# Hollie Arnold Rediscovers Passion for Javelin Amid Comeback Bid



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Former Paralympic javelin champion Hollie Arnold has announced her renewed commitment to the sport following challenging years both personally and professionally. The 29-year-old British athlete will vie for her sixth consecutive Para-athletics World Championship title in Japan on Friday, with eyes set on reclaiming her Paralympic crown in Paris later this summer.

Arnold's career was on a high at the start of 2020. She held world and European championships and the world record in her F46 category and was preparing to defend her title at the Tokyo Paralympics. However, the COVID-19 pandemic delayed the Games by a year, dramatically affecting her mental health.

She experienced significant mental strain, having previously dealt with similar issues when her mother was diagnosed with depression in 2013. Despite these hurdles, Arnold managed to secure a bronze medal at the Tokyo Paralympics after leading the competition until the final round.

Arnold rebounded by winning her fifth world title in last year's World Championships in France. She attributed her success to a renewed sense of confidence and motivation.

Now, Arnold aims to continue her winning streak in Kobe with a smaller GB team, which includes notable athletes such as Hannah Cockroft, Aled Sion Davies, Sabrina Fortune, Jonathan Broom Edwards, and fellow javelin thrower Dan Pembroke. Reflecting on her journey, she expressed pride in overcoming setbacks and maintaining a positive outlook toward future competitions.