



# Inspiring success for all How we did last year.

## A message from our chairman Steve

Firstly, thank you to all our supporters without your help and very generous donations over the last very difficult year all ambitions and activities would have been be near impossible for us to achieve. Everyone at the club thanks you for helping us! Its just over a week since the GB Wheelchair rugby team beat USA in the final in Tokyo and emotions are still running high. Its such a massive event for us as a club and a sport too. For a majority of the time we exist in the shadows with no coverage or spotlight to highlight what we do. At times it feels like a thankless task and really takes a lot of self-motivation to keep on plugging away regardless. With 5 of our London players, Jim Roberts, Aaron Phipps, Chris Ryan, Johnny Coggan and Kylie Grimes, featuring in the Gold medal winning team and so much TV exposure, Im really hoping that we can reach some new players that we can mould into the Paralympians of future games to come.



**GREAT BRITAIN'S KYLIE GRIMES BECOMES FIRST WOMAN TO WIN PARALYMPIC GOLD IN WHEELCHAIR RUGBY**



## Aaron Phipps LWRC/GB team -My Paralympic dream

Now the dust is starting to settle I wanted to reflect on how amazing and surreal the last 96 hours have been.

I still can't believe it, I really can't. After all the years of heartache I think I have built up a mental barrier like a piece of safety glass with a sign on that says "break glass only if you become Paralympic champion" because there is a good chance that I may have gone through my entire career without and, at the moment, it's still refusing to budge.

The sport is a volatile one. Lots of things are in your control but sometimes the ball bounces the other way however, as a collective, we stayed focused and trusted the process that we worked so hard on over the past 5 years – and it has paid off.

This was a huge team effort, and we couldn't have done it without you all. Thank you to all the previous players who paved the way and have given us advice when each of us first started. Thank you to everyone who supported us from home. It was a shame you couldn't be there in person but the videos of you screaming at the TVs were priceless. Thank you to our coaches, support staff, and everyone else who helps us.

Steve - "Added to the excitement of GB's success in Tokyo is the prospect of us actually returning to competition at club level. It's now been 18 months since any of us came face to face with an opposing team. This is what we all live for and why we train as hard as we do. I just hope that we can continue to find the funds to cover the costs of our aspirations for this season and the future – thank you again for your support!

