

# 13:23

## Saturday 10th August

was the day that **Adrian** won Silver at the 2013 Duathlon World Championships.

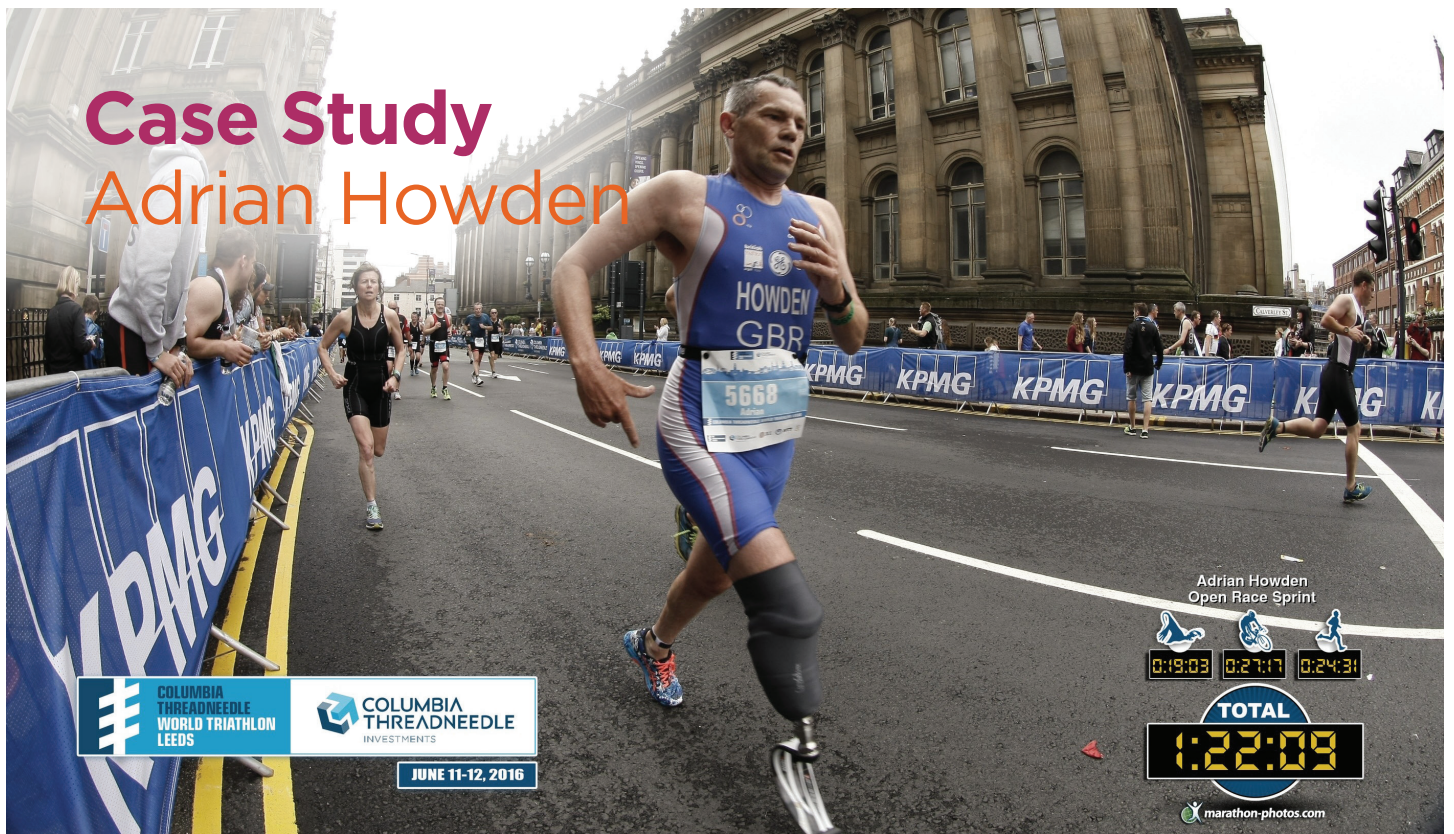
After losing his leg in 2006, Adrian refused to let his amputation put an end to his sporting passion. Upon visiting his Steeper prosthetist, his fitting of the carbon fibre Catapult Running Blade, provided Adrian with a revived sense of speed and performance and he has since competed in over 50 triathlons worldwide, enjoying global success.





# Case Study

## Adrian Howden



I can run further, faster and for longer, all whilst exerting significantly less effort than with a standard blade.

### The story

Adrian's sporting career started in 1976, and since then he became an accomplished international distance runner. Having always been a keen sportsman, he enjoyed competing in high-profile races around the world and enjoyed many successes; most notably as the first winner of the Leeds Abbey Dash in 1986.

In 2006, after completing the grueling Three Peaks Fell Race in North Yorkshire, a motorcyclist hit Adrian. The collision resulted in his right leg being amputated below the knee.

### The solution

Refusing to let his amputation stand in the way of his sporting career, after proving his fitness to staff at Leeds Teaching Hospitals, Adrian joined only a handful of West Yorkshire patients in being prescribed the carbon fibre Catapult Running Blade. The Freedom Innovations Catapult Blade presents one of the most significant advancements in prosthetic running foot technology; its unique c-spring design offers a greater energy return, meaning athletes can run further, faster and for longer, all whilst exerting significantly less effort than with a standard blade.

With the help of his Steeper prosthetist, Adrian's blade is tailored precisely to both his body weight and running style, ensuring maximum comfort and mobility. This prosthesis has given him newfound confidence and a competitive edge, propelling him forward to enhance his performance on the track.

### The turning point

Since being fitted with the specialist limb, Adrian has competed in no less than 50 triathlons and has enjoyed success at various competitions around the world. One of his greatest achievements was winning Silver at the 2013 Duathlon World Championships and more recently, Adrian finished 9th at the 2016 Columbia Threadneedle World Triathlon in his hometown of Leeds.

With his sights firmly set on achieving a new personal best, the Catapult has enabled Adrian to challenge himself and push his endurance levels to the limit. He is immensely proud of his achievements and has shown that having a disability does not limit your sporting accolades in any way, shape or form and prostheses, like Catapult, can truly revolutionise your life.

To find out more about Adrian visit [www.steepergroup.com](http://www.steepergroup.com)