

# **FANS SCHEME**

## **(Free access to National Sportpeople)**

### **Lindsay Thorpe - Paracanoe**

After my amputation in May 2016, I attended a multi-sport event hosted by the Team GB academy programs, designed to introduce participants to various para-sports. I was invited to Holme Pierrepont to try Paracanoe and immediately fell in love with it. As a result, I ended up learning to paddle concurrently with learning to walk again.

I now train in a variety of locations, including lakes, rivers, swimming pools, and Rushcliffe Arena gym!



# Lindsay Thorpe

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## My Sporting Achievements so far:

- World Champion Bronze medallist
- European Silver medallist
- World Cup and European A finalist
- Multiple National Gold, Silver, and Bronze medallist
- 2023 Rushcliffe Sports Person of the Year

## My Role Models:

- Professionally: Lisa Carrington, for her athletic values, unwavering determination to improve, and maintaining an open mind and genuine kindness.
- In everyday life: My mum, who consistently reminds me to be authentic, accept that bad days occur but are temporary, and to learn from them.



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## **My Hobbies, Interests, and Charity Work:**

I have a deep passion for horse riding, which I have enjoyed since childhood.

I regularly contribute to a mental health charity to support individuals facing mental health challenges. I also visit schools to raise the profile of disability in the public sphere, aiming to reassure those who feel insecure about their disability that they are not alone, while also educating the wider community.

## **The Significance of the Lex Leisure FANS Membership:**

This scheme is invaluable as it provides the necessary flexibility to structure my training around my work and studies. This support allows me to maintain my training schedule, bringing me closer to my athletic goals. Furthermore, it has given me a platform to champion disability awareness within public fitness facilities.

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