I’m a total chocoholic. My Devoting

The piece of wisdom you would pass on to a child… Always take the little opportunities – they may lead to a really big opportunity.

The book that holds an everlasting resonance… The Winnie-the-Pooh stories bring back happy memories of my parents reading them to me. Steve [her husband, wildlife expert Steve Backshall] bought them all for me because he knows I love them.

The priority activity if you were the Invisible Woman for a day… I’d track snow leopards in the Karakoram Valley, Pakistan. They’re rarely seen, so it would be amazing to be close to them.

The film you can watch time and time again… Pitch Perfect, a comedy from 2012 about a female a cappella group. It helps me switch off after training.

The poem that touches your soul… A poem Steve wrote and recited from memory at our wedding. It was called To My Bride and it was very romantic and personal. I’m quite tough emotionally but he really touched me – I’m not saying I cried though!

The misapprehension about yourself you wish you could erase… It’s frustrating when people think I’m from a wealthy background because I’m a rower. We have a family ice-cream business and my siblings and I all went to state school. I only ended up studying at Millfield public school because I won a two-year scholarship.

The film you'd most like to buy a pie and a pint… Pierre de Coubertin, the founder of the modern Olympics in Athens in 1896. I’d love to show him what a global sensation his idea has become.

The sport, but never country for my me all over the Jimmy . They drove Rachel and dad most…

The figure from history for whom the figure from history for whom you would pass on to a child is loaded with emotion for me. Pierre de Coubertin, the founder of the modern Olympics in Athens in 1896. I’d love to show him what a global sensation his idea has become.

The paralympic gold medals from London 2012 and Rio. They’re symbolic of eight years’ solid hard work and the realisation of a dream.

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