Zac Shaw

Paralympic medallist | Commonwealth champion | Accessibility professional

“I help organisations understand accessibility, inclusion and high performance.”



About me

I grew up with vision. When I was around 13, I was diagnosed with a rare eye condition called Stargardt’s disease, which affects my central and peripheral vision. I won two medals at the Paris 2024 Paralympics and gold at the 2026 Commonwealth Games. I work in digital accessibility and lead accessibility at CACI Ltd. My talks start with my life and sporting career, then move into the topic of the keynote. I share examples from lived experience to show the real-world impact of accessibility, moments like a card machine on a date or a self-checkout, and end with a clear point: technology can be an enabler or a barrier, and it’s a choice.

Talk ideas

1. Enabler or barrier? Technology is a choice.

Accessibility, digital and physical.

Audiences take away: the gap between meeting guidelines and a good experience; why wheelchair-accessible isn’t the same as accessible; what to ask before you launch a kiosk or app.

2. Ask, don’t assume: disability inclusion beyond the campaign.

Disability inclusion.

Not every disability is visible. As I’m visually impaired, I look at the gap between featuring disabled people in a campaign and including them every day.

Audiences take away: why it’s worth asking “Do you have any accessibility needs?” instead of waiting to see a disability; involving disabled people early; inclusion training at every stage, so organisations don’t fall at the first hurdle; keeping it going after the big moment.

3. The unglamorous side of high performance.

Resilience and high performance.

Missing two Paralympic teams, then medals in Paris and a Commonwealth title. An honest look at setbacks, pressure and teamwork.

Audiences take away: setbacks as part of the process; what a relay team teaches about not being selfish; setting your own goals rather than chasing approval.

Credentials

- Paris 2024 Paralympics: bronze, T12 100m; silver, 4×100m Universal Relay.
- Commonwealth Games: gold, T12 100m, Glasgow 2026; silver, 2022.
- Personal bests: 10.81s (100m), 6.98s (60m).
- Training towards LA 2028.
- Accessibility Lead, CACI Ltd.
- CPACC certified (IAAP).
- Global Brand Ambassador, PUMA.
- Male Para Athlete of the Year, TAFi Awards 2026.
- Athlete voice: UKA Athletes’ Commission; England Athletics Athlete Panel.
- Charity: Trustee, Lincoln & Lindsey Blind Society; Ambassador, Epilepsy Action and Sport in Mind; Patron, Macular Society.

Brands I work with

PUMA (Global Brand Ambassador), Fortnum & Mason, Bupa, HSBC.

Past stages

HSBC with Project Nemo, SXSW London, BIMA, Vision Express, AbilityNet TechShare Pro (panel on Channel 4’s Paralympics), CACI Innovate & Accelerate.

Watch me speak

Keynote for HSBC × Project Nemo

CACI Innovate & Accelerate

Contact and booking

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