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**NAME:** ALI PATON

Perhaps better known as TV Gladiator Siren, Ali has quickly established herself as a 'personality' in Scotland. Media/Broadcasting experiences highlights include:

### **QUALIFICATIONS**

First class honours degree in **Quantity Surveying** (construction related).  
Studied & worked with Construction Technics & Geo-Technics.  
Building Construction. Different building fabrics ie wood, bricks etc.  
Read plans ie Elevations & Technical Drawings.  
Masters degree in **Facilities Management & Asset Maintenance**.

**PATRON** Currently the patron of the *Kool Kids* – Glasgow Greater Health Board's pilot scheme.

### **PRESENTATIONS**

#### **1999-2008**

*Property Investment Sourcing* – Director – Opulen

*Property Development & Refurb* – Director – Wigman Residential

*Great Run Series* – Presenter – Channel 5 / Nova

*Adventure Tri Series* – Presenter – Channel Five / Nova

*Property Developer* – Project Manager on property delevopment – as well as

demolishing, also did the interior design.

Presenter – ***Ideal World Shopping Channel***.

Presenter – ***Q.V.C.*** the home shopping channel

***Cancer Research*** – I am in discussion to ‘front’ their October campaign in aid of Breast Cancer.

Reporter ***Sunday Herald*** column writer. Held mass warm-up for British Airport Authority for the ***Millennium Games*** for children aged 10 – 15 in Glasgow, Edinburgh, Aberdeen.

Presenter on corporate video for ***Best of Health***. Report and participate in ***Wild Weekend*** section. Healthy fun activities. Completed a Hi Tech Challenge (running, mountain biking and cycling over 25 miles), tandem parachute jump, and assisted flight in a Micro Flight.

Presenter on ***Feeling Healthy*** B.B.C. Radio Scotland – interviewed guests on issues such as beating cellulite, complementary therapies, personal trainers, massage, diets.

***Gladiator – Siren***. London Weekend Television. Appeared on a commercial for HEBS (Health Education Board Scotland) promoting good health. Reporter for B.B.C. Scotland ***Feeling Good*** series – reported and participated in 10 different exercise classes from Body Pump, Boxercise to Martial Arts.

Presenter – ***Great Outdoors***. Scottish television.

Presenter – ***Now You’re Talking***. B.B.C. Radio Scotland.

Reporter – ***Scottish Election Coverage***. Forth FM.

Reporter – ***Scottish Election Coverage***. News of the World.

Presenter – ***Summer Discovery***. Scottish Television.

Reporter – ***Scottish Passport***. Scottish Television.

Guest – ***The Back Page***. Scottish Television.

Co-commentating – ***Basketball***. B.B.C. Choice.

Reporter – ***Friday SportsScene***. B.B.C. Scotland.

Guest – ***Millennium Broadcast***. B.B.C. Network

Narrator – Panto: ***Jack & The Beanstalk***. Blackwood Theatre, Wales.

Guest Presenter – ***John Beattie’s Sport Weekly***. B.B.C. Radio Scotland.

***Columnist***. Glasgow Evening Times.

***Presenter Weekly Show***. Scot FM (Central Scotland)

**1998**

***Gladiators– Siren***. London Weekend television.

Reporter – ***Square Meals*** (6 week series). Scottish television.

Reporter – ***Scottish Passport*** (action holiday). Scottish TV

Guest – ***Feeling Healthy*** (8 wk series). B.B.C. Radio Scotland.

Tiger Lily - Panto: ***Peter Pan***. ***Eden Court Theatre, Inverness***.

**1997**

***Gladiators – Siren***. London Weekend Television.

Guest – ***Get it On*** (feature on anti-smoking). Scottish TV

Guest – ***Wheel Nuts*** (feature on cars/driving). Scottish TV

Guest – ***McCoist & MacAulay*** chat show. B.B.C. Scotland.

Guest – ***Children in Need***. B.B.C. Scotland.

Guest – ***Friday Night Record Review***. Radio Forth.

Guardian of the Woods – Panto: ***Jack & the Beanstalk***.

Kings Theatre, Edinburgh.

## **INTERESTS & SKILLS**

Interior Design; Soft Furnishings in general plus including recovering a sofa and making curtains, Embroidery; Dress Making; Clothes Alterations; Canvass Work; Abstract Painting; Up-to-date on all Showbiz Diets. Basketball - Expert knowledge. I have 25 international caps for Scotland.

Rugby Union; Touch Rugby; Football; American Football; Athletics; Golf; Tennis; Horse Riding; Kayaking; Water Sports; Fire eating; Abseiling; Mountain Biking; Trail Running; Road Running; Marathon Running; Resistance Training; Indoor Climbing; Sports Massage; Importance of rest; Healthy Diets for Sports men & women; Training programmes etc.

I am particularly interested in helping improve the health of Scottish kids.