



LIZ JOHNSON

c/o Emma Wade, Threshold Sports, The Granary,
Standen Manor Estate, Hungerford, Berkshire, RG17 0RB

T: 01488 662730

M: 07713 638469

T M



KEY FACTS

Date of birth: 03/12/85

Place of birth: Newport, Gwent

Lives: Bath

Height: 164cm

Career Highlights: Winning a Paralympic gold medal in the 100m Breaststroke at the Beijing 2008 Paralympics.

Liz was first introduced to swimming at the age of three, following advice that it would help with her cerebral palsy. At just fourteen, Liz was already competing at a national level, before making the British team shortly after.

In 2006, Liz claimed three gold medals at the IPC World Championships, successfully building on the successes at the Athens Paralympics where she won a silver medal. The highlight of her career, however, was yet to come. In September 2008 at the Beijing Games, Liz won her first gold Paralympic medal in the 100m Breaststroke, dedicating it to her mother who sadly passed away the day Liz arrived in Beijing.

In June 2009, Liz moved from Swansea and joined the University of Bath training group – Team Bath. Since this transition, Liz has set a new world record in the 50m breaststroke (SB6) at the Disability Sport Events Nationwide Short Course Championships in November 2009 and in December she went on to win the gold, with another world record breaking performance, at IPC World Short Course Swimming Championships in Rio de Janeiro in the 100m breaststroke (SB6).

In addition to her swimming ambitions, Liz also has plans to pursue a career as an accountant, having graduated in 2008 with a degree in business management and finance, and is currently studying one day a week for her accountancy.

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ACHIEVEMENTS

EVENT	VENUE	MEDAL / DISCIPLINE
2009 IPC World Championships	Rio de Janeiro	Gold, 100m Breaststroke (SB6) WR (1.38.12) Bronze, 200m IM (SM6) Bronze, 100m IM (SM6)
2009 National Short Course Championships	Sheffield	Gold, 50m Breaststroke (SB6) WR (46.01)
2009 IPC Swimming European Championships	Reykjavik	Silver, 100m Breaststroke (SB6)
2008 Paralympic Games	Beijing	Gold, 100m Breaststroke
2008 British Championships	Sheffield	Gold, 100m Breaststroke 4th 200m IM
2006 IPC World Championships	Durban	Gold, 100m Breaststroke Gold, 20pt 4x50m Freestyle Relay Gold, 4x50m Medley Relay
2004 Paralympic Games	Athens	Silver 100m Breaststroke 5th 200m IM
2001 IPC European Championships	Stockholm	Bronze, 200m IM



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