

Nomination for Leeds Sportswoman of the year 2006

1. Claire has been nominated and short listed for the Leeds Sports Award 2006 in the category Sportswoman of the year. The awards will be presented at a special dinner to be held in the Banquet Hall of the Leeds Civic Hall on Monday 12 February 2007. This annual event organised by the Leeds Sports Federation is sponsored by Yorkshire evening post and supported by Leeds city council and Leeds Metropolitan University.

2 . 2006 has been the most successful year for Claire in her sport of freestyle kayaking.

3 Her success includes:

- European Champion Ladies Squirt kayaking
British Champion Ladies Squirt kayaking
- Fifth British ladies freestyle kayaking
- Winner ladies Peak U.K. white water challenge series
- Winner Madyaker extreme race

4 Claire's impressive performance resulted in her being selected for the first time to be a member of the Great Britain squad to represent the country in two classes of freestyle kayaking, squirt, and freestyle and will be competing in the world championships 2007 in Canada

5 Claire is the only U.K female to compete in two disciplines.

6 Claire scored top marks in the tough selection trials for the Gb squad held during October 2006 at the Nottingham National Watersports Centre.

7. Claire O'Hara says;

"I am honoured and proud to be nominated for this award in my home city. I am excited to be part of the G.B. squad and I am looking forward to representing Great Britain in the World Championships in Canada. I have been training hard for this event in Nepal and Scotland. I would like to thank my coaches, family and sponsors. "

8. Squirt Boat (kayak) is a glittery custom made ultra low volume boats (kayaks) which perform fluid and graceful vertical, precision and submersed moves in fast turbulent river conditions.

9.Claire O'Hara's background;

a. Claire, 25 was born in Leeds and attended Cardinal Heenan High School and Notre

Dame sixth form college.

b. She attended Leeds Metropolitan University where she obtained a BA Honours degree in Sports and Recreation development and continues to have links with the university through their Alumni programme. Claire has recently started working for Leeds metropolitan university sports and recreation department prior to the world championships

c. While at Leeds Metropolitan University she was the captain of the Leeds Met University Kayak club and an active member of the Leeds Canoe club.

d. At Leeds Met University she was awarded a Carnegie Sports Scholar 2003/4 in recognition of her talents to become a champion in the kayaking sport.

Head of university sport Malcolm Brown said;

“ I am delighted at Claire’s sporting standard and she deserves to have been awarded a scholarship. This scholarship will give Claire access to support, coaching and facilities needed to be successful in both academic and sporting commitments. I wish her well for the future“.

10. Since graduation in July 2004 Claire has worked as a full time instructor for Bradford Councils adventure activities development unit.

11. Since May 2006 to September 2006 she has been employed as a chief instructor with Nottinghamshire County Council on their outdoor pursuits programme.

12. Claire O’Hara is launching a new website to promote her achievements and to motivate other young people to take up kayaking. www.claireohara.co.uk

13. Claire O’Hara is actively seeking sponsorship and anyone interested in sponsoring her can contact her via the website.