

Will Bayley: I believe it's possible to win Tokyo medal

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Will Bayley says self-belief will help him overcome injury and get to the Tokyo Paralympics – where winning a medal would be his biggest achievement.

In an interview with BBC reporter Kate Grey, which was shown on *BBC Breakfast* today, Will said he was recovering from the [knee injury which curtailed his appearance](#) on *Strictly Come Dancing* last year.

He said: “On my day I’m the best player in the world. I really believe in myself and I think that’s a massive part of it. If you believe you can win on a month’s training, two months’ training, three months’ training, then you’ve got half a chance – if you write yourself off, you’ve got no chance, so I’m not going to write myself off.

“People will be saying it’s impossible, probably, but I believe it’s possible. It would be my biggest achievement if I could bring back a medal from Tokyo.”

[Click here to watch the interview on the BBC website](#)

Will also said he had no regrets about competing on *Strictly*, adding: “It was such a great experience. It’s such a massive show. I didn’t realise how big it was, I don’t think, until I came out of it and I went into shopping centres and everything and I had so much support from everyone it was amazing.”

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