



changing**LIVES**:



## Helene Raynsford

### Paralympic Rowing

In August 2006, Helene made her mark in history by becoming the first ever Women's Arm's Only Single Scull World Champion & World Record Holder.

As a youngster Helene attended the Royal Ballet School and had a promising career as a dancer ahead of her. However, following a life changing accident in 2001 Helene had to come to terms with living with a disability and refocus her life. She was introduced to sport as part of her rehabilitation and through sport Helene made a recovery that was not thought to be possible.

Before starting her career in Rowing, Helene competed in the Women's Wheelchair Basketball Team winning silver medals at two Paralympic World Cups. Following her highly successful switch to rowing she is now focusing on her sights on a medal at the 2008 Paralympics in Beijing.

