

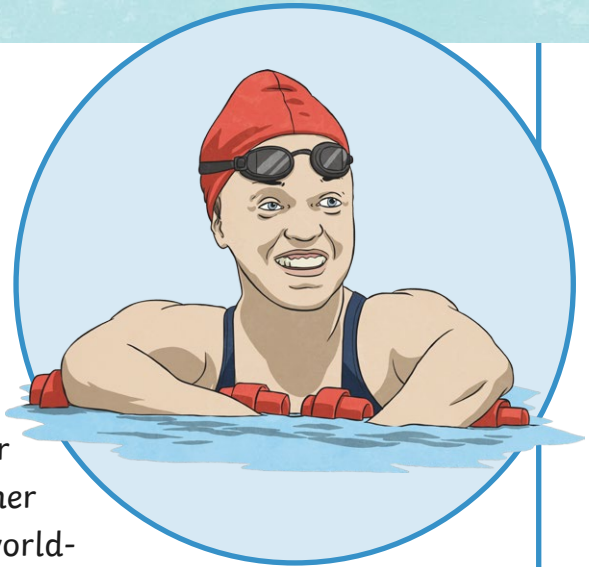
# Ellie Simmonds

**Name:** Eleanor 'Ellie' May Simmonds

**Born:** 11th November 1994 in Aldridge, England

## Childhood

Ellie was born with a condition called dwarfism, which means that her bones did not grow properly, giving her shorter arms and legs. She started swimming at the age of five and at the age of 10, Ellie's talent was spotted and she was entered into a British programme for talented swimmers. When Ellie was 11, she and her mother moved to Swansea so she could be close to the city's world-class swimming pool. This meant that Ellie now lived a three-hour drive away from her Dad and three brothers and sisters. She trained hard and worked her way up to be chosen as the youngest member of the senior British swimming squad for the 2006 World Championships at the age of just 12 years and three weeks.



## Achievements

At the age of just 13, Ellie became the youngest British athlete at the 2008 Summer Paralympics in Beijing. There, she won two gold medals in the 100m and 400m freestyle.

From that point on, Ellie became very popular with the British public who began to call her 'the golden girl of the pool'.

On 1st September 2012, Ellie won another gold medal in the 400m freestyle at the 2012 Summer Paralympics in London. During this final, she took five seconds off the World Record time. Then, just two days later, she took another gold in the 200m Individual Medley where she again broke the World Record. During the same week, she also won a Paralympic silver and bronze

### Paralympic Games and Medals

|                          |   |
|--------------------------|---|
| 2008<br>Beijing<br>Games | 2 gold medals (100m S6 freestyle<br>and 400m S6 freestyle)  |
| 2012<br>London<br>Games  | 2 gold medals (400m S6 freestyle<br>and 200m S6 individual medley)<br>1 silver medal (100m S6 freestyle)<br>1 bronze medal (50m S6 freestyle) |
| 2016<br>Rio<br>Games     | 1 gold medal<br>(200m SM6 individual medley)<br>1 bronze medal (400m S6 freestyle)  |

medal. Ellie travelled to Rio de Janeiro in 2016 to attend the Paralympics where she once again won gold medal for the 200 m individual medley and at the same time set another world record with a time of 2 minutes, 59 seconds. She also won a bronze medal in the 400 m freestyle.

### **Life after the Paralympics**

Ellie has received many special awards for her achievements in Paralympic swimming, including an OBE in 2009 in The Queen's New Year's Honours List and the BBC Young Sports Personality of the Year in 2008. Ellie also won another OBE in 2013 for her services to Paralympic Sport and in 2011 an award for Best British Sporting Performance for an Athlete with Disability. In celebration of her two gold medals, two Royal Mail postboxes

#### **Amazing Fact!**

Ellie follows a strict training regime and goes to the training pool every Monday, Wednesday, Friday and Saturday morning at 6am and every evening from Monday to Saturday. Sunday is her only day off!

were painted gold, one in her hometown of Aldridge and one in Swansea, where she'd lived since the age of 11. Ellie also helps to support many charities, particularly Sports Relief with whom she has taken part in many events, raising millions of pounds to help change the lives of some of the UK's and the world's poorest people.