



## The Fat Paddler

*Sean Smith*

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## **The Fat Paddler** Sean Smith

As a hard-playing, hard-living rugby forward, Sean Smith was used to putting his body on the line. However, that soon changed when two severe motor-vehicle accidents left him with devastating physical injuries, and unable to regain his past physical fitness or his zest for life. After witnessing firsthand the 2002 Bali bombing, Sean also found himself suffering from post-traumatic shock. After being told by doctors he was a prime candidate for a heart attack at just 36, Sean decided enough was enough. He took up kayaking (a sport that could accommodate his injuries) and then decided to tackle one of the toughest paddling competitions in the world: the 111-kilometre Hawkesbury Canoe Classic...

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