

## Access to Experts



**John Harris**  
Gold medal paralympian  
Discuss

**"I had a serious accident when I was 18 and was consigned to a life on wheels. I thought my life had ended but after spending three years in crisis, I found sport, Paralympian sport, and through that, a great deal of self worth." John took part in 5 Paralympic games, winning a gold, silver and bronze.**

John Harris was paralysed at the age of 18 after he fell 18 metres from a fairground ride; and a full 17 years passed before he was selected to compete for Great Britain at his first Games in 1980.

The pinnacle of John's sporting career was winning gold in the discus in the 1984 Games and four years he claimed silver in the discus and bronze in the pentathlon at the Seoul Games in 1988.

John is a proud advocate of how Paralympic sport can change the public's perception of disability.

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