

## Access to Experts



**Karen Lewis-Archer**  
Former Paralympian Athlete

Formerly a very accomplished swimmer, Karen joined Red Star Athletics Club in Glasgow and with coach Ian Mirfin, soon started breaking world records. In the lead up to the Sydney Games Karen was ranked number one in the world, however it was then that she developed a serious wrist problem that would hamper her career.

Regularly competing with a strapped and painful wrist that impaired her pushing technique, Karen represented Great Britain at two Paralympic Games – Sydney in 2000 and Athens 2004, finishing an agonising 4th in both the 100 and 400 metres in 2000. Her career also saw her win gold at both the World and European Championships.

Contact Carol Courter, Manager, Corporate Communications, +1 212 339 0232, [courter@conferenceboard.org](mailto:courter@conferenceboard.org)

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