**October 2021**

**Gordon Allan**

My name is Gordon and I’m a 23 year old University Student and Paralympian. I am currently studying a bachelor of Sport and Exercise Science part time which allows me to balance my academic studies along with my sporting commitments. I compete in both road and track cycling but my primary focus at the moment is on track cycling, in particular the C2 1km Time Trial which is a sprint event. I currently ride for the Australian Cycling Team, NSW Institute of Sport and my local cycling club, Parklife CC.  
  
Up until about a month ago, my sporting goal in life was to one day become an Australian Paralympian. After years of working hard towards this, I was selected for the Tokyo 2020 Paralympics, which has been my greatest sporting achievement thus far! Although I went to Tokyo with the intention of making the podium, I delivered a personal best time, broke the world record for my classification and left everything out on the track that day, so I am proud of my performance. After getting a taste of a Paralympic Games, I’ve set myself the target of Paris 2024. In the meantime, I also want to keep developing as an athlete and hopefully win my first world championship title! Outside of sport, I aim to finish my university degree and continue to set myself up for my career post sport, whenever that time arrives.  
  
Like everyone else, my training looked a little different when lockdown occurred. I was quite fortunate to have a great support network who provided me with equipment to continue my training at home. Although I couldn’t get out onto the road or into the track to train, I was still able to get the sessions done! This also meant turning my bathroom into a heat chamber and setting up a portable Sauna in the garage to ensure that I was prepared for the hot and humid conditions in Tokyo!  
  
With Tokyo done and dusted, I’m looking forward to some rest and recovery over the next few weeks before I get back into training again!