



## Richard Fox

Date of Birth: 21/09/1987

Residence: Herts, UK

Training Location: Watford

Occupation: BT Technical Support

Time in Sport: 10 years

Position: Midfield

Championship Results:

Arafura Games Gold Medalist 2009



BT employee Richard Fox is no newcomer to the Paralympic Games. He scored one of the six goals that helped his team beat Ireland 6-1 at the world championships in Brazil and, in doing so, qualify for the 2008 Paralympic Games in Beijing. The team went on to finish in seventh place at the Paralympic Games. The last time Great Britain took a football team to the Paralympic Games was in 1992 in Barcelona.

Richard's condition means he has limited movement in mainly the right side of his body, with little function in his right arm and hand. He said:

"I never ever thought of being a Paralympic athlete. It's beyond my wildest dreams. I'm so excited about the future and what I can achieve in my lifetime."

Richard, who is based at Leavesden in Hertfordshire, has been in the England team for the past four years. He said: "It's quite competitive and we play at a very high standard. I train around four or five times a week and I never go a week without playing Sunday morning football."

"I'm just determined to make myself become a better, fitter, stronger player, hence the intensive schedule," he added.

"In May I went to Darwin, Australia to take part in the Arafura Games, where we won a four team competition," said Richard. "I scored the second goal in the final against Australia in our 2-0 win. In total, I scored four goals in the tournament in four games, which I was pretty pleased about."

*"Get out there. It is the greatest sport in the world and I love being a part of it. If you are enthusiastic about football and you have the desire then there's nothing stopping you from playing."*