

Tell us about your sports background/history

I have played a variety of sports growing up. Represented North Harbour in Rugby, Netball and represented New Zealand in Athletics and Olympic Weightlifting. At the age of 20 I decided to focus only on weightlifting, since then I have been to multiple Oceania and Commonwealth Championships, a World Cup, 2 World Championships, 3 Commonwealth Games and 1 Olympics. I've won a variety of medals over the years at Oceania and Commonwealth Championships, a Bronze medal at the 2014 Commonwealth games and placed 13th at the Rio Olympics. I recently retired after the 2018 Commonwealth games to pursue a career and sleep a little more!

What's your favourite sporting memory or proudest moment?

Medalling at the 2014 Commonwealth games and being selected for the Olympics.

What was your worst moment in sports?

Missing out on the 2012 Olympics by 4 points in a team qualification process.

Are there any stories about drugs in sport that have affected you or gave you an interest in this role with DFSNZ?

Weightlifting does not have a great history when it comes to clean sport and it's difficult showing up to important competitions knowing you are disadvantaged. I want to support and encourage our athletes to stay clean and just do the best they can without being enticed into that deceitful environment.

Being an educator is a contract role, what's else do you do outside of this role or things which you are focusing on/interested in?

I work at AUT Millennium and enjoy travelling and being an Aunty to two of the most glorious girls.

What do you hope to bring to the role of Educator?

I'd like to support athletes to make their lives a little easier and less stressful. I would like to help athletes know they can access resources and information which can provide a greater understanding of the testing process, particularly when competing overseas.

When working with youth, what values do you hope to instil in the kids?

Honesty, self-belief and enjoying sport.

When working with more elite level athletes, what key messages do you think are important for them to take away/be inspired by?

Work hard, work smart and the results will follow-be proud of what is being achieved, enjoy the moment.