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I am from Cardiff and started playing Squash when I was 8 years old, keen to start after seeing my mum coaching juniors at our local leisure centre and after watching my mum and brother playing Squash together.

I loved Squash from the word go and have been lucky enough to represent Wales throughout each of the junior age groups. I currently play team squash for Llandaff squash club (previously known as Fairwater squash), as well as friendlies with my family and other players at local clubs.



In recent years, I have become a qualified level 2 Squash coach and have coached at a range of different clubs in the South East Wales area, including both Fairwater squash club and Cowbridge squash club. Last year, I was proud to have received the 'Young coach of the year' award from WSRB. I love coaching juniors and watching them improve and grow in confidence.

Other than being involved in Squash, I enjoy spending time socialising with my family, friends and boyfriend and I also enjoy cycling, baking and shopping ☺.

Having now achieved a First in my degree in Biomedical sciences (Health, Exercise & Nutrition), I am looking forward to joining the WSRB team and developing Squash & Racketball in the South East area of Wales.