

The

shaw trust

Disability Power 100



Lauren Rowles



Lauren did not want her disability to stop her from being an athlete like she always dreamed of.



After becoming **paralysed** from the waist down Lauren started Wheelchair Racing for Great Britain.

Paralysed means you are unable to move your body.



She then moved onto Rowing for Great Britain, winning a gold medal when she was just 18.



Lauren has been given lots of awards for her hard work in sport, including the BBC's Young Sports Personality of the Year.



Lauren wants to continue playing sport in the future, and would like to change how people think about disabled people and **LGBTQIA+** people.



LGBTQIA+ is used to describe people with different sexual preferences, like gay and bi-sexual. It also includes people who have changed their gender or feel themselves to be a different gender.



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