**October 2022**

**Murray Bartram**

Murray Bartram is an accomplished para-athlete, playing football for the NSW Football team and competing to national level in skiing.  His achievements include playing at the CP Football Nationals over 4 years, attending many Pararoos Football camps as well as attending a Paralympic Ski Training camp in Canada.

Whilst achieving elite athlete status in his sporting career, he’s learned what he really values from sport was having fun and that it was the backbone of good physical and mental health for him. Today he enjoys many recreational sporting activities including Heli skiing in Alaska, cross-country skiing in Australia, Snowkiting at Thredbo, body-boarding, mountain biking and learning to guide sit-ski and blind skiers.

He has become involved in CPSARA to help encourage individuals to find enjoyment in sport, just like he did, whether it is competing at elite level or for recreation and fun.