

# The Australian Women's Register

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**Entry type:** Person  
**Entry ID:** AWE2197

## Carlton, Melissa

(1978 - )

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**Born** 1 January, 1978, South Africa

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**Occupation** Paralympian, Sports administrator, Swimmer

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### Summary

Melissa Carlton is a freestyle swimmer who migrated with her family to Tasmania from South Africa at the age of twelve in 1986. At the 1996 Paralympic Games held in Atlanta she won two gold medals, two silver and one bronze. She also held the world record for the 400 meters freestyle. Born with a congenital leg disability, Carlton says 'I never considered myself to be disabled because this is how I have always been. It's how I have always swum.'

Considered to be somewhat of an icon of Tasmanian sport, Carlton was named Tasmanian Sportswoman of the Year in 1996. In 2000, she was appointed Executive Officer of the Tasmanian Paralympic Committee.

### Events

#### 2001 - 2001

#### 2000 - 2000

#### 1996 - 1996

#### 1992 - 1992

#### 1994 - 1994

Swimming – 100m Freestyle (S9)

#### 1996 - 1996

She won a bronze medal in the 100 metres (109 yards) backstroke, silver medals in the 100 metres butterfly and the 100 metres freestyle, gold medals in the 400 metres (437 yards) freestyle and the 4 x 100 metre freestyle relay.

#### 1999 - 1999

### Published resources

#### Resource

Tasmania the Island: Fact File, Greenwood, Ann,  
<http://www.ontas.com.au/fact-file/category-melissacarlton.htm>

Trove, National Library of Australia, 2009

#### Site Exhibition

She's Game: Women Making Australian Sporting History, Australian Women's Archives Project, 2007,  
<http://www.womenaustralia.info/exhib/sg/sport-home.html>

Archival resources

**National Sport Information Centre**

[Melissa Carlton File](#)

**Author Details**

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