

Carol worked as a police officer in Toronto for 14 years including 4 year undercover in the drug and prostitution areas, following in her grandfather and parents footsteps. After moving to Australia and in the process of building a new life she was devastated when diagnosed with Multiple Sclerosis in 1998. By 2001, her introduction to disability had begun.

In 2005 -identified at a Paralympic Talent Search Day at the age of 44. Represented Australia in the World Championships in 2009 in rowing – 2011 switched to cycling

Carol is now a 3 x Paralympian and 9 x World Champion in the sport of Para Cycling.

- 1980-1994 – Police Officer – Metropolitan Toronto Police Force
- 1995 – 2001 – Australia Post – Numerous roles including Admin Manger, Delivery Manager, HR Manager of Southern Transport, Logistics Management, Training & Development
- 2001 founder - 24 Hour Mega Swim - has now raised \$11 million
- 2008-2009 Member of the Australian National Rowing team
- 2012 London Paralympics gold medal Paracycling Mixed T1-T2-Time Trial
- 2014 - Member of the Order of Australia (AM)
- 2015 her first book was published Cycle of Life
- 2016 Rio Paralympics -2 gold medals Women’s T1-T2 -Road Race /Time Trial
- 2017 renamed her book and republished as Finding Your Inner Gold
- 2021 Tokyo Paralympics – 1 silver medal Women’s T1-T2– Time Trial
- 2011 – 2019 - 9 x World Champion, 5 Silver Medals
- 2021 her second book ‘The Force Within’ was published
- An expert in change, challenge, adversity and mindset she works as a Professional Speaker.

Contact details to share

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