**Stephen Morris**

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Email: stevomorris3@gmail.com

Languages: English

**Personal Profile-**

My Name is Stephen Morris and I am 32 years old from Cardiff. I have represented my country at two Paralympic Games in Athletics (1500m). Sport has had a huge impact on my life both physically and mentally, sport has given me the opportunity to grow, develop and adapt in all aspects of my life. My passion is to give back to what sport has given me and I can do this through my love of health and fitness, I want to give others the opportunity to see the benefits of sport and fitness regardless of age, gender or disability.

As well as reaching two Paralympic finals I am also the first person with a disability to win the Welsh Gwent league in cross country – My disability has never held me back and sport has been a huge vehicle in giving the confidence to want to excel in anything I do. Outside of sport I am a keen reader, I have a passion for history and always looking to learn something new. I love to socialise with friends over a coffee and spend time with my family who have always been there and supported me through my career.

Through my passion of health and fitness I am currently a student at Cardiff and Vale Collee studying (Course name), which has allowed me to further my knowledge around health and fitness, which will provide me to opportunity to help others for fill their own health and fitness goals.

I have obtained my IQL Level 2 Lifeguarding course, which I truly enjoyed and keen to use this qualification further the course has given me huge confidence in being effective and confidence poolside.

Through the National Autistic Society I have been lucky enough to work with them as a public speaker for some time now. This is something I love to do, to be able to share my journey to inspire others is why I do what I do I want to show everyone anything is possible regardless of age, disability or gender.

**Education/ Qualification-**

**Whitchurch high school 2000-2005**

|  |  |
| --- | --- |
| **COEA** | **Grade** |
| Maths | 3 |
| English | 3 |
| History | 3 |
| DT 2 | 2 |
| Cooking  | 2 |
| PE | 3 |
| Science  | 2 |
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|  |  |
|  |  |

Coleg Glam Hafren 2009-2011

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| --- | --- |
| **A-levels** | **Grade** |
| BTEC Fitness and science in sport  | Pass |

Whitchurch High School- 2000-2005

|  |  |
| --- | --- |
| **GCSE** | **Grade** |
| Maths  | C |
| English literacy  | D |
| Science  | B |
| Physical Education  | B |
| History  | C |
| Design technology  | B |

**Ocuupation**

Champion Manufacturing- making horse riding helmets 2005-2009

British athletics October 2012-April 2022: Elite 1500m Runner lottery founded athlete

National Autism society- public speaker: talking about my achievements and breaking barriers

Outdoor fitness- circuits instructor based at llandaff fields 2022-present

Cardiff AAC- endurance coach for the development coach- 2022- present

Penarth Leisure centre- fitness instructor- July 2023- present

**Additional skills and qualifications-**

NPLQ Lifeguard level 2

 Fitness Instructor Level 2

Personal Trainer level 3

2012 and 2016 Paralympic Games

Represent Great Britain seven Times

Public speaking.

First aid qualified

Running in Fitness Endurance running coach

**References-**

James Ledger

(Disability Sport Wales) National Youth Board Coordinator & Performance Lifestyle Support

James.ledger@disabilitysportwales.com

07877560800

Neil Taylor

Welsh Athletics Para Athletics Coordinator

neil.taylor@welshathletics.org

07919273868