

## Meet Susan Corless - Archery



1. Which sport or physical activity are you currently involved in?  
**Archery**
2. How did you get involved in the sport/activity?  
**A friend of mine was going along to the local Archery club for a “taster session” one weekend and I was bored so went along. Fell in love with the sport straight away, enrolled onto a beginner’s course and joined the club seven years ago, now I compete with Great Britain.**
3. What do you enjoy most about being active?  
**I’ve always been very competitive, whether that comes from growing up in a house with two brothers or somewhere else I’m not sure. I get a real buzz out of achieving my goals, especially knowing that I’ve done that with a long-term health condition that leads many people to have sedentary lives. I find that being active has allowed me to deal with my chronic back pain in a much more positive way – so it’s great from a mental health perspective too.**
4. Who (or what) inspired you to get involved in sport/physical activity?  
**Sport had always been a large part of my life, from cross country running, athletics to trampolining and karate, that was before I had a car accident when I was aged 15. From that point, slowly each activity was stopped as it was aggravating my pain, eventually I was living a sedentary life where going to work was almost all I could manage. Gradually I started trying sports and activities again, one at a time, almost feels like I’ve been through a long list of them (and I probably have!) until I’ve found one that I’m able to do and I enjoy!**
5. What has been your biggest challenge in sport/physical activity and how did you overcome it?  
**My biggest challenge has been to find a physical activity that doesn’t aggravate my back pain, and I just kept on trying new activities until I found one! That doesn’t mean to say that I don’t need to consider my training days more carefully than most and I need to ensure that I sit down when I can during training sessions so that I minimise any increase in pain.**
6. How have you made being active work for you and your lifestyle? (Have you had to juggle childcare / work responsibilities for example?)  
**Competing at my level whilst working full time certainly has its challenges! The support of my employer who allows me to go in early, so I can take training time out in the middle of a day and a little help from family & friends goes a long way! It’s not unusual for me to be eating my dinner at 9pm.**

7. What are your personal goals regarding sport/physical activity in the future?  
**I intend to continue to compete for Great Britain, as well as England and Northamptonshire and continue to find the small improvements that lead to incremental performance gains at an International level. I also like to encourage others to give archery a go or inspire others that are already in the sport.**
  
8. What has been your biggest achievement since becoming active?  
**Competing for Great Britain.**