



<b>Date of birth</b>	12 March 1984
<b>Home town</b>	Aberdeen, lives in Altrincham
<b>Sport</b>	Cycling
<b><u>Classification</u></b>	B/VI Tandem
<b>Club</b>	Black Line
<b>Coach</b>	Jon Norfolk

### How and when did you become involved with your sport?

I have been involved in sport since I was very young, trying various sports as a child. Did athletics from the age of 10 at my local club and became registered as a disabled athlete in 2005.

### Sporting Highlights

#### Athletics

- Beijing Paralympics 2008: 100m – 9th; 200m – 9th

#### Cycling

- Manchester Worlds 2009: 1km TT – gold; sprint - gold
- Montichiari Worlds 2011: 1km TT – gold; sprint – gold
- Los Angeles Worlds 2012: 1km TT – silver; sprint – 4th
- London Paralympics 2012: 1 km TT – gold; sprint – silver
- Aguascalientes Words 2014: 1km TT – gold; sprint – gold
- Glasgow 2014 Commonwealth Games: 1km TT – gold; sprint – gold
- Apeldoorn Worlds 2015: 1km TT – gold; sprint – gold
- Montichiari Worlds 2016: 1km TT – gold; sprint - gold

### Sporting Goals

Retain Paralympic title and break the 1:00 barrier for the 1km TT at sea level.

### One piece of advice for an aspiring athlete?

Make sure you enjoy your sport, the hard work needed to succeed is much harder if you don't enjoy what you do.



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