

I joined the army in 2007 as a regimental medical officer because I wanted to work in different locations and to look after soldiers. As well as treating Gurkhas in Brunei, I completed three tours of Afghanistan.

I really loved it. I really thrived being in those kinds of environments, not knowing what was going to happen next.



2017, I was experiencing breathlessness and developed a cough and, after a series of tests, I was diagnosed with ALK-positive lung cancer. I was medically discharged in 2022 and the Royal British Legion approached me about joining the Invictus Games, which is a sporting competition for people who have been injured while serving their country.

I attended a preselection event and immediately felt that it was right for me. Training has helped me take my mind off cancer treatment. When I'm in the gym lifting weights, I'm not thinking about my illness.

I will be competing in multiple events for Team UK, including rowing.



I want to showcase, mainly to myself, but also my friends and family, that I can go out there and still be the Amanda from the past that loves to do sport and compete. Also, I want to inspire other people who have health problems.