

# Simon Richardson MBE



I was part of the British cycling Para cycling team.

I started to ride late in my life after a motorcycle scare, so to get my confidence back I started riding a mountain bike on the road in 1998.

1999 I got my first road bike and then a TT bike and I was doing as much riding as I could with work as well.

2000 I started racing a little bit doing local TT,s

2001 my training was going well then a car clipped me and I was taken to hospital with a broken leg. It was plaited back together. I came out of plaster after 10 weeks and I started racing again. I was having back pain, so saw a specialist who found I had broken my back, so my season finished i had back operation in November 2001. Then had 6 months recovery before they would let me ride again. I started with a turbo to get fit for 2003 session. But things were not right.

2003 I had another back operation, this one took longer to recover from.

2005 I started to ride a turbo again to try and get some fitness back. I was having trouble with my left side of my body, with a lot of weakness.

2006 a friend took me to a velodrome and it was my first time I had been on the track. I was hooked again, due to the weakness in my left side the coach at the velodrome suggest I went to Manchester to see the disabled coach to see what they thought. I was classified as disabled. So that year I started racing disabled and able body races.

2007 I was invited as a guest rider to go to Europe with the British team. All went well and I went to the world championships. It was a big learning curve but I was getting stronger.

2008 i broke the 1k world record and in the 3l i was slowed by coach so i did not break 3k world record. I then went to 2008 Paralympics as a guest rider for British team were i got gold in 1l and 3k and WR in both. I got silver in the road TT, in road race i was domestic for my teammate he got gold I came in 10th.

2009 I raced for the British team all over Europe

2010/ 2011 I was racing most weekends.

2011 August I was hit by a drunk drive who left me dead at side of road. I had major injuries and was put in to a coma for 15 days. I had lots of operation and in 2017 we thought all was going well I was riding in spain at a training camp. At the end of 2017 I had a TiA min stroke, then I had a problem with my blood, had to have a stomach operation, then I had another back operation as 2 rods had snapped that was December 2019. That is all healed now and I am training again

2020 started full riding again to try and get to a race level. I talked to British Cycling and they are interested in me again even being a bit old but they said age does not matter as long as you are fast.



Goals for 2021

Disabled national track events

Disabled national TT and RR

Disabled national TT series 6 events. I have won it 3 years in a row before 2011

Disabled road events

Disabled Europe cup events i would love the chance to go to Tokyo Paralympics if it is on

Able body RR and TT when ever I can fit them in

This all depend on what support I can get from sponsors. I now have elite athletes status so I can race in Europe during virus

<https://zwiftinsider.com/simon-richardson/>

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Elite able-bodied team i am riding for  
Spirit Tifosi Racing team  
[www.spiritracingteam.co.uk](http://www.spiritracingteam.co.uk)

Thanks again

Simon

