

Laura Sugar Biography

Laura was born with Talipes, or club foot as it is sometimes known and had a number of procedures as a baby to correct the foot. This led to her having 2 operations to correct the foot which left her with no ankle movement. She grew up loving sport and trying any sport she could, leading her to finding hockey at secondary school. She rose through the ranks of county, regional and then leading her to play for Wales (her father is Welsh) at the age of 17. She studied Sport and Exercise Science at the University of Leeds and then went on to study for her PGDipEd in Physical Education at Birmingham University to become a PE teacher. During this time, Laura watched London 2012 and realised that she was eligible for classification in Paralympic sport, this inspired her switch to Para Athletics in 2013 and led her to many GB vests and to the Rio 2016 Paralympic Games. In 2018, Laura took part in the UK sport talent transfer programme across to paracanoe in which she fell in love with the sport. She went on to gain her first GB vest in paracanoe in 2019 and on to winning Gold at the 2020 (21) Tokyo Games.

Laura currently lives in Billesdon, and has lived there for a number of years.

Hockey:

Wales Senior caps - 16

Wales U21 captain

Senior indoor European Medallist

Athletics:

5 x European Bronze Medallist (T44 100 & 200m)

1 x European Silver Medallist (T44 200m)

1 x European Gold Medallist (Universal Relay)

British Record Holder for T44 200m

Canoe (K13 200m):

European Bronze Medalist

World Cup Silver Medallist

World Cup Gold Medallist

World Champs silver Medallist

World Champion 2021

Paralympic Champion 2021