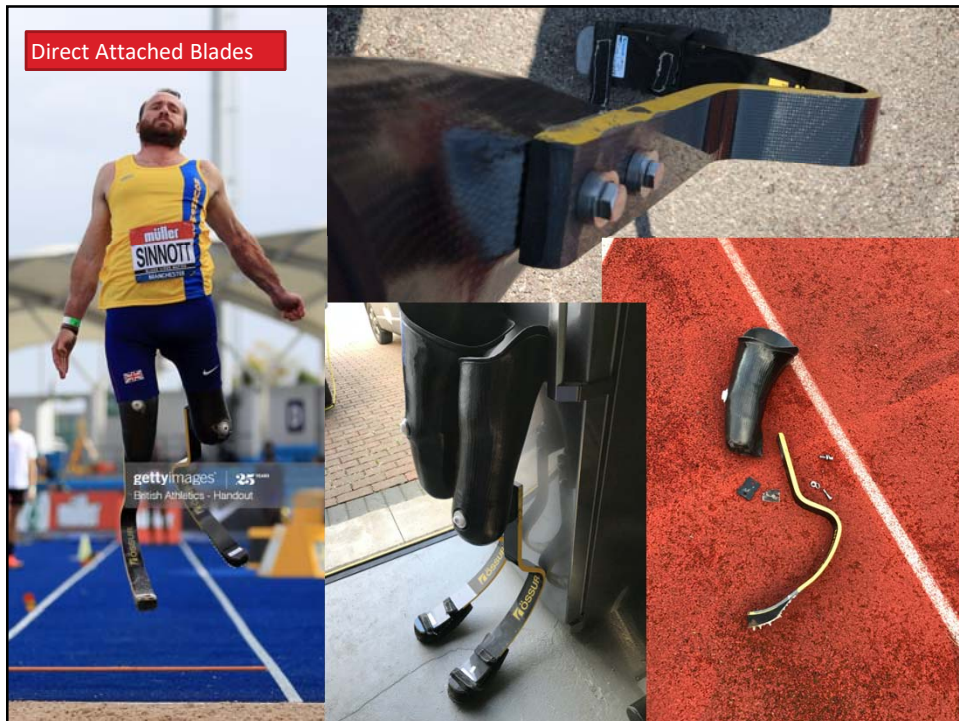
2028 - Paralympics - Los Angeles

Grand Prix vs Diamond League

58



59



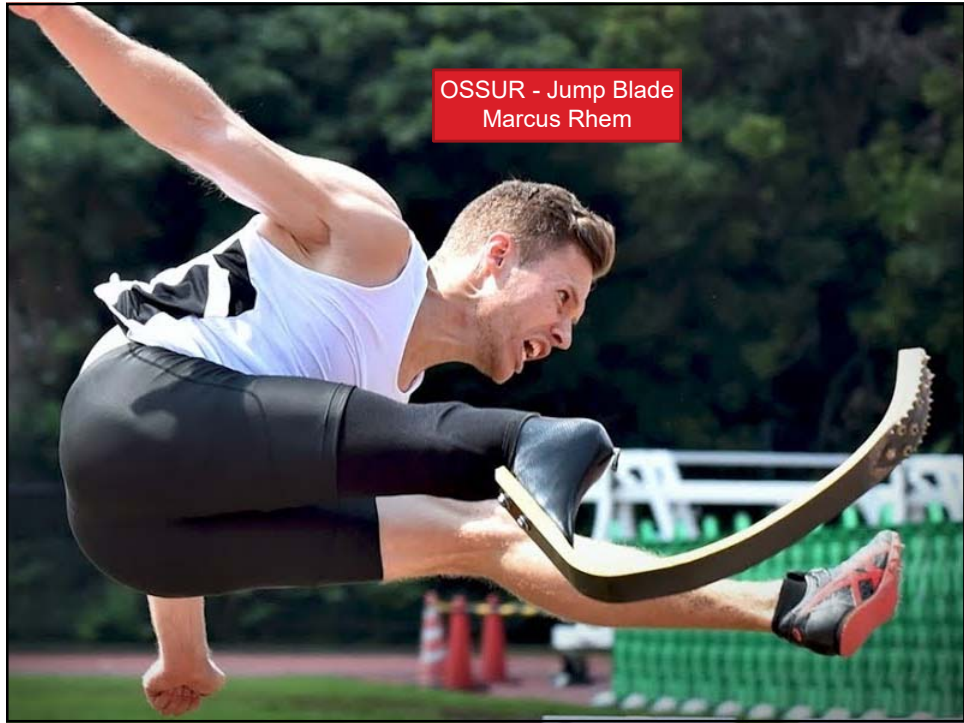
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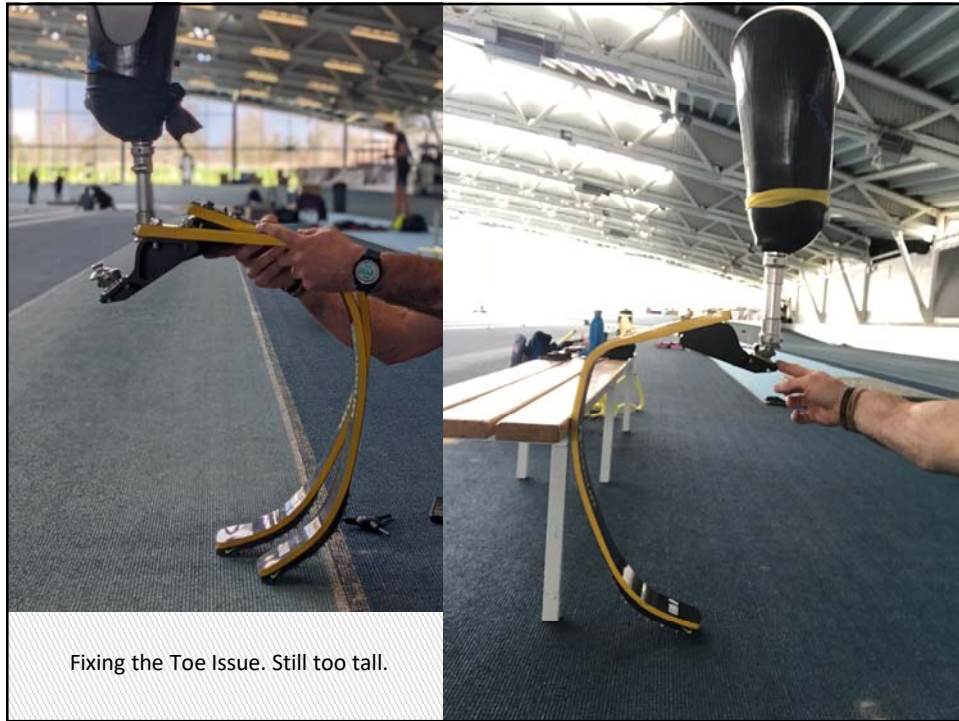
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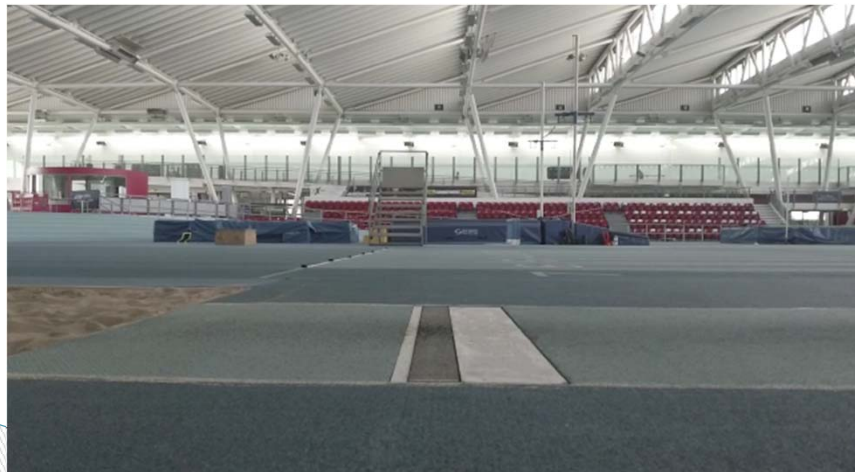


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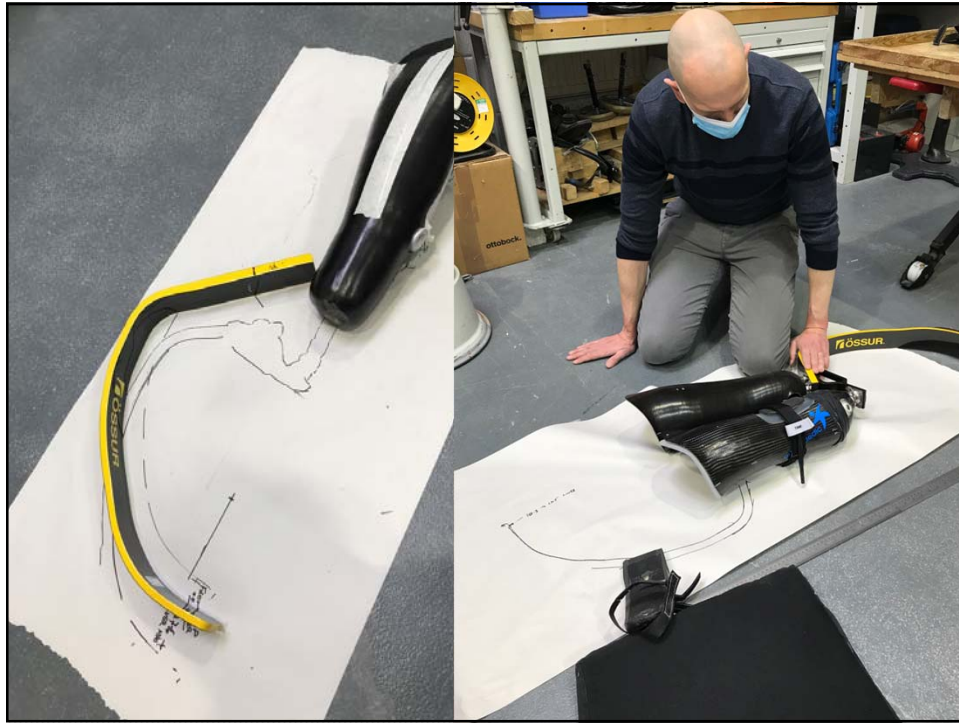


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## Tall Take off



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# Lee Valley. 25th April 2021



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European Championships 3rd June 2021 Poland

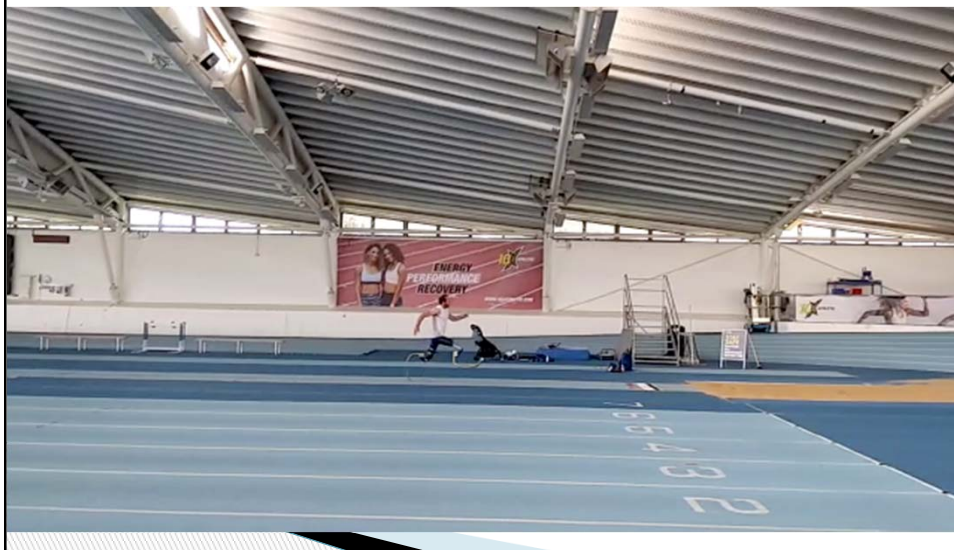
77

## Starting to come together 16th June



78

## Week 2 of Paralympic Selection Training Camp. 23 June



79



80



# End of the Paralympic Dream?

Are you ever going to be good enough?

What next? Is this fair on your family?

Are you getting too old?

How do you fund it? Did you pick the right sport?

Are you a quitter?

How far are you willing to go to win this?

Do you even want to be an athlete anymore?

81

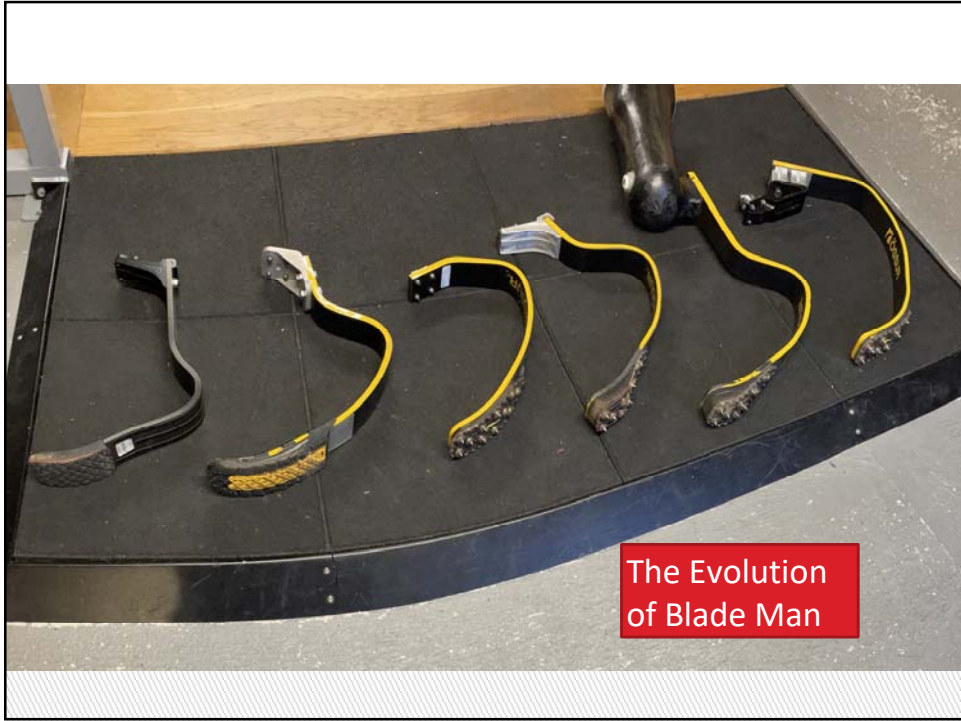


PARIS 2024

LA 28



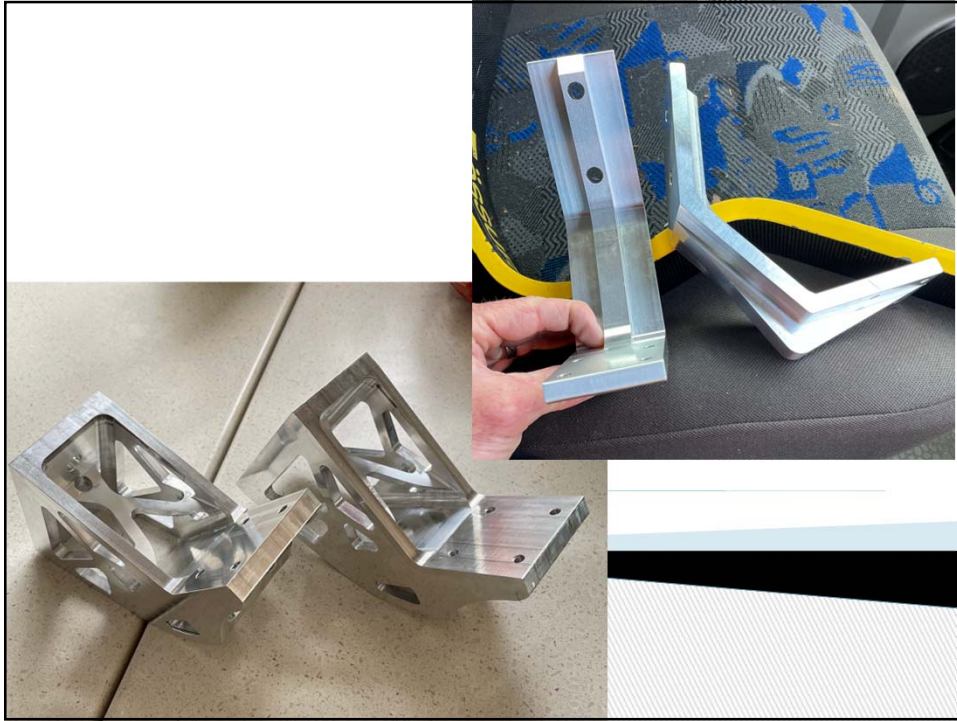
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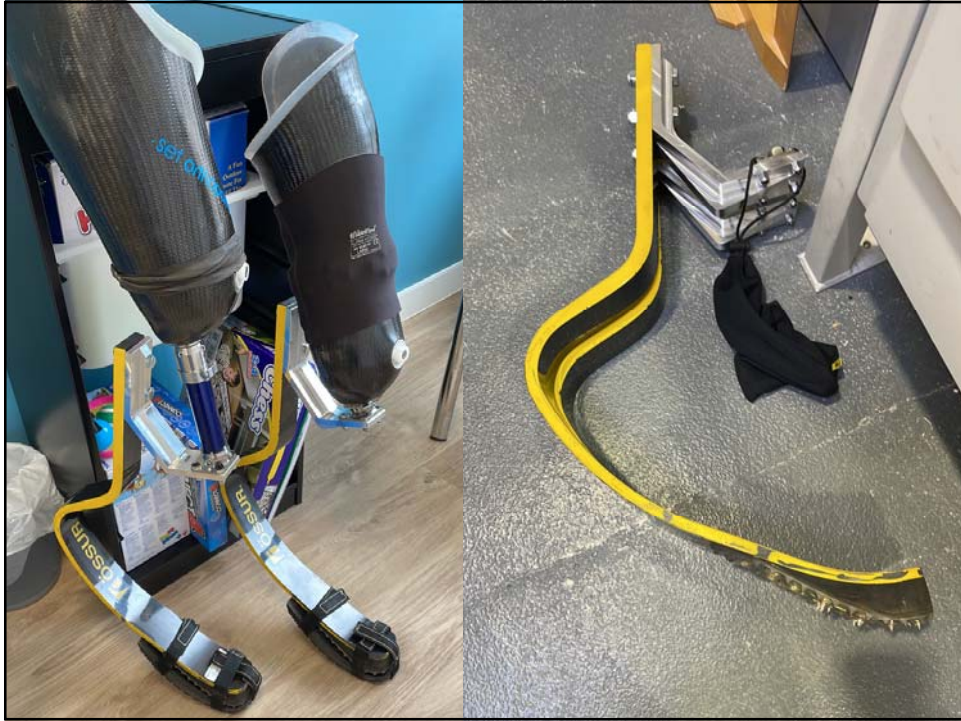
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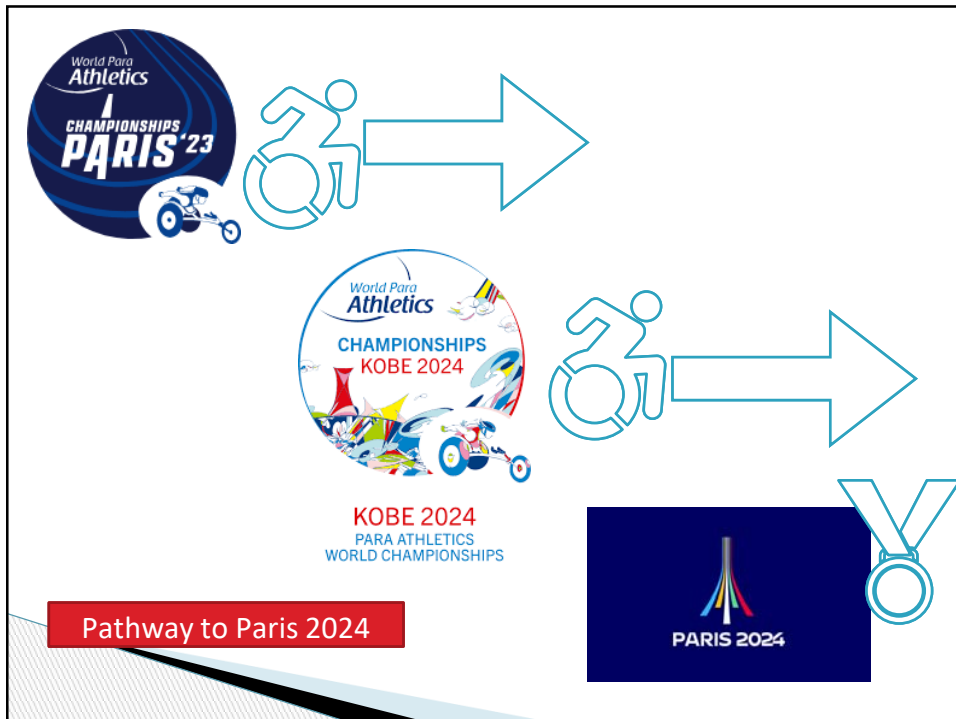
Improving Good Ideas

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# First jump on new setup



89



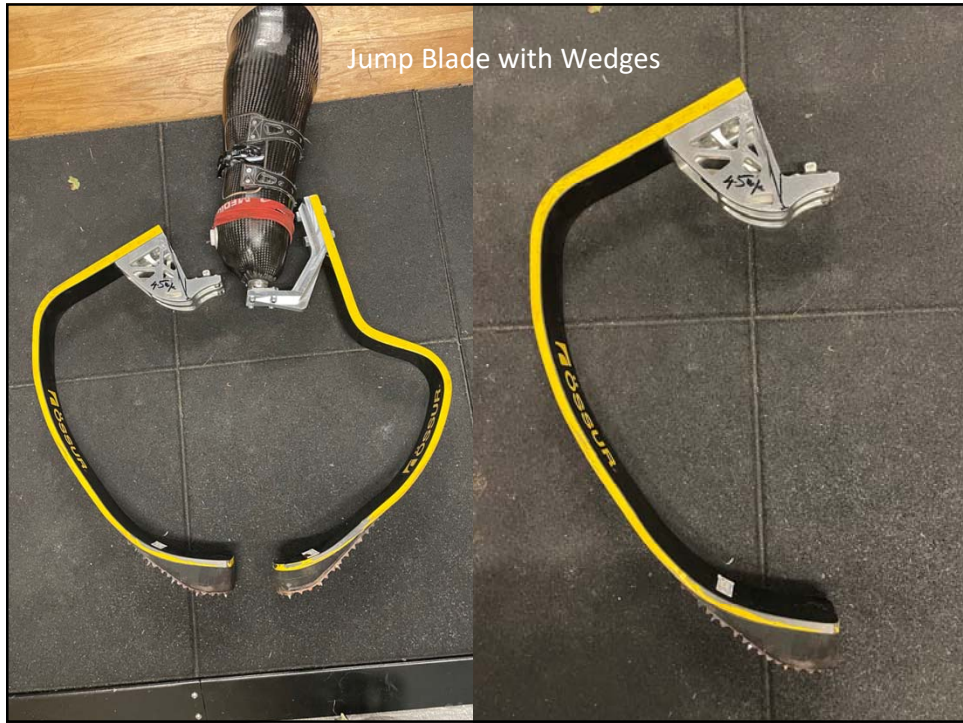
90

World Para Athletics Grand Prix 2023

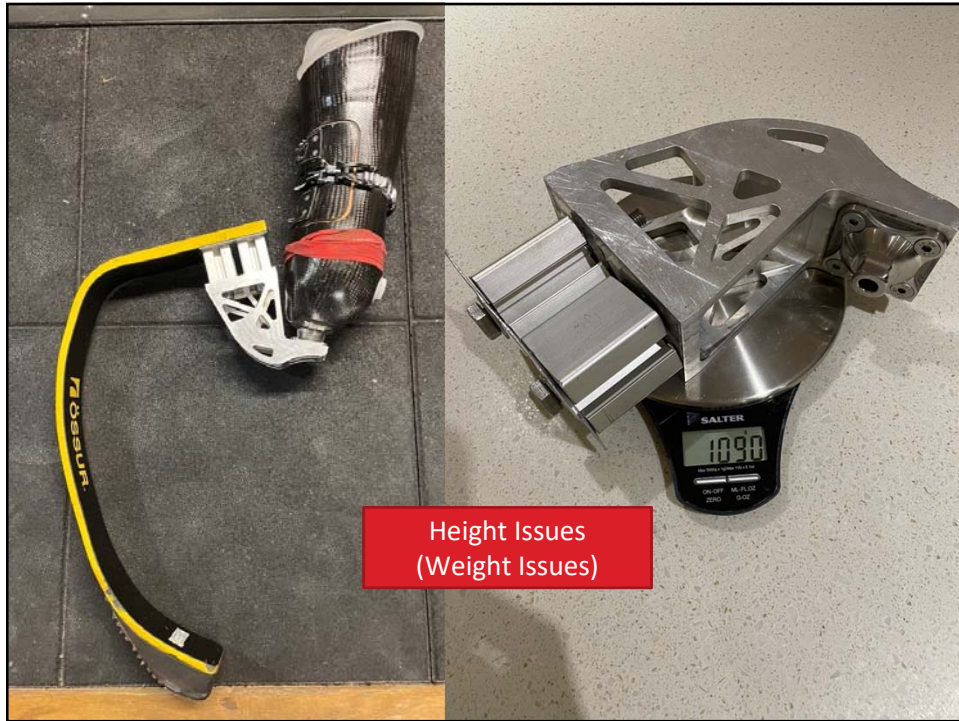
Paris Worlds Team Selection 29th May 2023

Event	Country	Dates
Tunis GP	Tunisia	6-8 February
Dubai GP	UAE	26 February – 1 March
Marrakech GP	Morocco	9-11 March
Monterrey GP	Mexico	27-29 April
Italy GP	Italy	11-13 May
Nottwil GP	Switzerland	25-27 May

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The Gamblers Arrive 4th March

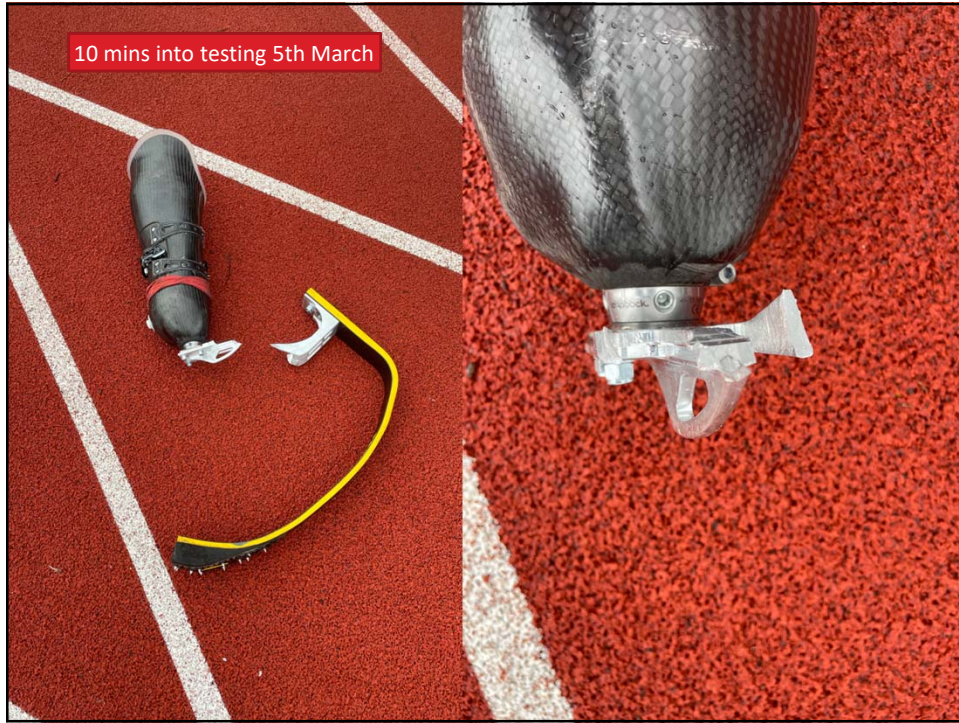
95



9-11 March

96





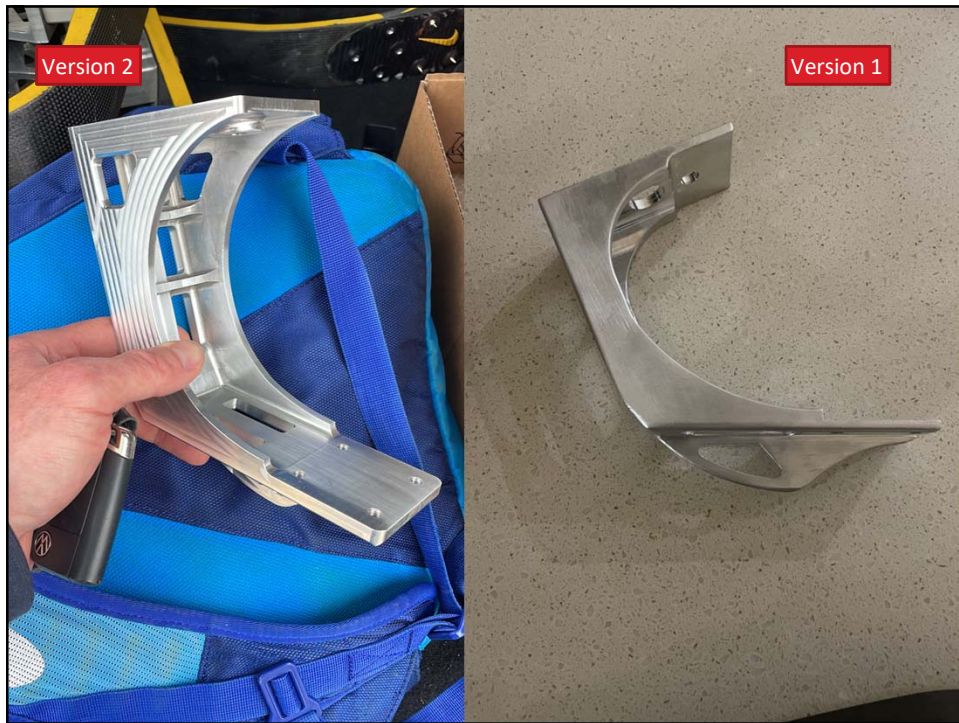
97



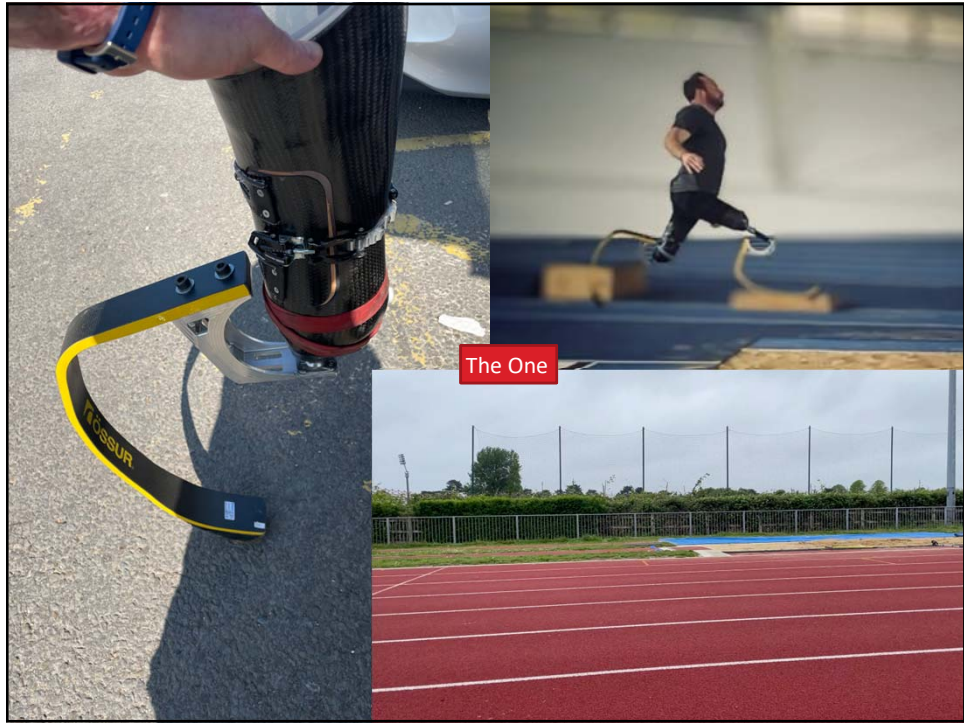
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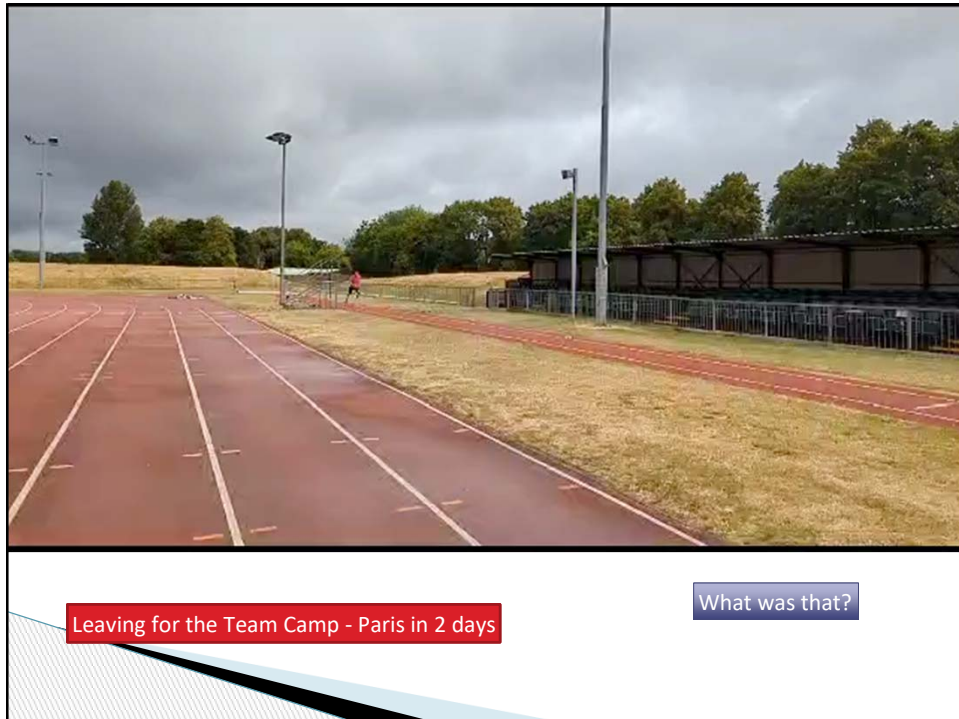
101



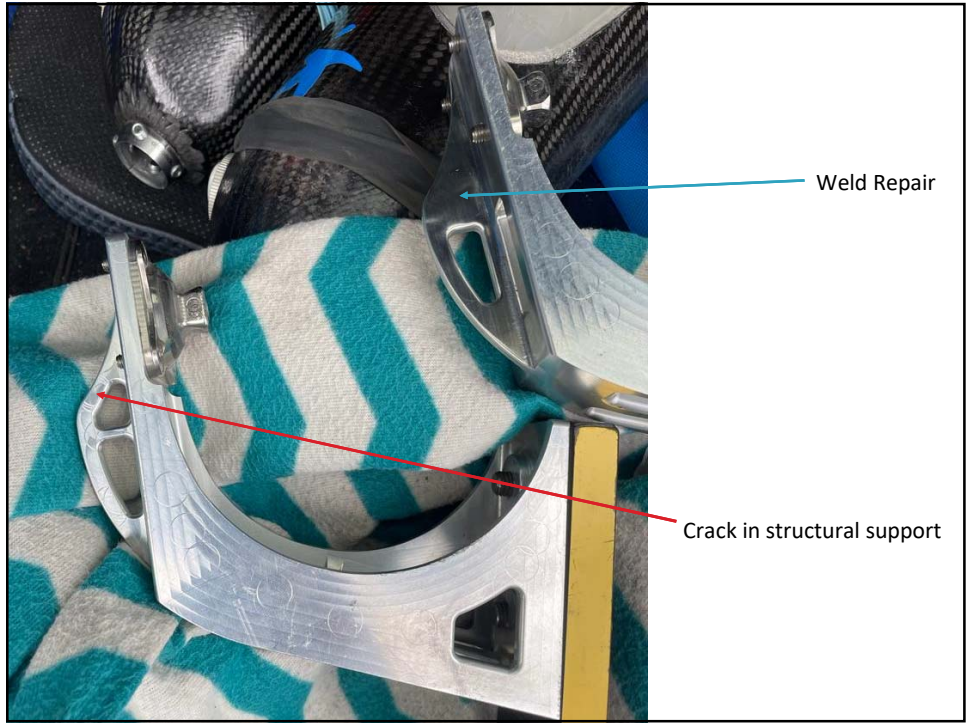
102



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Paris 2023 World Championships - 10th July



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## Dark Places

You Chocked

What the hell happened?

You don't belong here

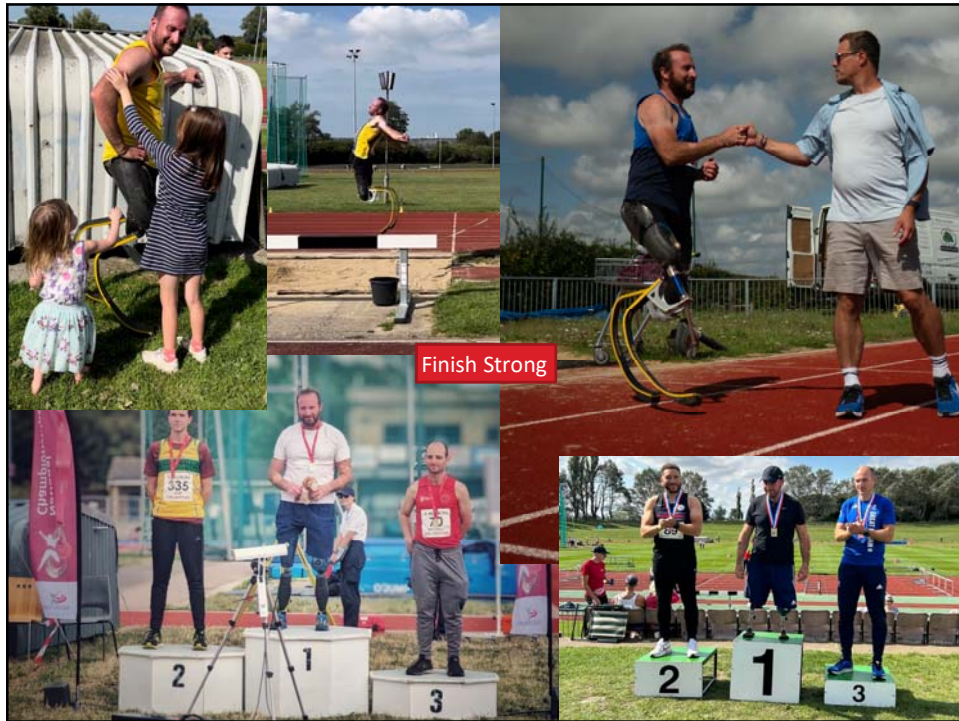
You didn't make the right decisions

You aren't good enough

You've embarrassed yourself

How can you ever make the Paralympics?

111



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Many of **life's failures** are people who did not realize **how close** they were **to success** when they **gave up**.  
- Thomas Edison

Goalcast

Do not judge me by my successes, judge me by how many times I fell down and got back up again.  
- Nelson Mandela

Learn more at [SpiritualCleansing.Org](http://SpiritualCleansing.Org)

"I've started, so I'll finish"  
Magnus Magnusson. Mastermind

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[www.lukesinnott.com](http://www.lukesinnott.com)  
[www.flyingforfreedom.org](http://www.flyingforfreedom.org)

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