



# INTRODUCING AMANDA RUMMERY

CLASSROOM  
CHAMPIONS

how better gets better and better





Amanda Rummery is an athlete from Edmonton, Alberta, and after paralyzing her left arm in an ATV accident in July of 2015, she found para track and field. In August of 2018 she had her arm amputated and now competes with her 'nub'. The year following her amputation surgery, Amanda was able to break the Canadian record in the 100, 200, and 400 metre events. She then went on to receive the 2019 and 2020 Athletics Alberta Para Athlete of the year award. Her biggest accomplishment thus far in her track career was making Team Canada for the 2019 WPA World Para Championships in Dubai.

After a successful 2021 outdoor season where she reached her goal of running 59.95 seconds in the 400 metre, she is now training full time in hopes of making her dream a reality and competing at the Paris 2024 Paralympics. Moving forward, Amanda hopes to raise awareness around para-sport and help others with a disability to live a healthy and active lifestyle. When she isn't training, you can find her walking her golden retriever, Max, or doing yoga!

# Performance Stats:

## 2019 Desert Challenge Grand Prix

*100m, 2nd place*

*200m, 2nd place*

*400m, 2nd place*

## 2020 Athletics Alberta Para Athlete of the Year

# FUN FACT!

*I never tried track and field before losing my arm!! My #1 idol is Shaquem Griffin who has one arm and plays in the NFL.*

