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# Mark Ormrod



Mark Ormrod is a former Royal Marines Commando who completed tours in both Iraq and Afghanistan. He was injured in Afghanistan on Christmas Eve 2007 and became the UK's first triple amputee from the conflict. Since then he has become a successful author, motivational speaker and Britain's most successful ever Invictus Games athlete winning 11 medals, four gold, and Spirit of the Games following which he won BBC South-West's Sports Personality of the Year. Prince Harry dubbed him "Britain's answer to Superman."

The Amazon film #NoLimits - the Mark Ormrod documentary tells his story up to 2017. In 2020, he was awarded an MBE for services to the Armed Forces and Veteran Community before winning Pride of Britain's Fundraiser of the Year in 2021 after completing an ultratriathlon that raised over £600k. He is currently working on his second book and has just obtained an open water swimming world record. The father of three is married to Becky and does adaptive CrossFit and Brazilian jiu-jitsu in his spare time.