

# Grade IV Para Rider:

## JO JACKSON

### NONCHALANT

### JD FLASH



I'm Jo, a Profile 24, Grade IV Para Equestrian. I compete both in Para dressage and able bodied dressage. My current rides are JD Flash (JD) owned by Kate Honour and Nonchalant (Bea) owned by Jenna Campbell. I am a lower right arm amputee and I have a neurological condition called Complex Regional Pain Syndrome (CRPS), that has now spread full body. I competed for Great Britain Internationally riding in three World Para Championships in 1991, 1994 and 1999 as well as two Paralympics, Atlanta 1996 and Sydney 2000. I won 6 gold medals from these events. I'm proud to say I am now a New Zealand Citizen and I have represented New Zealand in 2008, 2009 and 2011. Up until the middle of 2013 I wore a prosthetic limb with a hook attachment and I could do everything with it from plaiting to peeling spuds. Due to a CRPS flare in May 2013 my stump (known as "Bertie") can no longer tolerate my prosthesis so I'm having to adapt my life and my riding by "going armless" – it has been a challenge but my stubborn streak and determination has served me well. My coach and great friend, Kate Honour has been very patient with me in helping me adapt my riding to accommodate my new challenges. I live by the mantra that my late mum taught me "there's no such word as cant" I am very proud and thankful to be Sponsored by Hygain Feeds.

