



Russell *short*

"Surround yourself with positive people who know what they are doing."

Date of Birth: 7 May 1969 (age - 39)
Athletics Club: Glenhuntly
Coach: Craig Watson
Event: Shot Put & Discus (Vision Impaired)
Personal Best: 15.20m (Shot Put), 46.55m (Discus)

Beijing will be Russell's 6th Paralympics, having made his first appearance in Seoul, 1988. His aspirations for Beijing are to medal in both the Shot Put and Discus.

Russell's greatest highlight to date is winning 2 gold medals at the Sydney Paralympics in the Shot Put and Discus. Russell has also been awarded with an OAM and an Advance Australia Award.

Russell is a qualified massage therapist and successfully combines his business and athletic careers. He competes in as many athletics competitions as possible including: AWD events, able bodied and Masters events. He is an active member of the Glenhuntly Athletics Club and said that the club patriarch, Trevor Vincent, is particularly supportive of his athletic endeavours. Others who have significantly helped Russell in his career have been his coaches: Craig Watson, Russell Devine and Stuart Andrews.

When asked what advice he would like to pass on to athletes starting their careers, Russell said, "Surround yourself with positive people who know what they are doing".

For more Beijing Bound Victorian athlete profiles visit: www.athsvic.org.au

