



This engaging lady was born and bred in Toronto, Canada where she fulfilled a life-long dream of following in the footsteps of her family and served as a member of the Toronto Police Force in Canada for fourteen years. Leading an exciting life as a Police Officer in Toronto, Canada where Carol worked undercover in the drug squad for 4 years.

But life was about to change dramatically - for better and worse. Carol fell in love with an Australian, married and moved half way around the world and settled in Melbourne. After competing in Hobart at the Masters Swimming Nationals in 1998, she awoke one morning with disturbing balance problems and double vision, another all too common symptom of multiple sclerosis was rearing its ugly head.

Twenty years ago after an array of tests, she was bluntly told at the age of thirty-six "You have MS. Go home and get your affairs in order before you become incapacitated." She was understandably devastated and the rest of the day was a blur. Having only been married for three years and no immediate family around, her thoughts revolved around how she was going to cope with this unpredictable disease. Fortunately, Carol found the determination and spirit to defy what this doctor had told her, even after an Ovarian Cancer scare in 2003.

Carol was a national level swimmer in Canada while she was growing up and, with an unstoppable nature and a passion for sport - she took up competitive rowing in December of 2006. She made the Australian Rowing Team in 2008 and 2009, where she competed at the World Rowing Championships, coming away with a 6th place. She has held a scholarship at the Victorian Institute of Sport since 2007 and has now taken up the sport of Para-cycling in the Trike class.

As a swimmer, rower and cyclist Carol has proved her versatility in sport over the last 48 years and now at an age where most people are thinking of retirement Carol continues to race at an elite international level.

Carol is an inspiration to everyone she meets due to her kind, caring and 'can do' approach to life. Her deep understanding of life enables her to provide inspiration to groups ranging from senior management to school children. She helps people believe that nothing is impossible, that anyone can overcome adversity and self-doubt to find their inner gold.

In 2011 Carol took up Para Cycling and has gone on to win 3 Gold Medals at two Paralympic Games (2012 & 2016). She has won 9 World Championships and continues to compete internationally. She has overcome significant adversity to become a role model providing ongoing inspiration not only to the Paralympic movement but also to able bodied athletes and the community.

She is also the founder of the MS 24 Hour Mega Swim in 2001, which is one of the fastest growing fundraising events in Australia and has raised over \$10 million which provides scholarships to people living with Multiple Sclerosis to follow a dream.

Carol was named in the 2014 Australia Day Honours List being named a Member of the order of Australia (AM). She received this award in recognition of her significant service to sport as a gold medalist at the London 2012 Paralympic Games, and for fundraising and representational roles with charitable healthcare organisations.

In 2015 Carol became an author of her book "Cycle of Life". In 2016 Carol updated her book and changed the name to 'Finding Your Inner Gold.'

Although living with the never ending symptoms of this unpredictable disease, Carol has the strength and courage to get up each day with a positive and motivated attitude. She has learnt to live for today and not worry about what may or may not happen in the future.

Carol believes that, "Nothing is impossible if we dare to face our fears and believe in ourselves. The greatest pleasure in life is doing what people say you cannot do."

A fatalist by nature, Carol believes everything happens for a reason. If she had not been diagnosed with multiple sclerosis, there would be no 24 Hour Mega Swim and the programs that the money has gone to would not be running. Suddenly everything seemed to make sense. Perhaps a grand plan was at work.

Awards:

2018 Victorian Female Para Cyclist of the Year
2017 Award of Excellence - Victorian Institute of Sport
2017 Masters Sportsperson of the Year - Vic Disability Sport and Recreation
2016 Female Sportspersons of the Year & Masters Sportsperson of the year - Vic Disability Sport and Recreation
2016 Rio Paralympics - 2 Gold Medals - Road Race and Time Trial - Para Cycling
2015 Victorian Finalist - Australian of the Year
2015 Gold and Silver-World Para Cycling Championships
2014 Order of Australia - A Member of the Order of Australia (AM)
2013/14/17/19 Dual World Champion – World Para Cycling Championships
2013/15/16/17 Australian Female Para Cyclist of the Year
2013/16 - Victorian Cyclist of the Year
2013 - Top Elite Athlete with a Disability - Victorian Institute of Sport
2012 Gold Medalist London Paralympics London Paralympics
2011-17 Included in the Who's Who of Australian Women
2011 Minister for Health Volunteer Awards – Commendation
2010 Included in the Who's Who of Australian Women "hope & courage"
2009 John Studdy Award from MS Australia
2008 Included in the Inaugural Who's Who in Victoria and the Who's Who of Australian Women
2006 Victorian Masters Sportsperson of the Year
2006 Herald Sun Pride of Australia Awards Role Model Category
2003 The Rotary Foundation of Rotary International Named a Paul Harris Fellow
2001 Rotary International Shine on Award - Certificate of Commendation