





SIOBHAN TERRY

-  Rotorua
-  June 30, 2000
-  Bilateral talipes (club feet)
-  Para cycling

Grassroots:

Kia ora tātou, my name is Siobhan Terry.

I was born in Rotorua, but I grew up over in Australia down in Hobart. I then moved back to live in Rotorua but often refer to Hobart as my second home.

I remember having lovely teachers back in primary school and wished I could be a teacher when I grew up, especially a music or PE teacher. My favourite memory as a child was when I used to hang out in the neighborhood with my friends and go for bike rides or explore the nearby forest area. I remember having a lot of hobbies when I was younger like music, sports, sewing, and probably my favourite was arts and crafts.

My journey as a Para athlete:

I have always been a really active person, even as a child, and yet, it wasn't until the end of 2015 that I was introduced to the world of Para sports through my English teacher. My first event as a Para athlete was a 2km race at the New Zealand Secondary School Cross-Country Championships. This was a crazy experience and I remember feeling so nervous for it that I trained almost every day to prepare. I was really surprised to have won that race, but soon after discovered that my legs were



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 Watch

<https://youtu.be/LyfFlch7wvQ>

“

I am quite a driven person so the Paralympic values align perfectly with who I am as a person and who I aspire to be for others.”

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struggling with the impact of running, so I had to stop. Since then, I have changed sports to competitive swimming for 8 years and have now moved into a completely new space of cycling.

I get to train on a velodrome and on the road. My training each week varies quite a lot, but it is normally 5-6 days a week on the bike, plus 2 gym sessions. What I really like about my sport is that each session is mixed up, so some days I might be on the velodrome, some days on a stationary trainer in my bedroom or other days exploring the roads. The hours that I train can be anywhere from 10 to 15 hours per week. I put a lot of time into what I do, not only to become the best that I can be but also because I love it!

For me the biggest thing that makes me a better athlete is also what I do off the bike. These are things like, spending time with my family/friends, my mahi (work) which helps financially support what I do and also getting involved in the community. I train on and off the bike by looking after myself on all levels so that I can feel and perform at my best.

The first time I represented New Zealand was in March 2023 at the Brisbane Oceania Track Champs. This experience was incredible, I had only been racing in my sport for four months at this point and normally I would have thought that I would have been overcome by nerves. But I remember in the lead up feeling so ready for this and excited to give it my best with no expectations.

Come race days there were a few nerves, but I felt so much support from everyone around me — competitors, our team manager, support staff, my coach and whānau and friends who were back home. I loved this experience and felt so happy to be there!

An achievement where I felt proud of myself was in August 2023. Sitting outside of my sport this achievement came through challenging myself to do the 21-day Classic Outward Bound course. I had this goal since 2018 and was unsure if I could do it because of my disability. On this course I climbed mountains, sailed a boat, climbed up rocks and so much more. I am proud of this achievement because this was something I was really scared of doing but I still gave it a go and learnt so much about myself and what I am capable of.

My advice would be to set your why in anything you choose to do, as to 'enjoy it'. If you enjoy what you do then the outcome will be just as fulfilling as the journey.

Fun facts:

- If I had a superpower I would be able to stop time, that way I would never be late and could sleep in whenever I wanted.
- My favorite movie is 'Inside Out' because for one it is fun and colorful but also because it has a really strong messaging behind it.
- My favorite book is 'The Faraway Tree' by Enid Blyton because it is creative and fun and leaves so much room for the imagination.
- A quote I really love is: "Mā te wā – Time will tell". This is about living in the moment and enjoying the journey.
- My favorite food is crumpets with peanut butter.

