



Date of birth	25 June 1971
Home town	Hebden Bridge / Halifax, Yorkshire Based in Inverness
Occupation	Athlete and adventurer, speaker and author
Sport	Handcycling

Classification	Womens H3
Events	Time trial and road race
Club	Inverness Cycling Club
Coach	John Hampshire



Personal Bests

- Silver in London 2012 Paralympics Time Trial
- World Paratriathlon Champion 2012
- Fourth in London 2012 Paralympic Road Race
- Second in 2014 World Championships Time Trial

How and when did you become involved with your sport?

I first got into sport as a teenager when joining a youth expedition to China (Yorkshire Schools Exploring Society) as a 16 year old. This led onto climbing and an adventurous lifestyle, but I didn't start competing in handcycling until 2010, inspired to try to get to the London Paralympics.

Sporting Highlights

- Winning silver in the Women's H2 Time Trial in 2012 London Paralympic Games
- Crossing the finish line holding hands with my team mate in third position in the Women's Handcycling Road Race in 2012 (although my team mate was given bronze)
- World Paratriathlon Champion in 2012
- Completing an Ironman Triathlon in 2014
- Adventures: sit-skiing across the Greenland icecap; sea kayaking from Canada to Alaska; handcycling across the Himalayas; climbing El Capitan in USA

Sporting Goals

- Gold medal in Rio 2016 Time Trial
- Podium in Rio 2016 Road Race
- Handbike around the world!

One piece of advice for an aspiring athlete?

Believe in yourself and never give up. Failing is the best way to learn and get better.



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