



<b>Date of birth</b>	19 March 1979
<b>Home town</b>	Doncaster, lives in Glasgow
<b>Sport</b>	Athletics
<b><u>Classification</u></b>	F51
<b>Events</b>	Club throw and discus
<b>Club</b>	<a href="#">Forth Valley Flyers</a>
<b>Coach</b>	Shona Malcolm OBE, Phil Peat

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

I first got involved in sport for rehabilitation after surgery to remove a tumour on my spinal cord left me paralysed from the chest down in January 2011. Initially falling in love with wheelchair rugby, playing for recreation with the Glasgow club Caledonian Crushers, in 2014 I was identified for a talent transfer programme with British Athletics and just four months later I gained my first selection for GB.

### **Sporting Highlights**

For me, I think it still has to be my first selection for GB, the European championships in 2014. I'd only been in the sport for four months and didn't really have a clue what I was doing. It was such a whirlwind. That and winning and gold medal at the World Championships in 2015, knowing that had secured my selection for the Rio Paralympics.

### **Sporting Goals**

Be the best that I can be. Going into Rio in the best shape I've ever been so definitely targeting a medal. Inspiring the next generation is high up on my list of goals.

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

Never let an opportunity pass you by ... you never know where it might take you.



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