

# **08. Nothing is Impossible - Carol Cooke**

## **Paralympic Cycling Gold Medallist with Multiple Sclerosis MS**

Multiple Sclerosis MS. In her mid 30's Carol's Doctor told her to go home and get her affairs in order quit her job give up playing sport and begin a bunch of medication to manage her diagnosis.

Fortunately, Carol found the determination and spirit to defy what this doctor had told her. Although Carol had to leave full time employment she found another passion to keep her busy.

Carol started the 24 Hour Mega Swim in 2001 and now fifteen years later has 17 swims running in Victoria, NSW and the ACT.

The Mega Swim raises money for the Go For Gold Scholarship program run by MS Limited and gives scholarships to people living with MS to follow a dream.

The swims have raised over \$7,000,000.00 which has also allowed MS Australia to initiate a Financial Assistance Scheme project for people with MS.

Carol won silver medals in 2011 at the World Para Cycling Championships, in 2012 was named in the Australian Team for the London Paralympics and went on to earn a Gold Medal in the mixed T1-T2 road Time Trial, even beating the men.

Since 2012 Carol has become a 5 x World Champion - 2 in the Road Race and 3 in the Time Trial.



# Living with Multiple Sclerosis MS

Although living with the never-ending symptoms of this unpredictable disease, Carol has the strength and courage to get up each day with a positive and motivated attitude.

Carol has learnt to live for today and not worry about what may or may not happen in the future.

Carol believes that “nothing is impossible if we dare to face our fears and believe in ourselves and believes that the greatest pleasure in life is doing what people say you cannot do.”

<http://www.carolcooke.com.au>

Watch the interview on YouTube instead.

For more interviews on living with Multiple Sclerosis MS visit [this link](#)