### 2016 Rio Paralympic Games
Athlete Profile: Karen Darke

<table>
<thead>
<tr>
<th><strong>Date of birth</strong></th>
<th>25 June 1971</th>
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<tbody>
<tr>
<td><strong>Home town</strong></td>
<td>Hebden Bridge / Halifax, Yorkshire Based in Inverness</td>
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<tr>
<td><strong>Occupation</strong></td>
<td>Athlete and adventurer, speak and author</td>
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<td><strong>Classification</strong></td>
<td>Womens H3</td>
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<td><strong>Sport</strong></td>
<td>Handcycling</td>
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<tr>
<td><strong>Events</strong></td>
<td>Time trial and road race</td>
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<tr>
<td><strong>Club</strong></td>
<td>Inverness Cycling Club</td>
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<tr>
<td><strong>Coach</strong></td>
<td>John Hampshire</td>
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#### 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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