changing**LIVES:**

Craig Heap

Gymnastics-Men's Artistic

Craig started gymnastics aged 9 at his local sports centre. His career spanning 20 years included junior and senior British championship titles, attendance at 5 world championships, 2 commonwealth games and the 2000 Olympic Games.

Being a gymnast in an all boys high school was not easy; it was something different from the more "macho" sports, however Craig believes this helped him find his own identity and made him into the person he is today.

In 1998, Craig became the first person to captain England to team gold in the commonwealth games and four years later in Manchester, he did it again!

It was not all plain sailing; 7 weeks before the 2000 Olympic Games Craig broke his hand in two places. The thought of missing out on his lifelong dream made him train even harder. Keeping fit by using only one good hand, Craig not only made the games but qualified for the all-round final and achieved a personal best score.