



AGM 2023: speaker biographies

Mandana Mehran Pour, British Equestrian



Mandana is Head of Participation at British Equestrian and was previously Participation Manager for the Lawn Tennis Association for over four years. The role led on the strategic direction of tennis development in London, focusing on unlocking relationships with senior executives within Local Authorities and political leaders to help them manage their tennis assets in parks more effectively.

Previously, she worked for London Sport, where she gained valuable knowledge of working with a range of sporting National Governing Bodies, local authorities and a wide range of community sport organisations. She's also a Board of Trustee member for Access Sport, a charity which strives to give more children, particularly those in disadvantaged areas, access to a wide range of quality local sport.

Anne Wafula Strike



Anne is a Paralympian wheelchair racer, a Paralympic World Cup Medallist and campaigner for disabled and socially disadvantaged people.

She was awarded the UK – Kenyan Sports Personality of the year in 2004 and the TV Sports Awards in Monaco in 2016 and has won a host of other awards and honours in both the UK and on the international stage throughout the last 18 years that includes TV Sports Awards and the Women For Africa Recognition Award. In 2013 she became the first Paralympian to complete ‘Tough Mudder Challenge’ in Europe and was awarded a Black Entertainment, Film and Fashion Award (BEFFTA) for most inspirational figure. She was also awarded a UKAA Award for most inspirational figure and named as one of the top 12 Influential Women of colour in UK.

Since retiring from full-time athletics, Anne has focused on campaigning for disabled and socially disadvantaged people all over the world. She set up the Olympia-Wafula Foundation to promote healthy-living solutions among differently-abled and disadvantaged people, with special emphasis on education and advocacy to empower and enrich their lives through social inclusion.

She successfully campaigned for nations to ratify the UN Convention on the “Rights and Dignity of Persons with Disabilities” and has spoken at the International Parliamentary Conference on Millennium Development Goals and is now a non- executive director on the board of UK athletics and the British Paralympic Association.

Jess Cook, Activity Alliance



Jess is a Non-Executive Director of the BE and BE Equality and Diversity Champion. She has over 14 years’ experience of working in disability sport. She started her career in Cornwall as the Disability County Sports Development Officer. She then joined English Federation of Disability Sport (EFDS) as a Regional Development Manager in the South East and East regions, supporting the County Sports Partnerships with inclusion and development of activities for disabled people in the regions.

Jess has progressed with EFDS to work with national governing bodies of sport on a wide variety of strategic outcomes, from support and guidance to the development of national strategies and organisational changes for a more inclusive approach. She also works with national disability charities to support a better link between sport, physical activity and disabled people. Jess has always been very passionate about sport and inclusion for disabled people, having had first-hand experience when she competed over several years as an international swimmer. She attended both World and European championships until 2000, when she retired due to injury.

Suzana Anslow



Suzanna is lead safeguarding officer for British Carriagedriving and a member of British Equestrian's equality engagement group. She is also a volunteer driving coach with the RDA and has been part of the working party developing our new inclusion and diversity training. Before retiring last year she operated a small management and employment law consultancy and is a published author in the field. She transitioned to live as a woman in early 2019.

Tegan Vincent Cooke



Tegan Vincent-Cooke is a 22 years old International Para Dressage Rider for team GB and a content creator. She graduated in TV, Film and Digital Production and looks forward to entering the industry but also continuing her journey as a content creator. Apart from horses she is also passionate and an activist for disability awareness, LGBTQ & BLM.

Tegan started riding at the age of 4 through RDA, which was suggested as a form of therapy. It didn't take her long to fall in love with the sport. It wasn't though until the age of 21 that she was able to buy her first horse Coco, due to not coming from a horsey background and until she could support herself and the sport financially. Thankfully her whole journey to finding Coco was documented through her documentary "TEGAN" on YouTube commissioned by Netflix: [Tegan: Dreams Of The Paralympics | Netflix - YouTube](#)