



Mark Overwood

**PRESS PACK
2025**

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Mark Overhod
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Who am I?

Mark Ormrod

Mark Ormrod MBE is a former Royal Marines Commando who gained worldwide recognition for his service in the British military and his inspirational story of overcoming adversity. Mark lost both of his legs and his right arm in a landmine explosion while serving in Afghanistan on Christmas Eve 2007 and was the UK's first triple amputee from the conflict. Despite his severe injuries, Mark has demonstrated remarkable resilience and determination in his recovery.

MOTIVATIONAL SPEAKER

ENTREPRENEUR

BRAND AMBASSADOR

ADAPTIVE ATHLETE



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**A remarkable
physical,
psychological and
emotional
achievement.**

MO
Mark Oumhod

What I've done

Since becoming a triple amputee, Mark Ormrod has been involved in various activities and initiatives, showing his resilience and determination. Some of his notable accomplishments and activities include:

> Charitable Work

Mark has been actively involved in charitable work, particularly in supporting fellow Veterans and individuals facing adversity. He has worked with organisations dedicated to assisting wounded military personnel, members of the emergency services and their families. He won the Pride Of Britain Fundraiser of the Year award and was recognised with an MBE from King Charles for services to the Royal Marines & the Veteran community.

> Author

Whilst going through rehab Mark authored a book titled "Man Down," where he recounts his life story, including his military service, the incident in Afghanistan, and his journey of recovery. The book provides insights into his mindset and the challenges he faced.

> Motivational Speaking

Mark Ormrod has become a sought-after motivational speaker, sharing his inspiring story at events, conferences, and schools around the world. He uses his experiences to motivate and encourage others to overcome challenges in their lives.

> Sports & Fitness

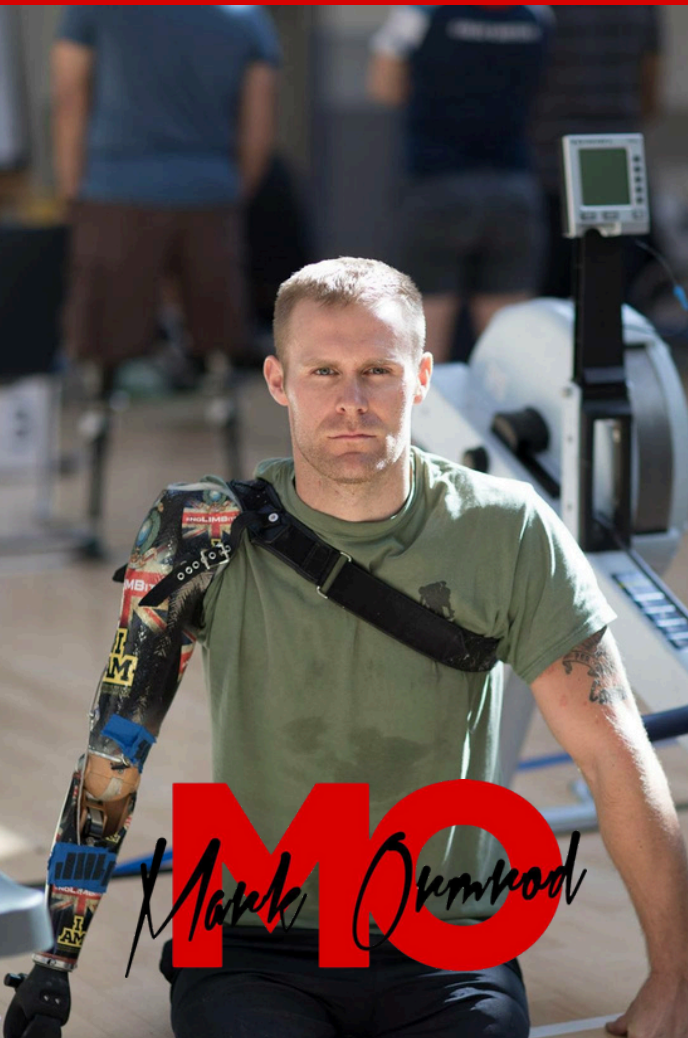
Despite his physical limitations, Mark has engaged in various sports and fitness activities. He has participated in events such as triathlons and has been an advocate for adaptive sports. His commitment to physical fitness serves as an inspiration to others facing similar challenges. Mark won 11 medals at the Invictus Games & took home the award for overall best athlete in 2017 making him the UK's most successful competitor. He's also a purple belt in Brazilian Jiu jitsu.

> Media Appearances

Mark has made appearances on various media platforms, including television and radio, to share his story and raise awareness about the experiences of wounded Veterans and the importance of resilience. He has also amassed a cult following on social media.

> Recognition & Awards

Mark Ormrod has received recognition for his contributions and resilience. In addition to the MBE (Member of the Order of the British Empire) he received for his services to the Royal Marines and Veteran community, he has been honoured by various organisations for his inspirational journey.



“ Everything in life
is about mindset.



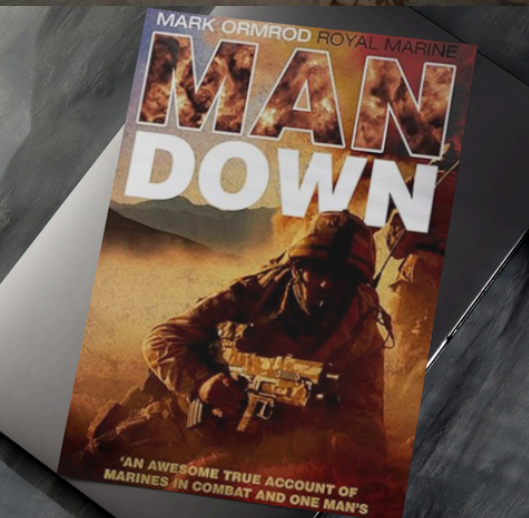
Mark Overhead
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Achievements



2001-2010

Became a Royal Marines Commando at the age of 18. Served in Iraq in 2003 and Afghanistan in 2007.



August 2009

Became a published author of Man Down, an action-packed account of courage and comradeship, of life on the frontline and the terrible legacy of war.



2017 & 2018

Competed twice representing the UK in the Invictus Games.

Canada 2017: Won a total of 2 silver, 2 bronze and the award for Athlete of the Games

Australia 2018: 7 medals including 4 gold



2018

Won the BBC South West Sports Personality of the Year for his participation in the Invictus Games.

Achievements



2020

Received an MBE for services to the Royal Marines & the Veterans Community.



2020

Became a trustee for REORG Charity.



2021

Won a Pride of Britain Award for the ITV Fundraiser of the year.



December 2022

Set a new world record for swimming a kilometre using only one arm.

Achievements



2023

Became a Brazilian Jiu-Jitsu purple belt.



Ongoing

Mark has raised over £4million for various charities including REORG & Rock2Recovery & is a proud Brand Ambassador for The Motability Scheme and The Veteran Foundation.

He is also a Father to Kezia (21), Mason (14) and Evelyn (12) and a Husband to Becky.



“ **Motivation will
come and go,
you need
discipline to
succeed.**



MO
Mark Oumrod

Social Media



Instagram
@markormrod
129k followers



YouTube
@markormrod
4.9k subscribers



TikTok
@markormrod
31.3k followers



Facebook
@markormrod
65k followers



X
@markormrod
34.6k followers



LinkedIn
@markormrod
13k followers

MO
Mark O'Mahony

“Good things can
always come
from bad
situations.”



MO
Mark Overbrook

Podcasts

Mark's activities are not only a testament to his strength and determination but also serve as an inspiration to others facing adversity, emphasising the possibilities of rebuilding one's life after significant challenges.

Have a listen to some of his favourite podcast appearances here:



Mark Overhead

SEE HOW
THEY RUN

Searchlight Pictures presents

MO
Mark Ormrod

**Work
with me**

**Mark
Ormrod**



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**THANK
YOU**

Mark Overwood