



Curtis McGrath OAM

- ◆ Triple Paralympic Gold Medallist
- ◆ Eleven times World Champion
- ◆ Australian co-Captain 2024 Paralympic Team
- ◆ Invictus Games Inaugural Australian Captain
- ◆ Army Veteran
- ◆ Author, "Blood, Sweat & Steel"



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Curtis McGrath OAM

Curtis McGrath OAM was in the Australian Army as a combat engineer for six years where he served with honour in East Timor, Indonesia and Afghanistan. On the 23rd August 2012 Curtis was on a patrol when he stepped on an improvised explosive device (IED) which detonated beneath him taking both his legs. Only 20min after the explosion, Curtis famously said that “you will see me in the Paralympics”. Since losing his legs Curtis has not looked back.

18 months after that fateful day Curtis was crowned World Champion at the World Sprint Canoe Championships in Moscow, Russia. This started his path to the Paralympics.

In 2016, just over 4 years after losing his legs, Curtis true to his word, not only made it to the Paralympics but made history in becoming the first Australian to win a Paralympic Gold medal in the Para-canoe event at the 2016 Paralympic Games in Rio de Janeiro, Brazil.

Although the 2020 Tokyo Paralympic Games were postponed, the goal remained the same. Curtis went into his events as the favourite and did not let the pressure get to him. He defended his Rio Gold medal and added another Gold to his tally in the 200m V1 canoe. In Tokyo Curtis maintained his Gold medal winning ways and now has three Paralympic Gold medals to his name, alongside 11 World Championship titles.

Curtis used sport to help him recover and to become a Paralympic champion. This is the reason he is an advocate for sport and its ability to bring communities and people together to live a healthy active lifestyle, as well as bridging gaps that society has throughout the globe. His book, BLOOD SWEAT & STEEL, released in November 2021 is a best-seller.

Curtis is preparing to defend his Gold Medals at the 2024 Paris Paralympics and will do so as the co-Captain of the Australian Paralympic Team.

Location: Gold Coast, Australia



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