

# CLAIRE LOMAS MBE - BIOGRAPHY

**1. - Claire made worldwide headlines in 2012 when completing the London Marathon in a pioneering robotic suit taking 17 days, and completed the Great North Run 2016 in 5 days whilst 16 weeks pregnant. In 2018 Claire smashed her London record and completed the Manchester Marathon in 9 gruelling days.**

**2. - Overcome adversity and turned her life around showing what can be achieved with the right attitude and approach to life.**

**3. - Claire's fundraising is now close to £700k to help cure paralysis and become one of Britain's most inspirational women.**



Claire Lomas was working as a chiropractor and had reached the highest level in the sport of eventing when a freak accident left her paralysed from the chest down. She had gone from living a life as an active sportswomen whose dreams were coming true to a life that seemed impossible to ever be happy. The simplest of tasks were now a challenge for Claire. Many doors had closed, and it was difficult not to dwell on all she had lost. She had to dig deep to find the strength and courage to rebuild her life from scratch.

Claire discharged herself from hospital after only 8 weeks, determined to do as much rehabilitation as possible. She spent hours in the gym but also recognised that she needed more than this in her life.

Her relationship of four years ended ten months after her accident and although Claire felt at rock bottom, she was determined not to sit back and feel sorry for herself. She signed onto an internet dating site where she met Dan, who later became her husband. She gave birth to their daughter in 2011. Claire also found new sports including skiing, set up a business, wrote a book and organised fundraising events. Her life was totally different but it did have one similarity, she was busy again.

In 2012 Claire became headline news worldwide. She walked the London Marathon in a pioneering robotic suit. It took a gruelling 17 days and raised £210k for Spinal Research.

She became the first owner of a robotic suit, and used it when she had the honour of lighting the Paralympic cauldron in Trafalgar Square.

In 2013 Claire completed a 400 mile handcycle around parts of England, visiting schools on the way to inspire pupils, raising another £85k supporting the Nicholls Spinal Injury Foundation.

2014 and 2015 took the fundraising total to over £500k through various events Claire organised.

In 2016 Claire completed the London Vitality 10k in 12 hours, and completed the Great North Run in September whilst 16 weeks pregnant.

In October 2017 Claire's challenge was #10in24, with the aim to walk the 10 miles of the Great South Run in 24 hours, walking through the night which she completed with a few minutes to spare! Claire was awarded an MBE and had her second daughter.

2018 saw Claire smash her marathon PB ... in 9 days and start her British Superbike lap challenge

**Claire is constantly thinking of ways to raise money and her challenges will continue as she strongly believes there will soon be a cure for paralysis.**

# CLAIRE LOMAS MBE - BIOGRAPHY

Claire is currently learning to ride a motorbike and loves pushing the boundaries. Last year she became the first paralysed female in the UK to get her motorbike race licence - a remarkable achievement as she had never ridden a motorbike before her accident.

**In 2019 Claire has many fundraising challenges including British Superbike laps.**

## Speaking

Claire speaks about the split second that changed her life, and candidly describes the darkest times. This is combined with humour which has helped Claire get through some embarrassing moments that her injury has caused. The audience go through the extreme roller-coaster of emotions with Claire; they cry, they laugh and they admire.

She demonstrates the robotic suit, and you could hear a pin drop as everyone is fascinated by the pioneering technology. As Claire walks across the room, people are in awe that she managed 26.2 miles in the streets of London when she can't even feel the ground beneath her.

Claire talks about the gradual process of turning her situation around, and surprisingly how the five best days of her life have all been after her devastating injury. She describes the turning point which was when she stopped thinking of everything she could no longer do, and instead the many things she could still do. Claire challenges her audience to raise their sights, make their own luck by taking opportunities and be the best they can be. People leave the room believing in themselves, inspired and hugely motivated. When faced with challenges in their own lives, Claire's words stick in their mind "Whether you believe you can or whether you believe you can't - you are right".

*Claire can adapt her talk so the delegates get the most from it as possible.*

