

Lora Fachie MBE (nee Turnham)

Professional Athlete | Nutritional Advisor | Motivational Speaker



“It is our failures that make us stronger and our successes even sweeter. Therefore it is ok to fail, but it is not ok to give up.”

Career Highlights

Paralympic Champion
3 x World Champion
2 x World Cup Winner

Background

Born into a family where everyone is visually impaired, I have grown up believing that my blindness is not a barrier to hold me back. Instead I see it as a characteristic that sets me apart from the crowd. I have always participated in sport, initially athletics, switching to cycling in 2009, where I compete on a tandem with a fully sighted athlete on the front. My cycling career has been plagued with highs and lows. The lowest point being the London 2012 Paralympic Games. I failed to fulfil my dream of becoming Paralympic Champion in front of a home crowd after my tandem suffered a mechanical failure in the road time trial. The high, becoming Paralympic champion 4 years later in Rio 2016. The three things that have kept me going throughout this time are my resilience, determination and the amazing support of my friends and family. Without these qualities I strongly believe I would not have achieved what I have to date.

A Healthy, Happy You

One of the lessons I have learned on my journey is that I will only ever be successful if I am happy. In order to be happy, I also need to be healthy. I have developed a passion for food and take pride in ensuring I provide my body with all the right nutrients to enable me to perform at my best. I take pleasure in trying and adapting new recipes in order for them to be as healthy as possible and want to help others do the same.

LNF Coaching

LNF Coaching was created in 2017 by myself and fellow Paralympic and World Champion (and husband) Neil Fachie MBE. Our belief is that there is tremendous possibilities when the worlds of sport and business combine. Our aim is to use the insights and lessons learned from the world of elite sport, and use them to help our clients achieve their full potential. We will help business leaders face their limitations, frustrations, pain and setbacks, and rise above them to achieve a personal best or world record of their own.

For more information: enquiries@lnfcoaching.co.uk | www.lnfcoaching.co.uk