There's no better way to go out than winning a medal

Local sporting hero Andy Blake has competed in four Paralympics Games, he won Gold in swimming aged 16, (1992) and two Bronze medals, 2004 and 2008, competing in the men's wheelchair basketball competition.

The Athens Olympics 2008 saw Great Britain beat the world number one team, USA, 85-77 in a tough match to win the bronze medal, after which Andy confirmed it was his last GB team appearance.

