

Don Elgin Limbs 4 Life Co Patron



Don was raised in the NSW town of Tocumwal. Being born without the lower portion of his left leg was not a barrier for this boy who would make his first Australian team at 18 years of age.

Having been brought up in a sports family like so many other country kids he enjoyed football and swimming as a youngster.

He went to the 1994 World Championships in Berlin, where he won a gold medal as part of the 4x100m relay team. Following this event, Don's focus moved from the sprint events to the Pentathlon.

The Pentathlon is made up of five events, discus, long jump, shot put, 400m and 100m sprints. To be successful an athlete must maintain a balance of strength and speed. Don made the 1996 Atlanta Paralympic team where he finished 4th.

On scholarship at the Victorian Institute of Sport for 8 years he competed in the Sydney 2000 Paralympic Games where he won bronze in the Pentathlon. Don continued to train towards his ultimate goal of being number one in the world in the below knee amputee Pentathlon. He moved a step closer to his goal when he finished with a Silver medal at the 2002 IPC World Championships.

In 2004 he became a triple Paralympic medallist with two Bronze, one in the Pentathlon and Silver in Athens. In addition to his training schedule and his professional commitments with Australia Post as the Marketing and Communications Coordinator, and is also engaged in corporate speaking.

His personal ambition is to maintain a positive attitude no matter what life dishes up.

Don's motto. *"If you can't win, make the person in front break the record!"*



1300 782 231