



Liz Johnson.

Paralympic Gold Medallist & 3 x World Champion Swimmer

Birth date: 03/12/1985

Born: Newport, UK

Lives: Newport, UK

Records / Achievements

- Paralympic Games - 2012 Bronze Medal, 2008 Gold Medal & 2004 Silver Medal
- 2006 & 2010 IPC World Championships – 2 Gold Medals in 100m Breaststroke and 50m Relay
- 2009 IPC World Championships (25m) Gold Medallist in Breaststroke and 2 x Bronze Medallist in 100m & 200m
- IPC European Championships – 2011 Gold Medallist & 2009 Silver Medallist
- Bestowed the Honour of reading the athlete's oath at the London 2012 Olympics Opening Ceremony
- Appeared on Celebrity Master Chef 2016
- Broadcaster for Channel 4 (Rio 2016), BBC (Invictus Games) and IPC (Para Swimming)
- Athlete Mentor for Dame Kelly Holmes Trust and Youth Sport Trust
- Co-Founder and Managing Director of The Ability People



One of the biggest and brightest personalities to emerge from the growth of Paralympic sport in the last decade. Liz has a remarkable backstory demonstrating resilience, determination and talent to win an Olympic Gold medal in Beijing in 2008, despite personal tragedy. Come Rio in 2016, Liz had swapped the pool for the broadcasting studio and was heralded as one of the stars of Channel 4's award winning production for the Games.

After advice that swimming would help the cerebral palsy Liz had been born with, Liz's mum encouraged her to swim from the age of 3. Having caught the swimming bug, Liz was selected to represent GB at only 14 and went on to win a silver in Athens a few years later. Whilst on the plane to the 2008 Beijing Paralympics, Liz lost her mother after long battle with cancer. Eleven days later, Liz won the gold medal.

Following on from her swimming career Liz couldn't quite leave the pool behind forever. She regularly commentates and presents on IPC World Para Swimming events throughout the year whilst also covering the Olympics and the Invictus Games.

Outside of the sporting world, Liz co-founded and is MD of The Ability People, the UK's first and only disability led recruitment business with a focus on placing talented abled-bodied and disabled job-seekers to the right job.

Now experienced in addressing small and large audiences, feedback from all her corporate appearances has been truly outstanding. This is due in part to her charismatic and energetic delivery, coupled with her warm personality and ability to comprehend and draw from her business experience.



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