



# Rheed McCracken

- ◆ 4x Paralympic representative – London, Rio, Tokyo, Paris;
- ◆ 6x Paralympic Medallist (3xS, 3xB);
- ◆ 2023 – Inducted into the Little Athletics Hall of Fame;
- ◆ 2012 Junior Athlete of the Year;
- ◆ 6x World Championship representative & 9x World Championship medallist;
- ◆ 2017 – World Record holder T34 100m;



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Never underestimate the impact a sporting hero can have on the generation coming after them. If it hadn't been for Kurt Fearnley being a standard-bearer for Para-sport in Australia, then the talents of Rheed McCracken might never have been realised.

Although he'd always wanted to pursue a career in Para-athletics, an invitation for Rheed to meet and race against Kurt no doubt set him on his path to glory. After this pivotal moment, Rheed made his Paralympic debut at just 15 years old at the London 2012 Paralympic Games, winning silver in the 100m (T34) and bronze in the 200m.

He has since gone on to represent Australia at four consecutive Paralympic Games – London 2012, Rio 2016, Tokyo 2020, and Paris 2024 – where he has amassed a total of six Paralympic medals (three silver and three bronze) across the 100m, 200m, and 800m events.

Born with diplegic cerebral palsy, Rheed's condition affects coordination and muscle movement in his legs, but he has consistently found a way to overcome any setback. His performances on the world stage demonstrate not only athletic excellence but also extraordinary resilience and determination.

At the 2025 World Para Athletics Championships, Rheed once again showcased his world-class form, adding to his already impressive tally of global medals with 2 Silver medals and reinforcing his position as one of Australia's most consistent and respected wheelchair racers.

Rheed tells his story of achievement through commitment and sacrifice. Themes of leadership, perseverance, and resilience punctuate his journey and resonate deeply with corporate and community audiences alike. He translates his experiences in elite sport into relatable lessons on teamwork, goal-setting, and maintaining motivation under pressure.

Location: Sydney



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