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FOR IMMEDIATE RELEASE

Winston Hills Para Taekwondo Athlete Set to Compete on the International Stage

Winston Hills athlete Natalie Craig is preparing to represent Australia at two of the country's most prestigious taekwondo events, the Australian Open and the WT Oceania Presidents Cup, to be held on the Gold Coast this June.

Natalie's journey to international competition has been remarkable. Living with Level 2 Autism, a cognitive disability and ADHD, she is pursuing her dream of competing at the highest levels of Para Taekwondo and has rapidly progressed through the ranks since beginning her competition journey in 2025.

Training at Irontiger Taekwondo in Castle Hill under the guidance of Master Di Carn, Natalie entered her first competition, the South Coast Championships, in April 2025. Just months later, she secured second place in her second non-para Poomsae competition at ASMA and went on to achieve third place at the Australian National Championships in Adelaide.

Her momentum has continued into 2026, claiming her first non-para Poomsae gold medal at the Combat League in February before continuing her strong form throughout the season. Most recently, Natalie delivered an outstanding performance at the Gold Coast Championships, taking first place in her Para Division with an impressive score of 8.52.

"Natalie's technical and physical improvement has increased significantly over the past three months," Master Di, "and we are really proud of her dedication and attitude towards training and competition which is really starting to show through her results."

The Australian Open and WT Oceania Presidents Cup represent a significant milestone in Natalie's sporting career. The events will also include her international Para classification process, an important step toward future international competition opportunities.

"Natalie has shown incredible determination, resilience and commitment to her training," said her Mum, Jay, who, along with Natalie's father, Jamie, has supported her since she was 11. "What she has achieved in such a short period of time is extraordinary, and we are incredibly proud of the way she continues to challenge herself and inspire others."

To compete at the Australian Open and WT Oceania Presidents Cup, Natalie is seeking to raise \$7,500. The funds will help cover competition registration, travel, accommodation, training costs, uniforms and support expenses for both Natalie and her carer.

Beyond her achievements in sport, Natalie hopes her journey will encourage greater awareness of Para sport, autism and the opportunities available for people with disability to pursue their sporting dreams.

Community members who would like to support Natalie's journey can contribute via:

asf.org.au/campaigns/natalie-craig/beyond-limits--natalie-s-para-taekwondo-journey--the-gold-coast-june-2026

For media enquiries, interviews or sponsorship opportunities:

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