



# Richard *colman*

***"Have a go at everything. Don't cheat yourself by giving only half hearted attempts, who knows where sport will lead you."***

**Date of Birth:** 28 November 1984 (age - 23)  
**Athletics Club:** Athletics Chilwell  
**Coach:** Mandi Cole  
**Event:** Wheelchair 100m, 200m, 400m, 800m, 1500m, 5000m, Marathon (T53)  
**Personal Best:** 15.52 (100m), 26.84 (200m), 49.98 (400m), 1:38.07 (800m), 3:00.12 (1500m), 10:13.23 (5000m), 1:44.40 (Marathon)

Richard won gold in the 800m at the Athens Paralympics and is keen to defend his title in Beijing.

At this year's National Championships in Brisbane, Richard won every wheelchair event - an exceptional achievement! The Geelong club competition is the reason why Richard feels he is where he is today. Without the assistance and encouragement from the centre he would not have been able to accomplish half the things he already has.

His career highlights have been: winning a medal at his first World Championships in the 400m in 2002 and then winning a gold in the 800m, breaking the Paralympic record. Another highlight is travelling the world each year, staying at rival athletes' homes. Richard then returns these favours by housing international athletes (in Geelong) over the Australian summer.

Richard's goal is to have continued improvement and to perform the best he can. His coach, Mandi Cole, has been with him from the start of his career and has had the biggest impact on his athletics. There are many athletes who have inspired Richard, such as Louise Sauvage and Heinz Frei, who at 52, is still competing and is a medal chance in Beijing. Mary MacDonald, Athletics Chilwell's Club President has also been a fantastic supporter.

When Richard was asked what advice he would pass on to young athletes starting their careers he said, "Have a go at everything. Don't cheat yourself by giving only half hearted attempts, who knows where sport will lead you".

For more Beijing Bound Victorian athlete profiles visit: [www.athsvic.org.au](http://www.athsvic.org.au)

