



QUESTION TIME MATTHIAS SCHINDLER

The German Paralympic C3 bronze medallist on motivation, Mallorca and making the most of every day

What is your biggest achievement?

I think my greatest achievement is my mindset or my relationships. In life, it's not about a Paralympic medal. It's not about money. For me, it's about people, because they are what changed my life. They are what really count in life. In the end, my best result is the Tokyo 2020 Paralympic bronze medal. I'm really proud of it, but because of the people who supported me and the team I have behind me.

Why did you start cycling?

It was not my plan to become a cyclist. In 2010 I wanted to be a pilot and during that process I had to go to a doctor for a medical check. They found a big tumour in my back, in the spinal cord. I had to have surgery to remove it, but it didn't go well. The tumour was connected to my nerves and they damaged them during the surgery. I woke up with incomplete paraplegia. I can control my legs with my brain but I don't feel them anymore. I knew that all the goals I had up to that day were gone, so I needed new ones. The first goal was for me to come alive, to find a life I could enjoy. I found my way to sport and changed my mindset. I had a tricycle in the beginning because I could not handle a normal bike. I just wanted to get fit, but then I decided to try to make it in cycling, which is a Paralympic sport, for which you get support from the state

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