

Introducing James Coxon (AKA One Good Arm Triker)

New Pedal Power Ambassador

(also World Record holder and British and World Champion!!)

Whoop!

James has agreed to be an ambassador for Pedal Power. We know he's a perfect fit for this role – his story is remarkable and inspiring; he's a strong and engaging advocate for the emotional and physical benefits of cycling, particularly for those with disabilities; and most importantly, we have a long and mutually beneficial relationship with him stretching back to 2020 when he bought his first recumbent trike through Pedal Power!



His story in a nutshell...

Prior to him being diagnosed with muscle wasting disease in 2017, James was a member of the British Sailing Team, as well as competing in Triathlon and Cycling Time Trial competitions. His condition affected his left arm, making it impossible to continue in these pursuits, which is why he turned to recumbent triking.

This was the start of a beautiful relationship...

"Cycling has always been a huge part of my life and I was devastated when I felt disability had robbed me of my passion. Pedal Power changed all this. Following my first ride with them on a recumbent trike I have competed abroad, achieved amazing records, and met lovely people. This all started through the team at Pedal Power, and I'm honoured to be an ambassador for them".



An athlete and competitor at heart, he has since racked up several incredible achievements with his trike:

2022 - World Record for distance covered in one hour (50.4km), 1st in British Para Championships and 2nd In World Championships

2023 - World record for 100km (2hrs 3 mins), 1st in British Para Championship and 1st in World Championships (on trike supplied by Pedal Power!)

2024 - World Record for 4k (4mins 35 seconds), 1st in British Para Championships, 2nd in World Championships

Future plans? He has a few—we hope these will be an opportunity for him to sport some Pedal Power branding (and for which he's searching for financial support) because racing is an expensive business!

These include defending his title at the British Para Series that start in April and finish in September with the National Championships in Kent.

He also plans to race his two-wheeled recumbent every month from April to October at the British Human Powered Club events around the UK. Oh, and in 2026, he wants to take on the World Masters record for a two wheeled recumbent...and why not?

Best of luck James and welcome on board!

Follow his story at [Blog – One Good Arm Triker](#)

Follow our story at www.cardiffpedalpower.org