



## **WOMEN IN SPORT FOCUS – Richael Timothy**

### **Q1. When did you first start to get involved in Cycling?**

I got involved in para cycling at the end of 2017 following advice from my GP to look into para sport. I decided to look into cycling as it was a sport I used to do as a kid on the off season from football.

### **Q2. Who or what inspired you to take up Cycling?**

I suppose my mother. As a kid I cycled everywhere and following my brain injury she encouraged me to get back on my bike and see if I could cycle as so many other sports were out of the question due to my impairment.

### **Q3. Who are your role models and why?**

My role models have changed between sports over the years! As a kid my role models were Gillian Joyce of Galway Ladies Football and Valerie Mulcahy of Cork. I always wanted to play in Croke Park and score an outside of the boot point!! Within Cycling then Katie and Eve are obviously who I look up to. Their work rate is incredible, and they have and continue to show me what it takes to be world champions. Besides that, my mother and my partner are my biggest role models. They have always showed me no matter what happens you can always make the most of a bad situation.

### **Q4. What has been your proudest achievement to date?**

My proudest achievement to date was winning bronze at the track world championships this year. Standing on the podium with an Irish jersey knowing that my family and friends were watching at home was an

amazing feeling. Also having come so far in a year, beating some of the girls I would have never dreamt possible a year in advance.

**Q5. Favourite place you've competed in?**

Yorkshire 2019 World Championships. At the able-bodied World Championships there was a para road race ran alongside. The crowds were amazing and to race on the same course as world tour riders was a dream and will hopefully continue to happen in the future.

**Q6. What does a normal training week look like?**

My usual training week consists of about 20 hours. Usual 3 hours in the gym working on strength and balance and the remainder on the bike consisting of long low intensity spins, club spins and short high intensity efforts. Now that some racing is back, I try to part take in some local time trials and club leagues to keep my racing legs!

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

Definitely the long hours in the saddle. I love to get out and listen to an audiobook and explore new roads, preferably in the sun!!

**Q8. Favourite post-training meal?**

Classic! Beans on Toast.

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

Football – both soccer and gaelic. As a kid I played soccer and gaelic at the highest level and I always thought I would go professional that way! However, my brain injury put a stop to that. I would love to play one more game maybe even in Croke Park and save a penalty!!

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

**Obviously, my hope for next year is to compete at the Tokyo Paralympic games and perform at my very best. If that means a medal or a top 10 I want to come home knowing I gave my all and did everything I could to be fully prepared. However, success in general for next year will be an end to the Covid 19 pandemic and hopefully finding a vaccine.**