



## Shelly Woods

British Paralympian



### CSA CELEBRITY SPEAKERS

Shelly Woods is one of the highest performing wheelchair athletes in the UK at the moment. At 11 years old she was in an accident whilst playing with friends. She fell from a tree and broke her back leaving her paralysed from the waist down and was told she would never walk again. Shelly is a Paraplegic T12-L - classified as a T54 in disability sport - and her events include track and road, from 400m up to marathon. Shelly had to hand back her silver medal after judges decided to re-run the T54 5,000 metres following a mass pile-up during the race in Beijing, eventually achieving bronze in the re-run.

**"Shelly possesses the true Olympian spirit"**

#### In detail

Shelly was always an active enthusiastic youngster; sport has always been in her life from a young age. In school if there was a sports team, you name it she was in it, from netball, athletics, tennis, swimming. 2005 was her International break through year where she started breaking British records in the 5000m and half marathon and started to be competitive with the rest of the world. In 2006 she made the team for the World Championships and won a bronze medal in the marathon, finished 4th in the 5000m and 8th in the 1500m. Other achievements were 2nd London Marathon, breaking the 1500m British record, Commonwealth Games 800m finalist, 2nd New York marathon.

#### What she offers you

Shelly Woods sets her sights high, aiming for world class events including the Beijing Paralympics in 2008, and looking further forward to success in London 2012, plus beating world records and achieving new levels. She translates her achievements and dreams to business and life situations and shows how the impossible is closer than you think.

#### How she presents

Shelly Woods' highly motivational addresses captivate audiences with her frank, moving and inspirational words.

#### Topics

Motivation  
Overcoming Setbacks  
The Olympic Dream  
London 2012

#### Languages

She presents in English.

#### Want to know more?

Give us a call or send us an e-mail to find out exactly what she could bring to your event.

#### How to book her?

Simply phone, fax or e-mail us.

#### Credentials

Shelly holds the women's course record for the Reading Half Marathon, set in 2004 at 66 minutes 37 seconds.

In April 2007, Shelly won the London Marathon Women's wheelchair race for the first time in a record time of 1:50:41.

Representing Team GB at the 2008 Paralympics in Beijing, Woods won a bronze medal in the 5,000 metres wheelchair final at the second time of asking. Having originally been awarded silver for coming second on 8 September, a controversial protest arising from a multiple collision (six athletes crashed) in the final straight led to the race being re-staged four days later.

Shelly later won a silver medal in the 1500m