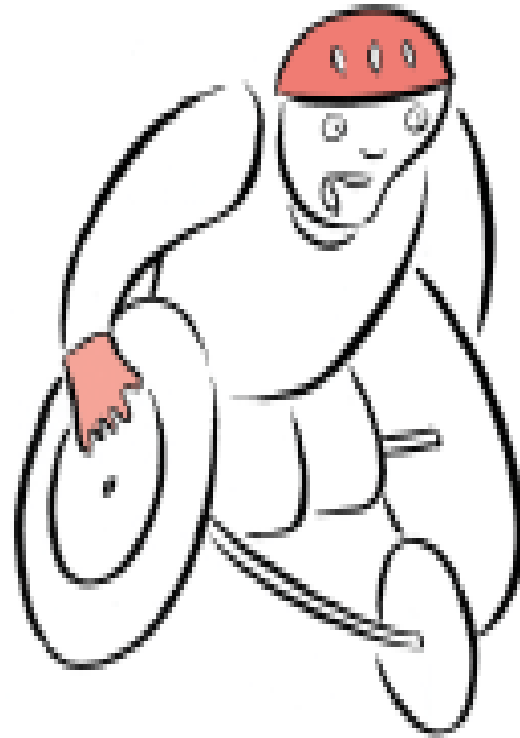


Paralympians

FACT FILE

Louise Sauvage is Australia's best known Paralympian. She was born 18/09/73 with a spinal condition, Myelodysplasia and took up wheelchair sports when just eight years of age. In 1989 she decided to specialise in Track and Road Racing and has dominated the sport at Australian and world competitions ever since. Her haul from the Barcelona and Atlanta Paralympics was an amazing 7 gold medals and 1 silver! Her ability to be competitive across a range of distances from track sprints to the road marathon distance of 42km highlights Louise's unique talent. She currently holds world records for the 200m, 800m, 1500m and 5000m events. Her times for these events are listed in the table below together with her personal best times for other events. To develop the combination of speed, skill and endurance that Louise requires, her training program must be very intensive. She trains six days a week over about 30km on freeway cycle paths in the morning followed by weight training or swimming sessions in the afternoon. Her determination and sheer ability should ensure that Louise Sauvage will remain the world's number one female wheelchair Track and Road Race athlete for years to come.



Activities

- Find out about the history of the Paralympics.
- Where and when did they first begin?
- Find out about the Paralympics that will be held in Sydney in 2000.
- Find out about three Paralympians and write a profile on each.
- Detail their backgrounds and sporting achievements.
- Include photos and quotes if possible.

Louise Sauvage – Personal Best Times

Event	Best Time
100m	16.25sec
200m	29.30sec WR
400m	54.96sec
800m	1min51.81sec WR
1500m	3min30.45sec WR
5000m	12min40.71sec WR
Marathon (42km)	1hr54min28sec