

NEWS

Lindy has green and gold pride

BY PETER GUTHRIE

THIS weekend won't be Lindy Hou's first visit to the Cherry Capital.

Young's 2019 Young Australia Day ambassador said she can't wait to return to Young after having a "great time" at the Lambing Flat Chinese Festival a few years ago.

The former Paralympic gold medallist will speak at Young's Australia Day ceremony on Saturday morning at Carrington Park.

"I am very honored to be the Australia Day ambassador for Young this year," Lindy said.

"I just like this opportunity to spend the day with people from Young and surrounding areas.

"Young also has a very rich Chinese history. I immigrated from Hong Kong with my family back in 1974, so I can relate to the history here."

The theme for Australia Day this year is Everyone, Every Story.

Lindy said she's looking forward to sharing a bit about herself with the Young community.

"I will share a bit of my story with people of Young. In particular I'll share the

Australian spirit," she said.

Lindy suffers from an eye condition called retinitis pigmentosa and is almost fully blind.

She started losing her eyesight during the 1980s.

As her eyesight deteriorated during the 1990s, Lindy continued racing triathlons and represented Australia twice at Triathlon World Championships as an able-bodied athlete.

She was classed legally blind in 1996, and turned her focus to tandem cycling.

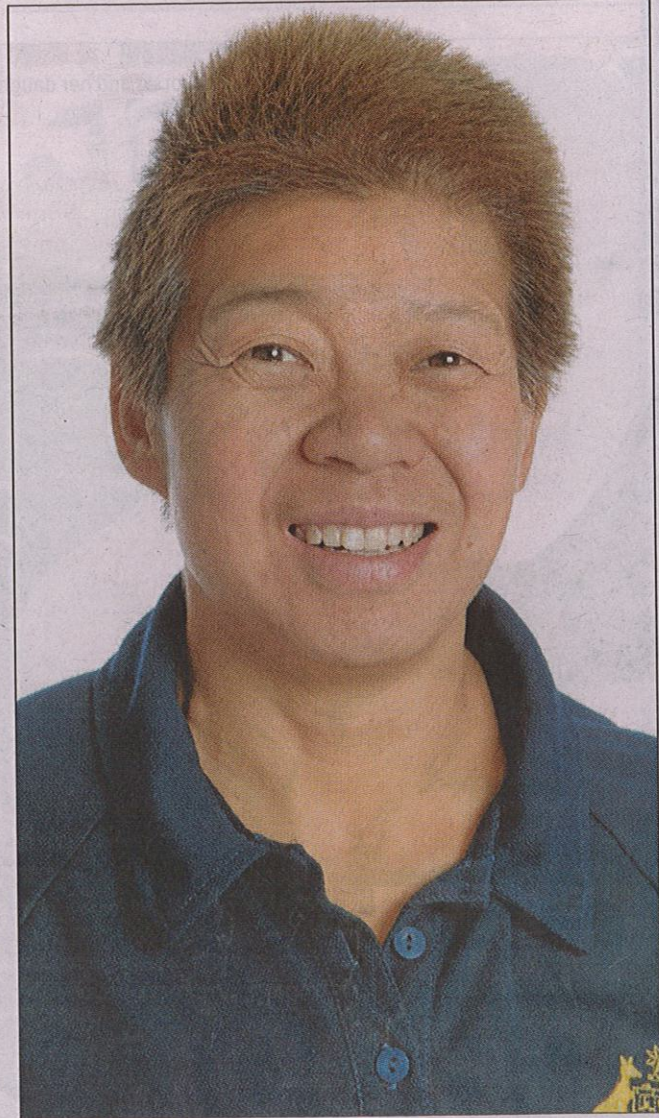
She narrowly missed selection for the 2000 Sydney Paralympic Games Australia team, however, in 2004 at Athens, Lindy claimed gold in the women's tandem sprint.

Lindy retired from the Australia Paralympic Cycling Team after the 2008 Beijing Paralympic Games.

Nowadays, Lindy still rides her tandem bicycle, she enjoys walking and jogging with her guide dog Comet, and is learning to row for enjoyment.

"I am proud to be an Aussie. I have worn the green and gold with pride."

Young's Australia Day begins with a breakfast at 8am at Carrington Park.



Young's 2019 Australia Day ambassador Lindy Hou will speak at the ceremony on Australia Day at Carrington Park.