

2016 Rio Paralympic Games Athlete Profile: Samantha Kinghorn



Date of birth	6 January 1996
Home town	Middlethird, Scottish Borders
Occupation	Full time athlete
Sport	Athletics
Events	100m, 400m and 800m
Classification	T53
Club	Red Star Athletic
Coach	Ian Mirfin MBE

Personal Bests

100m - 17:41, 400m - 57:24, 800m - 1:54:67

How and when did you become involved with your sport?

I got involved in the sport after an accident left me paralysed in 2010. I tried wheelchair racing for the first time while I was still in hospital. I travelled to Stoke Mandeville to compete in the spinal unit games in April 2011 and fell in love with the sport. I competed in my first competition in 2012 in the London mini marathon, coming second, and did a few other low key events that year. Then in 2013 I came out properly competing around Britain and internationally.

Sporting Highlights

- My greatest sporting highlight has to be coming 5th in the 1500m in the Commonwealth Games in Glasgow 2014.
- Winning three gold medals at the IPC European Athletics Championships in Swansea in 2014.
- Winning a bronze medal in my 200m in the World Championships in Doha 2015.

Sporting Goals

To be the best in the world one day.

One piece of advice for an aspiring athlete?

Take every opportunity.



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