



WOMEN IN SPORT – Nicole Turner

Q1. When did you first start to get involved in Swimming?

I first started swimming when I was aged five and this was just swimming lessons with my brothers just for safety reasons and then after a few years they both gave it up but I just had a love for the water that I wanted to keep going, and advanced to club level and then eventually up to being a competitive swimmer.

Q2. Who or what inspired you to take up Swimming?

There are three main people that really inspired me to take up swimming, the first two are obviously my parents, just because I was a bit different to my brothers they didn't want to treat me any different and they got me into swimming lessons and then the second person would have to be a British Paralympic swimmer called Ellie Simmonds. Ellie is small just like me and back in 2008 I was watching her swim at the Beijing Paralympic Games and I turned to my parents and told them I wanted to be like her one day and then 8 years later I was racing against at Paralympics in Rio 2016.

Q3. Who are your role models and why?

I have plenty of role models in my life to be honest, Ellie would have to be a big role model for me from everything that she has achieved in her career up to date but the big role models in my life would have to be my family without a doubt, they are just so supportive to everything I do and then of

course my coach Dave Malone, the man who drives me to success in the pool every day.

Q4. What has been your proudest achievement to date?

My proudest achievement to date would probably have to be winning a bronze medal at the world championships in London 2019, this was my first ever world medal and there was serious competition for it, so that's a moment I'll be proud of for a long time.

Q5. Favourite place you've competed in?

My favourite place to have competed in would probably have to be the Paralympics in Rio 2016, this was an experience of a lifetime, it was my first Paralympics and the atmosphere of it was something I had never experienced before and it was one to remember.

Q6. What does a normal training week look like?

A normal training week for me would consist of six to seven two-hour swimming sessions a week and then three one-hour gym sessions a week and then my only day off would be a Sunday.

Q7. On that note, what is your favourite type of training session and why?

My favourite training session would probably have to be the short sprint ones, I agree I'm a sprinter myself so the fast snappy work of fast speed I really like but this would be towards the end of a season normally preparing us for racing.

Q8. Favourite post-training meal?

I have plenty of post training meals, I actually eat my dinner in the car on the way home from the pool everyday due to living over an hour away from the pool and my favourite dinners would probably have to be something like Spaghetti Bolognas or a stir fry.

Q9. If there was one other sport you could compete in, what would it be and why?

I would probably say cycling if I'm honest, simply because for the whole three months of quarantine I obviously didn't have a pool to swim in so my way of keeping fit was going for cycles with my mam every day and I actually really enjoyed just getting out in the fresh air and it can also be very adventurous at times.

Q10. What does success look like for you within the next year?

Success for me in the next year and it has been for the last couple of years now is aiming to get on that podium at the Paralympic Games in Tokyo next year, that would be a dream come true for me.