

<https://www.bbc.co.uk/sport/disability-sport/58383911>

Tokyo Paralympics: Ellie Robinson's 'story of triumph not defeat'

Last updated on

30 August 2021 130 August 2021. From the section [Disability Sport](#)

I am proud and happy to tell my story - Robinson

Paralympic Games on the BBC

Venue: Tokyo, Japan **Dates:** 24 August-5 September **Time in Tokyo:** BST +8

Coverage: Follow on Radio 5 Live and on the BBC Sport website

Ellie Robinson celebrated her fifth-place finish at the Tokyo Paralympics as a "story of triumph not defeat" in a powerful post-race interview.

Competing in the women's S6 butterfly final on her 20th birthday, Robinson started strongly but missed out on a bronze by a quarter of a second.

World record holder Jiang Yuyan of China took gold, Ireland's Nicole Turner was second and American Elizabeth Marks third.

Robinson - a Paralympic gold and bronze medallist in Rio, aged 15 - revealed in an emotional interview the struggle she had gone through just to get to the postponed 2020 Games.

"There have been so many times where I have said, 'If I have to crawl to the block on my hands and knees I will do it'," she told Channel 4 after the race.

"I have been in agony this whole year, and this is a story of triumph, not a story of defeat.

"I've spoken to physios in the past year and they have said we have no idea how you will carry on swimming."

Robinson was diagnosed with Perthes disease in her right hip in 2012 - a condition affecting the hip joint in children - and revealed how arthritis in the joint left her unable to swim between November 2020 and the World Para Swimming European Open Championships in May this year.

"I like to imagine a Perthes hip has got a finite amount of time left and I just ran out of time. If the Games had been last year, it would have been a completely different story.

"But with lockdown and the extra year, the adaptation with training - it took its toll on my hip. I had two failed injections, I tried different medications, nothing would work.

"I was at a really low point in my life, struggling so much, seeing a psychiatrist, I was on medication. It has been one of the hardest years of my life."

'What threatens to weaken you will not conquer you'

Robinson stopped training after her diagnosis in 2012, but returned to the pool in 2014, making her international debut for Great Britain a year later.

She won three bronze medals and a silver in the 2016 European championships before going on to win the gold in the S6 butterfly in Rio and a bronze in the S6 100m freestyle.

"I honestly thought I would be more upset than this, but I came here to make the final, and I am still in the top five," Robinson added.

"People have been saying, 'It is OK to finish, you don't have to carry on'. And I said, 'I am not finishing this way, it is not going to end this way'.

"So even though I didn't medal, I can still say I ended on my own terms, I went out the way I wanted to."



"This is a story of triumph, this is not a story of defeat. What threatens to weaken you will not overcome you.

You will conquer."

Bravo, @EllieRobinsonGB 🙌

#ImpossibleToIgnore



"This is just showing people that what threatens to weaken you will not conquer you, you will overcome it to end on your own terms, you are in control.

"I proved that I am in control of when I finish, I am not being told when I finish. I proved to myself I can overcome challenge, and I am so glad that I did."

<https://www.bbc.co.uk/sport/disability-sport/57257703>

Tokyo 2020: Para-taekwondo team named as Truesdale, Bush & Munro

Last updated on 26 May 2021 26 May 2021. From the section [Disability Sport](#)



Amy Truesdale (left) training with Beth Munro - who only took up the sport in 2019

Two-time world champion Amy Truesdale, reigning world champion Matt Bush and Beth Munro will represent Great Britain in Para-taekwondo at Tokyo 2020.

Munro, 27, who only took up the sport in 2019, qualified alongside Bush with wins at the European Paralympic Qualification tournament in May.

Truesdale, 31, secured her place in 2019, with a European bronze.

"I do have to pinch myself, to wake myself up, to think it's not a dream," Munro told BBC Sport.

She was invited for trials by ParalympicsGB at the end of last year and has trained with the squad for just 12 weeks.

"It's just been such a fast-paced journey. I am very proud of what I've done.

"I keep saying the word surreal. It's been such a surreal journey and such a short space of time to do it in.

"It wasn't even part of my career journey, actually. I aimed to be a clinical psychologist and I was going to do a doctorate, until that day in 2019 when someone said, 'I can get you to the Paralympics potentially, will you be up for it?' And off I went.

"I love a challenge, I love to learn new things. I'm loving the challenge at the moment, I'm loving the journey."

"I feel like it's going to be extra special because it'll be the first time we're featured as a sport and I'm really privileged to be a part of it," said Truesdale.

"My aim when I get out there is to win gold, put on the best performance that I can and inspire others into the sport."

Welshman Bush, 32, who won world gold in 2019, said: "It feels good to finally focus on Tokyo, knowing that I'm going rather than just hoping or dealing with tournaments being postponed. It's great to definitely have a target set now."