



The TEAM

STAFF PROFILES

Name: Sophie James_

Job Title: Active Young People Zone Manager

What does your job involve?

Increasing opportunities and improving physical activity levels of children, adults and family's within the North of Bridgend (that includes the Llynfi valley, Garw Valley, Ogmere Valley and Pencoed). I work closely with local community sports clubs and organisations as well as primary and secondary schools to provide greater opportunities for everyone to experience !

How did you become involved with the Active Young People Department?

I started off as an Athletics development officer for Bridgend in 2001 and haven't look back since

Do you enjoy your job and why?

Of cause, I wouldn't be here if I didn't. I am very driven and love a challenge which makes my job the perfect one for me! Oh and it's linked to sport & Physical activity which can only be a bonus for me!

Are you interested or do you take part in any sports outside of work?

Yep most of my time is taken up with surf life saving. I am a member of Pen-y-bont surf life saving club and have been for 17 years. It's a very challenging sport with a great social life, you also get to travel the globe with competitions which is always good!. I also enjoy surfing, running, swimming and weight training.

What are your hobbies or interests outside of sport?

Sleeping and eating CHOCOLATE!

Who is your favourite sports person past or present and why?

Lance Armstrong , come on do I really have to say why?

His determination to carry on competing and stay at the top of his sport, win 7 Tour de France titles and overcome cancer when all the odds were staked against him. What more can I say!

What are you aspirations for the future?

To work hard and play even harder. Stay in the industry of sport and always enjoy what I do weather its work of life out side work!

An interesting fact about me is:

I was pictured with Prince William in Hello Magazine and the Sun Newspaper, after him beating me up all the way around the swim course in the Pembrokeshire Triathlon!