

Why did you join your club when you came to DMU?

To make friends and to also keep up with the sports I have done all my life.

What made you want to get involved in the club?

I have been swimming since the age of three so wanted to continue in a competitive team.

Have any females in sport inspired you and how have they inspired you?

Not particularly as women's sport is not often televised.

What advice do you have for any other females looking to get involved in sport or physical activity?

Just do it! It is a great release in my time away from work and contributes to me having time to myself, whilst also being able to focus on something I enjoy.

Would you ever try another sport?

I have tried a variety of sports throughout my life but swimming was always the one I prioritised. Additionally, I am also involved in dancing, running, cycling, netball, rounders, and equestrian.

How has playing sport helped you in your day to day life/career?

It has helped me build a time schedule and contributed to me improving my organisational skills. I feel it also helps my brain function more effectively and allows me to get to sleep at the appropriate times in preparation for the next day.

Favourite personal sporting moment?

At the London 2012 Olympics when 3 gold medals were won within an hour.

Favourite female sporting role model?

Jess Ennis