

'Embrace the power of sport'

Paralympian Richard Whitehead, world champion 200m double-amputee sprinter, on his schooldays



How did your career eventually develop?

I wanted to be a Paralympic athlete. I went to the 2006 Winter Paralympics in Turin playing sledge hockey. Running became my career in 2004 and it has blossomed from there. I love running, but I could only dream of being able to run when I was younger. There weren't the prosthetics or the funding mechanism for me to run until I was 28. I'm now the 200m world champion and I've run 24 marathons. Best time: 2 hours 42 minutes.

What advice would you give to schoolchildren who are interested in pursuing a career in sport?

Great question. Experience sport and its opportunities. Listen and learn, and embrace the power of sport. It will, in some cases, inspire them to be more successful in their workplace as well as their leisure environment.

Gareth A Davies

Join Aviva and #BackTheTeam on Twitter or search for 'Aviva Athletics' on Facebook.

Defiant: Whitehead is a world champion sprinter