



## **Craig Heap**

### Gymnastics-Men's Artistic

Craig started gymnastics aged nine at his local sports centre. His career spanned 20 years and included junior and senior British championship titles, attendance at five World Championships, two Commonwealth Games and the 2000 Olympic Games.

Being a gymnast in an all-boys high school was not easy as there were 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. Seven 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.