I am an investment professional currently working at the New Zealand Super Fund in the Portfolio Completion team. I also have a background in economics.

I have been involved in athletics as an athlete since I was 5 years old, retiring from international competition in January 2023. During my career, I competed at three senior world championships, three Commonwealth Games, and the Tokyo Olympics. I also spent four years in the US competing for Princeton University whilst completing my economics study. I was a proud member of Hamilton City Hawks club for my entire career and have done some casual coaching as well.

I currently hold a seat on the Athletics New Zealand Athletes' Commission. I am passionate about athlete wellbeing and creating an athletics environment in New Zealand that is inclusive and encouraging.