

Meet Carole James



1. Which sport or physical activity are you currently involved in?
Wheelchair racing
2. How did you get involved in the sport/activity? Watching Paralympics and launch of **Northamptonshire Wheelchair racing Network**
3. What do you enjoy most about being active?
It gives me relief from the pain caused by my condition, Independence, freedom I do not get in my every day and meeting other new people with similar interests in keeping active
4. Who (or what) inspired you to get involved in sport/physical activity?
Watching Hannah Cockcroft in 2012 and also encouragement from my husband to try and find a sport I enjoyed
5. What has been your biggest challenge in sport/physical activity and how did you overcome it?
Adapting round my condition and working with my coach to not push myself to hard that it causes me more problems in my everyday life.
6. How have you made being active work for you and your lifestyle? (Have you had to juggle childcare / work responsibilities for example?)
I have to make the balance between work and my activities both at the gym, track and other training. I have great support from my family, coaches and members of my local park run
7. What are your personal goals regarding sport/physical activity in the future?
To work up to taking part in marathons & half marathon distances also to encourage people with various disabilities to try to be active no matter what it is
8. What has been your biggest achievement since becoming active?
Taking part in several 10km events and improving on my times as when I started I could only do 400 meters without being tired and in pain.