



Liz Johnson

Paralympic Gold Medallist, European Champion, 3 x World Champion & Entrepreneur

Birth date: 03/12/1985

Born: Newport, UK

Lives: Newport, UK

Records / Achievements

- Paralympic Gold, Silver & Bronze Medallist
- IPC World Championships: Gold Medals in 100m Breaststroke and 50m Relay
- Celebrity Master Chef participant
- Broadcaster for Channel 4, IPC and BBC coverage of parasports
- Athlete Mentor for Dame Kelly Holmes Trust and Youth Sport Trust
- Co-Founder and Managing Director of The Ability People
- 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



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

After advice that swimming would help manage Liz's cerebral palsy, Liz's mum encouraged her into the pool at 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 a long battle with cancer. Eleven days later, she 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 for BBC and Channel 4.

Outside of the sporting world, Liz holds degrees in Accounting and Business Management. Liz has 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 able-bodied and disabled job-seekers into the right jobs.

Liz receives outstanding feedback after addressing audiences large and small. 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.

Contact

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