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changing**LIVES**:



Helen Reeves

Canoe Slalom

Helen has been involved in canoe slalom for 13 years and competing at the very highest level for 9 years, in all major European, world and Olympic competitions at both Junior and senior level.

Undeterred by three shoulder operations and a total of 3 years out of the sport, Helen kept her sights firmly set on the ultimate dream of competing at the Olympic games.

In Athens 2004 Helen made history by winning Britain's first ever women's Olympic canoeing medal in a race that was packed with tension right up to the line.

When Helen was at School she was an average pupil, always getting in trouble for talking too much and disrupting classes, often resulting in being asked to leave lessons. Winning her medal at the Olympics fulfilled a dream Helen created whilst at School.



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