Press pack / Fact sheet

Zac Shaw

Paralympic medallist and Commonwealth champion.

Visually impaired sprinter · T12 · Britain's fastest ever visually impaired athlete.

Personal details

Date of birth	24 September 1995
Height	176cm
Weight	71kg
Location	London
Hometown	Grimsby

On the track

Classification	T12
100m best	10.81s
60m best	6.98s

5x National Champion

Major Championships / medals

Year	Championship	Event	Medal	Time (s)
2026	Commonwealth Games, Glasgow	T12 100m	Gold	10.89
2024	Paralympic Games, Paris	4×100m Universal Relay	Silver	46.01
2024	Paralympic Games, Paris	T12 100m	Bronze	10.94
2024	World Championships, Kobe	4×100m Universal Relay	Silver	47.50
2024	World Championships, Kobe	T12 100m	Bronze	10.97
2023	World Championships, Paris	4×100m Universal Relay	Silver	48.07
2023	World Championships, Paris	T12 100m	Bronze	10.85
2022	Commonwealth Games, Birmingham	T11/12 100m	Silver	10.90
2021	European Championships, Bydgoszcz	4×100m Universal Relay	Silver	48.20
2021	European Championships, Bydgoszcz	T12 100m	Bronze	11.06
2018	European Championships, Berlin	4×100m Universal Relay	Gold	48.73

Final times. Universal Relay results are team times.

Work

CACI Ltd

Accessibility Lead and Transformation Consultant

Qualifications

IAAP CPACC

Certified Professional in Accessibility Core Competencies

Personal Training & Nutrition Level 3

REPs accredited

Voluntary

- UK Athletics / Athletes' Commission
- UK Athletics / Classification Advisory Group
- UK Athletics / Members' Board
- England Athletics / Athlete Panel

Charities

- Macular Society / Patron
- Sport in Mind / Ambassador
- Epilepsy Action / Ambassador
- Lincoln & Lindsey Blind Society / Trustee
- Evette Shaw Foundation / Co-founder with his brothers

PUMA / Global Brand Ambassador · Male Para Athlete of the Year, TAFi Awards 2026

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