

Kayaking star hopes to add world title to list of accolades

# She's on a roll!



**BY HOWARD WILLIAMSON**

**SHE** flies through the air with the greatest of ease and picks up gold medals along the way.

For Leeds-born star Claire O'Hara is a champion of squirt kayaking at both British and European levels.

She was also top woman in the recent kayak freestyle trials at Nottingham, and will represent the nation at the world championships in Canada next year.

In squirt kayaking, the boat has only half the volume of a normal kayak and appears flat in side profile.

This shape gives great versatility and allows the boater to perform tricks like 'screw-up', 'blasts', 'cartwheels', 'double enders' and 'loops'.

Claire has now gone to Nepal to train for her assault on the world championship but will return before Christmas.

She said: "I am delighted with my results and am really looking forward to representing GB in Canada next year."

"I have been training hard and would like to thank my coaches, family and sponsors for their support."



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In June, Claire became the European Ladies' Squirt Champion.

She earned a BA Honours degree in Sports and Recreation development at Leeds Metropolitan University and continues to have links with the Met through their Alumni programme.

There she was awarded a Carnegie Sports Scholarship in recognition of her talents. She was the captain of the Met's kayak club and also Leeds canoe club.

Since graduating, Claire has been an instructor with Bradford City Council's

adventure activities development unit and this year she has been a chief instructor with Nottinghamshire County Council on their outdoor pursuits programme.

Claire, 24, went to Cardinal Heenan RC High School, Meanwood, and Notre Dame sixth form college.

Her mother Noreen added: "Claire is a super active person who never stops."

To sponsor Claire visit her website at [www.claireohara.co.uk](http://www.claireohara.co.uk).

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