

Date of birth	14 April 1993
Home town	Glasgow
Occupation	Student
Sport	Paracycling
<u>Classification</u>	WT2
Events	Time trial and road race
Club	West Coast Velo Road Club Boot Out Breast Cancer Road Club
Coach	Tom Hodgkinson

ParalympicsGB Selection Date

June 2016 team selections are announced.

Personal Bests

- World Cup silver and bronze medals
- European gold medals
- 2015 National Trike Road Champion
- 2015 World Championships 4th place for class

How and when did you become involved with your sport?

- 2013 November - tried a racerunner at [Red Star Athletics club](#) in a session facilitated by Margaret and Peter Drysdale of [Ace RaceRunners](#), whose email I found while clearing out magazines during a placement at [Bobath Scotland](#) (specialist physiotherapist centre for people with my disability, cerebral palsy).
- 2013 December - started training at Dundee University on my own with Janice Eaglesham as my coach, commuting to Glasgow for meet-ups, etc.
- 2014 April/May 2014 - had development enough for the national team and
- 2014 summer - I competed at national and international level for athletics as a racerunner.
- 2014 October - my university sports scholarship advisor sent me a "Road to Rio - girls talent paracycling squad wanted" advert. I responded. I got tested in Manchester on my trike. Accepted onto the talent team.
- 2015 June - graduated to talent squad with paracycling, still training full time as a racerunner.
- 2015 summer - international competition for both events.
- 2015 October - graduated to Academy squad for paracycling - switched full time to paracycling.

Red Star and RaceRunning have been quintessential to my success in sport (thanks to Janice and Ian especially!).

Sporting Highlights

- Being a vital part of the British Cycling team for all international events since 2015, especially the World Championships! Coming fourth at my first World Championships too!
- Being one of the fastest racerunners in the world with Gavin Drysdale in the Scottish National RaceRunning team.
- And still holding the WRs for my class to this day!

Sporting Goals

Rio 2016, Tokyo 2020, and the five Paralympics after that ...

One piece of advice for an aspiring athlete?

Try any and every sport; no matter how ridiculous you feel there will be one that will make you forget your embarrassment and discover your empowerment.



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