

AUSTRALIAN OLYMPIANS

2017



- THIS ISSUE -

UPCOMING GAMES / ATHLETES' COMMISSION
LIFE OUTSIDE SPORT / CHAMPIONS OF THE WORLD / CHANGE MAKERS

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Todd Woodbridge OAM and Mark
Woodforde OAM, Sydney 2000.



Betty Cuthbert AM MBE,
Melbourne 1956.

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JOHN COATES AC

President, Australian Olympic Committee | Member, International Olympic Committee

The lead up to the 2018 Olympic Winter Games has been most inspiring with our winter athletes going from strength to strength winning 35 World Cup(s) and five World Championship medals, eclipsing our previous season best total of 25 World Cup and World Championship medals. We look forward to supporting our 2018 Australian Olympic Winter Team led for the sixth time by Chef de Mission Ian Chesterman, who has now taken on this leadership role for the Tokyo 2020 Team.

For our summer athletes, the Gold Coast will play host to the Commonwealth Games from 4–15 April 2018 with a program of 20 sports, 16 of which are Olympic sports. We wish our athletes all the very best for what I know will be another spectacular event for Australia.

The AOC, in conjunction with the AOC's Athletes' Commission, is committed to assisting Australian Olympians in their transition from an athletic career to life after sport. Our Athletes' Commission has been very active in driving this new initiative with the AOC's Olympians Services team. The AOC is committed to providing practical support to athletes as they transition into life after sport.

As a result of the International Olympic Committee's (IOC) Olympic Agenda 2020 roadmap and its Recommendation 23 to 'Engage with Communities', the AOC is now looking to provide a more meaningful engagement between the Olympic Movement and Australian communities. We want to take Olympians and the Olympic Movement into communities to encourage participation in sport for the many positive health outcomes — for all Australians. We hope you will assist us in these endeavours.



CHAMPIONS OF THE WORLD



• Olympian and The Don Award recipient, Jeff Horn, competing against Filipino legend Manny Pacquiao in Brisbane.

MOLLY GOODMAN (RIO 2016), SARAH HAWE, KATRINA WERRY, LUCY STEPHAN (RIO 2016), WOMEN'S FOUR – ROWING

Australia was crowned World Champions in the women's four at the 2017 World Rowing Championships in Sarasota, Florida, USA. The women's four victory rounded off an impressive season from the crew who had not lost a race.

EMILY SEEBOHM OAM 200M BACKSTROKE – SWIMMING

At the 2017 FINA World Swimming Championships in Budapest Emily Seebohm won the only swimming gold medal for Australia in the 200m Backstroke, setting a Commonwealth and Australian record in the process (2:05.68).



CAMERON MEYER POINTS RACE WORLD CHAMPION – CYCLING

Cameron Meyer won the men's Points Race final at the 2017 World Track Championships in Hong Kong. This is Cameron's fourth World Title in the Points Race after wins in 2009, 2010 and 2012.

ALEXANDER HILL (RIO 2016), JACK HARGREAVES, SPENCER TURRIN (RIO 2016), JOSHUA HICK, MEN'S FOUR – ROWING

Australia was crowned World Champions in the men's four at the 2017 World Rowing Championships in Sarasota, Florida, USA. The victory is the first time Australia's men's four have won a World Championship in the boat class in 26 years.

▲ Australia's women's four Rowing World Champions.



▲ Left: Olympian Emily Seebohm OAM with her gold medal. Right: Olympian Cameron Meyer celebrates his win. ▲ Australia's men's four Rowing World Champions.



CAMERON MEYER (BEIJING 2008), ALEXANDER PORTER, SAM WELSFORD (RIO 2016), NICHOLAS YALLOURIS, KELLAND O'BRIEN, ROHAN WIGHT, TEAM PURSUIT – CYCLING

Australia successfully defended their men's Team Pursuit title at the 2017 UCI Track World Championships in Hong Kong.

**BRITT COX
FREESTYLE MOGUL – SKIING**

In March 2017, Britt Cox became Australia's first ever Moguls World Champion when she won gold at the 2017 FIS Freestyle Ski and Snowboard World Championships in Spain.

**SALLY PEARSON OAM
100M HURDLES – ATHLETICS**

On 13 August 2017, Sally Pearson completed one of the most remarkable comebacks in Australian sport when she won gold in the 100m hurdles at the IAAF World Championships in London. Sally's victory came after a horror run of injuries and, uniquely in world sport, from coaching herself. The World Championship is Sally's second in the same event after winning the title in 2011.



▲ Australia's men's Team Pursuit cycling team celebrate their win.
► Top: Olympian Sally Pearson OAM competes in the 100m hurdles at the 2017 World Championships. Bottom: Olympian Britt Cox at the FIS Freestyle Ski and Snowboard World Championships.



SCOTTY JAMES SNOWBOARD HALFPIPE

In March 2017, Scotty James won his second consecutive Halfpipe World Title with an emphatic victory at the 2017 FIS Freestyle Ski and Snowboard World Championships in Spain.

CAROLINE BUCHANAN BMX WORLD TIME TRIAL CHAMPION, MTB FOUR-CROSS WORLD CHAMPION

For the third time in her career, Caroline Buchanan was crowned the 2017 UCI BMX Elite Women's Time Trial World Champion in Bergen, Norway. Additionally, Caroline won gold in the Mountain Bike Four-cross World Championship for the fourth time in her career in Vale di Trentino, Italy.

ASHLEIGH GENTLE (RIO 2016), JAKE BIRTWHISTLE, CHARLOTTE MCSHANE, MATT HAUSER, MIXED TEAMS RELAY – TRIATHLON

At the 2017 ITU World Triathlon Hamburg on 16 July 2017, Olympian Ashleigh Gentle was part of the Australian team who claimed gold in the event that will make its Olympic debut in Tokyo in 2020. Each of the 20 teams had two female and two male competitors, each completing a 300m swim, 7km bike ride and 1.6km run.

▲ Left: Olympian Scotty James celebrates his Halfpipe World Title.
Right: The Australian mixed teams relay - triathlon celebrate in Hamburg.
▲ Olympian and BMX World Champion Caroline Buchanan celebrates.

► Olympian Jessica Fox competes at the 2017 ICF Canoe Slalom World Championships.



JESSICA FOX K1 – CANOE/KAYAK

Jessica Fox won gold in the K1 at the 2017 ICF Canoe Slalom World Championships in Pau, France in August. This is Jess's second World Championship win in the K1 to go with her three individual World Championship titles in the C1 event.

TIA-CLAIR TOOMEY CROSSFIT

Tia Toomey made her Olympic debut at the Rio Games and on 6 August 2017, claimed victory at the 2017 Reebok CrossFit Games in Madison, Wisconsin, taking out the title of 'fittest woman on earth'.

MATHEW BELCHER, WILL RYAN, 470 – SAILING

For the fourth time (2013, 2014, 2015, and now 2017) Mathew Belcher and Will Ryan claimed the World 470 sailing Champion title in Thessaloniki, Greece.



▲ Olympian Tia Toomey at the 2017 CrossFit Games. Image: ©CrossFit, Inc. All rights reserved.
◆ Olympians Mat Belcher and Will Ryan.



◀ Olympian Jeff Horn claims welterweight title in Brisbane.
▼ Olympian Maddison Keeney with her FINA medal.

JEFF HORN WELTERWEIGHT TITLE – BOXING

London Olympian, Jeff Horn's stunning victory over Filipino legend Manny Pacquiao at Suncorp Stadium in Brisbane on 2 July claimed him the World Boxing Organisation welterweight title.

MADDISON KEENEY ONE-METRE SPRINGBOARD – DIVING

In July 2017, Maddison Keeney became world champion after producing a brilliant final dive at the FINA World Championships in Budapest, Hungary.



SPORT AUSTRALIA HALL OF FAME



Sport Australia Hall of Fame recognises and promotes the outstanding sporting achievements of our greatest athletes and encourages everyone to reach their full potential.

Membership of the Sport Australia Hall Of Fame is limited exclusively to the top echelon of Australian athletes who have all achieved excellence at the highest level of their sport and to those who have shown outstanding achievements in roles supportive to sports participants.

The following Australian Olympians were honoured at the 2017 Sport Australia Hall of Fame Annual Awards night.

LAUREN BURNS OAM TAEKWONDO – SYDNEY 2000

Lauren Burns won Australia's first Olympic gold medal in Taekwondo when the sport made its debut at the Sydney 2000 Olympic Games. A 12-time national champion, Lauren also achieved bronze medals at the 1996 World Cup and the 1997 World Championships. Upon being inducted, Lauren said, "Recognition of the hard work, blood, sweat and tears which culminated in Olympic gold, is not only wonderful – but inherently tied to the gratitude I acknowledge for the treasured time leading up to the Sydney 2000 Games."

BRAD MCGEE OAM CYCLING – ATLANTA 1996, SYDNEY 2000, ATHENS 2004, BEIJING 2008

Bradley McGee competed at four Olympic Games from Atlanta 1996 through to Beijing 2008. McGee is the only cyclist to win medals in the individual pursuit at three Olympic Games and has won more track cycling medals than any other Australian. Off the track, McGee was a stage winner in the three great European tours, the Tour de France, Vuelta a Espana and Giro d'Italia.

STEVE HOOKER OAM ATHLETICS – ATHENS 2004, BEIJING 2008, LONDON 2012

Competing at three Olympic Games, Steve Hooker became Australia's first Olympic pole-vault champion in Beijing 2008. Hooker was also the first track-and-field victory for Australia at an Olympic Games since Cathy Freeman won the 400m in Sydney 2000; the first by an Australian male since Ralph Doubell won the 800m in Mexico City 40 years prior; and the first by an Australian in a field event since John Winter won the high jump in London, 60 years before. Hooker dominated the pole vault event for a four-year period and he became one of the few to simultaneously hold the Olympic, indoor and outdoor World Championships, Commonwealth Games and World Cup titles.

THE DON AWARD JEFF HORN BOXING – LONDON 2012

Boxer Jeff 'the Hornet' Horn scored the upset win of 2017 when he outpunched legend Manny Pacquiao to take the WBO Welterweight World title. Horn's win captivated a global audience and has landed him the 2017 'The Don' Award. The award recognises the individual or team who has most inspired the nation through their performances.



◀ Brad McGee celebrates winning bronze in the men's 4000m Individual Pursuit, Sydney 2000.

▶ Steve Hooker celebrates his gold medal winning jump in the men's Pole Vault Final, Beijing 2008.
• Previous page: Lauren Burns competes against Urbia Melendez Rodriguez of Cuba in the women's 49kg Taekwondo Final, Sydney 2000.



SAPPORO 2017



Australia was invited to compete as guests at the 2017 Asian Winter Games from 19–26 February 2017 in Sapporo, Japan. During the eight days of competition more than 1,200 athletes from 32 nations competed.

As guests of this event, Australia was ineligible to win medals, but the young Aussie Team reveled in the opportunity to mix with Asia's leading winter sports athletes with many eyeing the Beijing 2022 Olympic Winter Games.

Thirty Australian athletes were selected to compete at the Games. Among the athletes competing were three-time Olympian Holly Crawford (snowboard – halfpipe), Vancouver 2010 Olympian Ben Sim (cross country skiing), and Sochi 2014 Olympians Brendan Kerry (figure skating), Pierre Boda (short track speed skating) and Deanna Lockett (short track speed skating).

ASHGABAT 2017

The Australian Team returned home from Ashgabat 2017 with two bronze medals, an additional nine top ten performances, and a unique international experience that will inspire the athletes to strive for greater sporting ambitions.

It was unexplored territory when Australia made its debut at the Asian Indoor and Martial Arts Games (AIMAG) in the Turkmenistan capital in the sports of taekwondo, weightlifting and wrestling. The 18 athletes thrived off the Olympic-like atmosphere, world class venues, bustling athletes' village and the chance to mingle with athletes from outside their individual sports.

27-year-old Keshena Waterford made history by winning Australia's first AIMAG medal with bronze in the women's -49kg taekwondo on Day 3 of the Games.

The following day Australia won its second taekwondo bronze with Ruth Hock in the women's -67kg division. The 32-year-old had only returned to international competition in 2016 after a six-year hiatus, which saw the birth of her two daughters and the opening of her own taekwondo gym in Adelaide.

With an average age of 22, Australia's emerging weightlifting athletes lifted to new heights at Ashgabat with several personal best performances among both the snatch and clean and jerk events.

The Olympic Council of Asia (OCA) had extended an invitation to Oceania NOC's to compete at Ashgabat 2017, making the fifth instalment of the AIMAG the largest ever with 63 participating delegations.

During the Games the OCA announced that Oceania athletes will be invited to participate in the 2022 Asian Games in Hangzhou, China in those sports whose qualification pathway for the 2024 Paris Olympic Games is through Asia.

Ashgabat 2017 is the second time Australia has competed in an Asian Games, after making its debut at the Asian Winter Games in Sapporo in February. This, however, was the first time Oceania nations were eligible to win medals.



“...the 18 athletes thrived off the Olympic-like atmosphere, world class venues and bustling athletes' village and the chance to mingle with athletes from outside their individual sports.”



▲ The launch of the 2018 Australian Olympic Winter Team uniforms.

FAST FACTS			
Host Nation	South Korea	Games Duration	9-25 Feb 2018
Athletes	Approx 2,940	Sports	15
Nations	95	Aus Team Size	Approx 50
Aus Chef de Mission		Ian Chesterman	

PYEONG CHANG 2018



THE XXIII OLYMPIC WINTER GAMES WILL BE HELD FOR 17 DAYS FROM 9 TO 25 FEBRUARY 2018 IN PYEONGCHANG, GANGWON PROVINCE, THE REPUBLIC OF KOREA.

It will be the first time Korea has hosted the Olympic Winter Games after hosting the Seoul 1988 Olympic Games (Summer). Australia is looking to

take approximately 50 athletes to PyeongChang 2018. The Team will range from Olympic veterans to Olympic debutants across eleven sporting disciplines.

In October 2017, the official formal uniforms to be worn by the Australian Olympic Team at the PyeongChang 2018 Winter Games were unveiled. Australian owned group, Total Image are the supplier of the 2018 Team's formal uniform.

"These uniforms are a symbol of years of hard work and dedication in our respective sports. Every time I put it on, I feel a great sense of pride for my accomplishments and for my country," dual Olympian Britt Cox said.

The 2018 Australian Olympic Winter Team blazer is lined with the names of every Australian Winter Olympian who has competed for Australia at the Games.

Australia has won an Olympic medal at every Winter Games since Lillehammer 1994 and heads into PyeongChang off the back of its most successful winter season ever; having claimed 40 World Cup and World Championship medals during the 2016/17 season.

Channel 7 are the official broadcaster of the 2018 Olympic Winter Games. With more live content than ever before for an Olympic Games, tune in to support your teammates.

For the latest information on the Australian Olympic Team in PyeongChang go to:

olympics.com.au

f /AUSOlympicTeam @ausolympicteam
#GoAUS #PyeongChang2018

B U E N O S

A I R E S



THE ARGENTINEAN CAPITAL OF BUENOS AIRES
WILL HOST THE THIRD EDITION OF THE
SUMMER YOUTH OLYMPIC GAMES (YOG)
IN OCTOBER 2018.

Lead by Chef de Mission, Kim Brennan AM, Australia is set to take a team of approximately 70 athletes who will compete in a range of sports.

Following successful Youth Olympic Games campaigns at Singapore 2010 (32 medals) and Nanjing 2014 (26 medals) the Aussie team will again be striving for the podium. Australia's previous YOG teams have unearthed Olympic heroes like dual Games medallist Jessica Fox (Canoe/Kayak), Rio 2016 Olympian Kyle Chalmers OAM (Swimming) and four-time Rio medallist Emma McKeon OAM (Swimming). Buenos Aires 2018 will be a great experience for our up and coming athletes aiming for Tokyo 2020 and beyond.

FAST FACTS

Host Nation		Argentina	
Games Duration		6-18 October 2018	
Athletes	3,800	Nations	206
Sports	31	Venues	33
Chef de Mission		Kim Brennan OAM	
Aus Team Size		Approx 90	

The Games will feature four new sports – sport climbing, karate (both making their Olympic debut in Tokyo), break dancing and roller sports. The Games will not only provide a platform for athletes to compete against each other but also provide educational opportunities for the athletes regarding Olympism and the Olympic values.

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INSIDE THE AOC



▲ AOC recognises Indigenous Olympians at The National Centre for Indigenous Excellence on Olympic Day.

2017 HIGHLIGHTS

FEBRUARY

2017 Asian Winter Games were held from 19–26 February 2017 in Sapporo, Japan hosting over 1,200 athletes from 32 nations, including Australia for the first time with 30 athletes.

MARCH

Matt Carroll AM appointed as AOC Chief Executive Officer to commence in May 2017.

APRIL

2018 Australian Olympic Winter Team processing for the PyeongChang 2018 Olympic Winter Games was held at the Olympic Winter Institute of Australia (OWIA) in Melbourne.

MAY

AOC AGM 6 May.

John Coates AC re-elected as President of the Australian Olympic Committee following a vote at the AGM. Ian Chesterman and Helen Brownlee OAM were elected for the two Vice Presidency roles. New AOC Executive Members Matt Allen (Chairman, Australia Sailing), Evelyn Halls (President, Australian Fencing and Olympian) and Michael Murphy (Chairman, Diving Australia and Olympian) were elected.

The AOC changed its Constitutional Objects to reflect its commitment to providing more meaningful engagement between the Olympic Movement and Australian communities. The resolution is in line with IOC's Olympic Agenda 2020 road map, and in particular its Recommendation 23 to 'Engage with Communities'.



Kim Brennan AM announced as Australia's Chef de Mission for the Buenos Aires 2018 Youth Olympic Games.

JUNE

International Olympic Day (23 June) was celebrated with Olympic education events around Australia.

AUGUST

AOC Vice President Ian Chesterman appointed Chef de Mission for the Australian Olympic Team at the Tokyo 2020 Olympic Games.

AOC commits to implementing all 17 recommendations of the Independent Cultural Review conducted by The Ethics Centre into the workplace culture of the AOC.

SEPTEMBER

2017 Ashgabat Asian Indoor and Martial Arts Games were held from 17–27 September 2017.

OCTOBER

AOC signed an agreement with the Australian Federal Police (AFP) to provide advice on the security and safety for all the Teams the AOC will send away through to Tokyo 2020.

AOC and Total Image Group (TIG) unveiled the official formal uniforms to be worn by the Australian Olympic Team at the PyeongChang 2018 Olympic Winter Games.

NOVEMBER

Nicole Livingstone OAM steps down from the AOC Executive Board after announcing she will take up a position with the AFL as Head of Women's Football.

DECEMBER

Catherine Fettell (President, Shooting Australia) was appointed to the AOC Executive Board.

The first members of the 2018 Australian Olympic Winter Team were selected including figure skaters Kailani Craine, Brendan Kerry, Ekaterina Alexandrovskaya and Harley Windsor.

Q&A WITH MATT CARROLL AM CEO OF THE AOC



In May 2017, Matt Carroll AM commenced as the CEO of the AOC.

Q. What is your favourite Olympic memory?

A. The Sydney Games! The whole fortnight was a great sporting experience. The opportunity to watch the world's best compete at outstanding venues and cheer on our own Team in our country. Sydney and its people put on its finest weather and best attitude to celebrate the greatest festival of sport, the Olympic Games. The Sydney Games exemplified all that is good about sport.

Q. What drives you in your work?

A. To make a difference. To look for ways to do things better. To create opportunities for others to succeed in their sporting aspirations – athletes, coaches, administrators, partners, fans... all the moving parts that is sport. I am a great believer that a key role of a sports administrator is to generate opportunity for success.

Q. The AOC has seen some changes lately — what can be expected in the future?

A. The lead into the 2017 AGM and the months following were difficult times for the AOC. However, with a clear focus on the outcomes being sought, a fully transparent process and patience, we came through and are a better organisation for the experience.

The cultural review by The Ethics Centre was a deep dive into the AOC's way of operating and the impact on its people and stakeholders. The Executive took the brave decision to publish the review in its entirety and has adopted all 17 recommendations. A number of these recommendations have already been actioned including the recruitment of a People and Culture role who will also have responsibility for the Athlete Transition program. The Executive and management have started the process of revising the AOC's ethical framework to enable us to better articulate our purpose, values and principles. As part of the process we will also be engaging with the Athletes' Commission.

Importantly, the clear message I have given my senior management team is that there is no point in adopting values if we do not exemplify the intent. We must lead by example. Equally part of what we are about as an organisation is high performance sport, so we must be a high performance organisation.

Q. What do you have planned?

A. The sporting landscape across the world and in Australia continues to change rapidly, so the AOC, like all successful organisations, needs to evolve to meet these changes. The Executive have signed off on an organisational review, not a wholesale rebuild but, as I have called it, a "reset" to ensure that as an organisation we are fit for purpose. The AOC's objectives, handed down from the IOC, are in effect our strategic aims to be achieved as part of a "strategic plan". The objectives provide the AOC with clarity of our role and mission. Therefore, the challenge is to ensure we successfully achieve and improve on this mission year on year.

I have set strategic initiatives to be actioned over this quad. The initiatives address:

- community engagement programs,
- improving resourcing and systems to better provide for the Teams,
- overarching communications strategy which includes Olympic sports and commercial partners,
- AOC leadership and advocacy for Olympic sports,
- commercial strategy to target new sources of revenue,
- programs to support Olympians including Transition,
- relationships with national federations and other stakeholders.

The organisational structure has been revised to ensure there is clarity and purpose to existing roles, expanded scope for other positions and creation of new roles where there are gaps. All to achieve our mission.

Q. Do you have a message for our Olympians?

A. The AOC exists for the athletes and the sports, brought together under the banner of Olympism. Our role and mission is to provide opportunities for Olympians, active and future, to achieve their best at the Games. To work closely with our Olympian alumni in communicating the ideals of the Olympic Movement and the importance of sport to the Australian community and by doing so assist sports in participation growth and pathways. To protect clean athletes and the integrity of sport and to support the pathway to transition. I look to our alumni to support us in this mission; future Olympic success for Australia depends on it.

AOC EXECUTIVE MEMBERS

John Coates AC
President, IOC Member

Ian Chesterman
Vice President

Helen Brownlee OAM
Vice President

Matt Allen*

Mark Arbib

Craig Carracher

Matt Carroll AM,
Chief Executive Officer

Kitty Chiller
Olympian, Modern Pentathlon
Sydney 2000

Catherine Fettell*

Evelyn Halls*
Olympian, Fencing
Sydney 2000, Athens 2004

Steven Hooker OAM,
Chair AOC Athletes' Commission
Olympian, Athletics – Athens 2004,
Beijing 2008 (gold medallist),
London 2012

Michael Murphy*
Olympian, Diving
Barcelona 1992, Atlanta 1996

James Tomkins OAM
IOC member
Olympian, Rowing – Seoul 1988,
Barcelona 1992 (gold medallist),
Atlanta 1996 (gold medallist),
Sydney 2000 (bronze medallist),
Athens 2004 (gold medallist),
Beijing 2008

*Indicates new members in 2017

NEWS FROM THE IOC

JANUARY

The IOC and Alibaba Group announced a long-term partnership through to 2028. Joining The Olympic Partner (TOP) worldwide sponsorship programme, Alibaba will become the official 'Cloud Services' and 'E-Commerce Platform Services' Partner, as well as a Founding Partner of the Olympic Channel.

MARCH

The IOC Executive Board approved The IOC Gender Equality Review Project which is a joint initiative of the IOC's Women in Sport and Athletes' Commissions. The project aims to raise continued awareness of the importance of gender equality within the Olympic Movement, share best practices and present initiatives to further advance gender equality both on and off the field of play.

APRIL

The IOC announced a donation of USD 600,000 to support the immediate humanitarian relief efforts in the country in Peru, following the devastating floods in large parts of the country.

JUNE

The IOC and Intel announced a worldwide TOP partnership through to 2024. Intel and the IOC are partnering to bring Intel's leading technology to enhance the Olympic Games.

IOC President Thomas Bach visited the White House to meet US President Donald Trump for the first time.

AUGUST

The IOC broke with tradition to vote on a unique double allocation for the 2024 and 2028 Olympic Games. Paris was awarded the 2028 Olympic Games and Los Angeles the 2024 Olympic Games.



▲ IOC 8th International Athletes Forum, held at the Olympic Museum, Lausanne, with representatives from all IF Athletes Commissions.

SEPTEMBER

IOC launched the Olympic Refugee Foundation. The aim of the Olympic Refugee Foundation is to create safe, basic and accessible sports facilities in areas where there are refugees, a displaced migrant population and internally displaced people. Working in close collaboration with the UNHCR and with the relevant partners and local authorities on the ground, the Foundation will develop sporting activities and social development projects that can be implemented in a sustainable way within these safe environments.

An emergency fund of USD 1 million has been set up to support Caribbean NOCs and the immediate recovery efforts in the countries affected by hurricanes Irma and Maria.

OCTOBER

The Olympic flame-lighting ceremony for the PyeongChang 2018 Olympic Winter Games took place in Ancient Olympia, Greece. It marks the

start of an incredible journey that will bring the Olympic spirit to the Republic of Korea and its citizens, and inspire the entire world.

NOVEMBER

More than 100 Olympians from around the world gathered at the Olympic Museum in Lausanne, Switzerland for the IOC 8th International Athletes' Forum. Topics discussed included athlete support, anti-doping, athlete rights and empowering Athletes' Commission.

DECEMBER

IOC Executive Board announced the suspension of the Russian National Olympic Committee, while also confirming that it will create a path for clean Russian athletes to compete at the PyeongChang 2018 Olympic Games under the Olympic flag.

NEWS FROM THE WOA



THE WOA WORKS ALONGSIDE THE IOC AND NATIONAL OLYMPIC COMMITTEES AND SUPPORTS 120,000 OLYMPIANS WORLDWIDE. THE WOA EXECUTIVE COMMITTEE IS MADE UP OF OLYMPIANS FROM ALL FIVE CONTINENTS, INCLUDING AUSTRALIA'S OWN NATALIE COOK AND JAMES TOMKINS.

FROM THE WOA:

“Our mission is to assist you, as Olympians, while also encouraging you to give back to society by spreading the spirit and practice of Olympism.”

In April 2017, the WOA announced the first Service to Society Grants to many nations, including Australia. The funds were used to support the AOC's 'Meet with a Champ' program which promotes the Olympic values.

In November 2017, the WOA launched the OLY initiative, offering all Olympians worldwide the opportunity to add the post-nominal letters 'OLY' to their name.

OLY will act as a unifying reminder of an Olympian's achievements and responsibility to embody the values of Olympism in everyday life. In announcing the initiative alongside IOC President, Thomas Bach, WOA President Joël Bouzou said, “By participating at an Olympic Games, Olympians have achieved something unique and for that they must be recognised. They are truly leaders and role models in society and ambassadors of the Olympic Movement.”

So, get yourself noticed with OLY at olympians.org. Once registered you will receive an OLY certificate (PDF) to print and be registered for a free @olympian.org email address.

We encourage you to retain your connection with the Olympic Movement by joining your local Olympians Club and taking part in projects and initiatives, like Olympic Day, to help share the Olympic values and make a difference in your community.

As Olympians, you can also take advantage of the following opportunities:

- Access Games-time hospitality for you, your friends and family.
- Create a profile on the Olympic Athletes' Hub. You can keep up to date with the latest Olympic news and find career opportunities in the 'Offers' section.
- Further your education with a free short course on the Athlete Learning Gateway.

Keep in touch with the WOA via:

olympians.org

@WorldOlympians

/WorldOlympiansAssociation



▲ Top: Natalie Cook OAM receiving OLY post-nominal letters. Bottom: James Tomkins OAM at the WOA Athletes Forum.

ATHLETES' COMMISSION

FROM THE CHAIR / STEVE HOOKER OAM



For a year without an Olympic Team going away, it has certainly been a busy one. In 2017, the Athletes' Commission has been very involved with shaping the Athlete Transition Program. Throughout the year it has been an area that has received an ever-increasing amount of interest and we hope our new mentor program will be a useful tool for athletes preparing for life after sport.

Members of the Commission have been working on various programs around the Olympic network. James Tomkins has been completing interesting projects with the IOC Athletes' Commission including assisting with the mission and objectives of the Commission.

It certainly seems that on the back of a strong group in the current IOC Athletes' Commission there is a real focus on athlete feedback impacting on IOC decisions.

Kenny Wallace has been appointed to the Oceania Athletes' Commission and Kim Brennan represented Australian athletes in providing the IOC feedback on Village and Team requirements for the 2020 Olympics on behalf of the AOC.

We look forward to supporting our teammates at the 2018 Olympic Winter Games in PyeongChang. A special mention to Athletes' Commission members Lydia Lassila who will be competing at her fifth Olympic Games and Ramone Cooper who is the Performance Manager for our park and pipe athletes.

As a group, we were impressed by the athlete response when we asked athletes for feedback in the lead up to the AOC AGM.

Clearly athletes want their voice to be heard. As such, we are working on new ways to interact with our fellow athletes and member sports Athletes' Commissions. To start this process, we invited Daniel Kowalski from the Swimmer's Association and Annabelle Williams from the Australian Paralympic Committee Athletes' Commission to our October meeting.

It was great to hear from the two groups, the issues they have and their initiatives in dealing with these issues.

As always, if there are any issues you think significant to Australian Olympians, please don't hesitate to contact your Athletes' Commission.

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CHAIR

STEVE HOOKER OAM

Athletics – Athens 2004, Beijing 2008,
 London 2012 / CEO, Resimax Group, Melbourne



CATE CAMPBELL OAM

Swimming – Beijing 2008,
 London 2012, Rio 2016 / Student,
 Media & Communications, Brisbane



JESSICA FOX

Canoe/Kayak: Slalom – London 2012,
 Rio 2016 / Student,
 Bachelor of Social Science,
 Psychology & Communications, Sydney



JAMES TOMKINS OAM

Rowing – Seoul 1988, Barcelona 1992,
 Atlanta 1996, Sydney 2000, Athens 2004,
 Beijing 2008, London 2012 / Director, UBS
 Asset Management (Aus) Ltd,
 Melbourne

ATHLETES' COMMISSION MEMBER DETAILS



DEPUTY CHAIR

KIM BRENNAN AM

Rowing – Beijing 2008, London 2012,
 Rio 2016 / Manager, Advisory EY, Canberra



JAMIE DWYER OAM

Hockey – Athens 2004,
 Beijing 2008, London 2012, Rio 2016
 Director, JDHockey, Perth



ALANA QUADE

Athletics – Beijing 2008,
 London 2012, Rio 2016 / Manager, QSPEC
 Building & Mobility, Sunshine Coast



SHELLEY WATTS

Boxing – Rio 2016
 Law Graduate, Blue Water Legal
 Port Macquarie



RAMONE COOPER

Freestyle Skiing: Moguls – Vancouver 2010
 National Pathway & Programs Manager
 Ski & Snowboard Australia, Melbourne



LYDIA LASSILA OAM

Freestyle Skiing: Aerials – Salt Lake City
 2002, Turin 2006, Vancouver 2010, Sochi
 2014 / Founder and Director, BodyICE Pty Ltd
 and Motivational Speaker, Melbourne



KENNY WALLACE OAM

Canoe/Kayak: Sprint – Beijing 2008, London
 2012, Rio 2016 / Surf Life Saver, Gold Coast
 City Council, Gold Coast



LIFE

OUTSIDE

SPORT

**ANTON GRIMUS FOUNDED
THE GRIMUS GRIND – A SMALL
HOLE IN THE WALL COFFEE
SHOP IN 2014.**

THE AUSTRALIAN OLYMPIC COMMITTEE IS COMMITTED TO THE SUCCESS OF AUSTRALIAN OLYMPIANS, AND IN RECENT TIMES THIS HAS MEANT AN INCREASED FOCUS ON LIFE AFTER SPORT.

In conjunction with the AOC's Athletes' Commission the AOC is developing new programs and activities to support athletes as they transition from an athletic career to life after sport. For many athletes, this transition can be daunting. While it's obvious to those on the outside that athletes have a unique and valuable set of transferable skills, for some it takes additional encouragement, guidance and support for them to flourish post sport.

EDUCATION FUNDING

In 2017, the IOC introduced a new funding program to assist Olympians in obtaining relevant education and training to ensure a smooth post-sporting career transition, with nominations through the AOC. All Australian Olympians who are currently enrolled in any training or education course were invited to nominate.

This year, the following seven Olympians were selected to receive funding:

Samantha Wells (Freestyle Skiing – Sochi 2014) current athlete, undertaking a Foundations of Arts and Health Course at the University of Tasmania.

Jesse Phillips (Canoe/Kayak – Rio 2016) current athlete, undertaking a Diploma of Screen Performance at the Western Australia Academy of Performing Arts (WAPPA).

Jack Rossiter (Shooting – Rio 2016) current athlete, undertaking a Bachelor of Business (Marketing) at Flinders University.

Lauren Wells (Athletics – Rio 2016) current athlete, undertaking a Bachelor of Primary Education at the University of Canberra.

Sam Hall (Freestyle Skiing – Sochi 2014) retired athlete, undertaking a Certificate III in Carpentry.

Nicole Parks (Freestyle Skiing – Sochi 2014) retired, undertaking a Bachelor of Exercise and Sports Science, Charles Sturt University.

Chris Erikson (Athletics – Rio 2016) retired athlete, undertaking a Bachelor of Nursing.

WORK EXPERIENCE, INTERNSHIPS AND JOBS

Shelley Watts (Boxing – Rio 2016) completed a four-week internship at the AOC. Shelley applied her legal training to assisting the AOC Legal Division, as well as the NSW Olympic Council to lead the Pierre de Coubertin Awards and State Presentation in NSW and the ACT. Here, Shelley presented to year 10–12 student leaders on the virtues of living out your values and overcoming adversity. Shelley was on hand to assist a corporate day at the SCG with her Rio team mates in the Women's Rugby 7s.



Anabelle Smith (Diving – London 2012, Rio 2016) completed an internship with the Victorian Olympic Council working on the ASPIRE Leadership Program funded by Sport and Recreation Victoria. The program aims to connect regional schools and local sporting clubs with Olympians to promote participation in sport.

Catherine Skinner OAM (Shooting – Rio 2016) completed a three-month internship with IOC Worldwide TOP Partner DOW. Catherine was able to apply the theoretical knowledge she had gained after completing a bachelor's degree in Chemical Engineering from RMIT.

The AOC continues to advertise external and internal job opportunities via the eNews. If you are not receiving the eNews please contact the AOC at alumni@olympics.com.au

OLYMPIANS MENTOR PROGRAM

In conjunction with the Athletes' Commission the AOC is delighted to present the Olympians Mentor Program.

This program has been designed to support athletes as they transition from an athletic career to life after sport.

The AOC Mentor Program is tailored specifically for Olympic athletes with the goal of linking them with fellow Olympians who are now experts in their field, as well as Australian business leaders who can offer insight, advice and help coach them through the next stage of their life.

To ensure the success of this program the AOC are running a pilot program in 2018, inviting a number of Olympians and mentors to take part.

EDUCATION AND PERSONAL DEVELOPMENT

2017 International Olympic Academy Session for Young Participants

Anabelle Smith (Diving – London 2012, Rio 2016) was selected to attend the International Olympic Academy's (IOA): International Session for Young Participants in Athens, Greece.

The IOA is a two-week international forum that is structured to include lectures, question and answer sessions, group discussion meetings, presentations by the participants, field trips to archaeological sites and museums, and research in the library.

"It was an amazing opportunity to meet like minded people from all over the world. The program made me feel so connected to the history of the Olympic Games and it was surreal, as a current Olympian, to learn how the Olympic traditions started" said Annabelle.

Participants included students, Olympic athletes and sport administrators. The aim of the IOA is to educate and motivate young people to use their experiences and knowledge gained from the Session productively in promoting the Olympics Ideals and educating others in their own countries.

2017 Pierre de Coubertin Youth Forum

Belinda Hocking (Swimming – Beijing 2008, London 2012, Rio 2016), currently studying primary school teaching at Deakin University was selected to attend the 2017 Pierre de Coubertin Youth Forum as a coordinator for the Australian delegation.

The AOC selects eight recipients of the Pierre de Coubertin Award to attend the International Forum every two years. Students participate in a range of activities which include an Opening and Closing Ceremony, sporting activities, discussion groups, art workshops, mini-expo and countless experiences of engagement with differing cultures from around the world.

RESEARCH

To ensure the relevance and success of AOC Olympians Services activities, research and evidence based implementation is required. With evidence based programs the AOC can ensure that its member sports and Olympians are being serviced by unique and valuable programs.

Led by Dr Thomas Hammond (OWIA/ AIS/ Deakin University), 'The Post-Olympic Wellbeing of Winter Athletes' research project will be facilitated. The aim of this project is to evaluate the subjective wellbeing and mood of winter athletes before and after Olympic competition. Taking a proactive approach, athletes will complete an assessment prior to competition to identify potential challenges and facilitate support for athletes, should it be required. Following the conclusion of competition athletes will complete a follow-up assessment at approximately three weeks and four months post-games.

The objective of the follow-up assessment is to evaluate the presence of post-Olympic depression, identify potential challenges faced by athletes upon their return from Olympic competition, and facilitate early intervention if required.

If you are interested in any of these programs or services, have any questions or ideas we would love to hear from you. Please contact Sarah Burston, AOC, Olympian Services:

P (02) 9247 2000
E sarah.burston@olympics.com.au

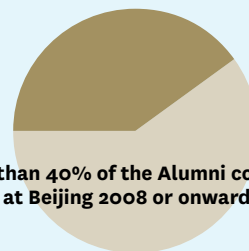
ALUMNI FACTS

3969

Number of Australia Olympians between 1896–2016.

3386

The number of Alumni between 1948 and the end of 2017.



More than 40% of the Alumni competed at Beijing 2008 or onwards.

26

Average age of the Australian Olympic Team at Rio 2016.

13

Number of Australian Olympians who have competed in more than one sport at the Games.

2

Number of Australian Olympians who have competed in both the Summer and Winter Olympic Games.



Olympians Clubs operate in each state and territory except the NT.

52%

Percentage of female athletes in the Sochi 2014 Australian Olympic Winter Team.

51%

Percentage of female athletes in the Rio 2016 Summer Olympic Team.



This has been the first time female athletes outnumbered their male counterparts at both the Summer and Winter Games.

LIFE AFTER SPORT Q&A



CARLI RENZI

Judo
London 2012

When did you finish competing?

My last competition was the London Olympics. I fought on July 31, 2012.

What do you cherish most about the experience of competing at an Olympic Games?

I most loved sharing the experience with my family and friends.

What is one piece of advice you would give athletes retiring from sport?

I think retiring from competition has not been difficult for me because I left the country, became pregnant quite quickly and started a new role. This quick succession of large-scale changes opened a channel in which I could redirect my motivation and ambitions.

Nowadays I most miss the camaraderie of the team training camps and just the day to day jokes and fun at training — i.e. the people you have slogged it out with and who have therefore seen you at your best and worst. For me, there were plenty in my network at judo, including my coach, who had known me from when I was seven years old.

What is your current occupation and how did you arrive in the position you have today?

My current occupation is Head of Business Execution, International, at ANZ based in Hong Kong. It is a broad generalist banking role that encompasses strategy, budgeting and risk through to customer and people processes. I also am a board member for ANZ Bank (Thailand).

I have always balanced training with other goals I have had. For example, when I wanted to learn a language and live overseas in high-school, but not miss out on judo, I chose to go on exchange to Japan. While working at ANZ,

I would get my cross-training hours up by cycling or running to and from work and straight to the dojo and gym in the evening.

ANZ was a good choice for me as an athlete because, not only did they have capacity to support my time away when I was training or competing overseas, but they actively encouraged it. I think that is partly the natural sport psyche you get when you work for an Australian company — I mean, every analogy the leadership use here just about is a sporting one.

Working overseas has also been a natural progression. During my sporting career, I managed to clock up over 50 countries with judo, one of the most widely participated sports in the world. That international mindset is important in commerce and Institutional Banking which is all about following the trade and capital flows. Asia has also been the dominant region for my sport and I feel very at home here in both my work and martial arts communities. I think for Australia, it is a region with great business and friendship promise.

What is your career goal?

I think every role is what you make it and I relish ambiguity and freedom to pursue the best outcomes over a preordained task. For that reason, I would love to be a CEO because you get to build the vision and then rally a team to make that happen.

People often think that judo is an individual sport, but actually it's a team sport in training with accountability on yourself in competition. It's also a great strategy game with improvisation a critical component... so philosophically (and from a pure grit perspective) I think it's an excellent segue into a CEO role.

TRAVIS MORAN

Volleyball
Athens 2004

When did you finish competing?

I finished playing indoor volleyball in 2004 and I was then part of the beach volleyball national team program until about mid-2006.

What do you cherish most about the experience of competing at the Olympic Games?

Having been part of the Australian Olympic Team brings a sense of pride. It is also a reminder of how great we are as a Nation.

I also particularly enjoyed the experience of being in the village with other Australian athletes, as well as athletes from other nations. The opening ceremony was also very special.

What is your current occupation and how did you arrive in the position you have today?

I am a solicitor who practices in commercial litigation and criminal defence. My pathway to that position started after Athens 2004 when I commenced studying at University (whilst part of the Beach Volleyball National Team), and then transferred into law.

After completing my law degree, I worked for a mid-tier firm and a Barrister, Mrs Marie Shaw QC. I then moved on to work as an Associate to a Judge of the Supreme Court for about 14 months. I then spent a short period working for legal aid before commencing work at Iles Selley Lawyers, where I have been employed for the last five years. I have worked on a number of interesting matters including Royal Commissions and applications for leave to appeal for the High Court.

Do you think balance between study and training would be beneficial to the transition process? And is it possible with training obligations?

When I was an athlete I felt concerned about being 'pigeon holed' into one career (of being an athlete), so I think it is important to try

and achieve a balance. However, what that 'balance' may be will differ depending on where you are in the course of your competition cycle. For example, in the year I went to the Olympics, I did not study at all but, in all my other years as an athlete, I was always either studying at school or university or working. I think it is normally possible to balance both but it takes careful planning.

What was the hardest part of your transition?

I think there are two sides to such a transition, first, moving to a new career and, second, leaving sport behind.

First, moving to a new career can be hard because it feels like you start behind your peers. However, the skills you learn as an athlete are certainly transferable, and they can be applied in the workplace to an athlete's benefit.

Second, leaving sport behind is never easy, but you never really leave it behind. It always stays with you, it took me some time to realise that. Recently, I was elected as the President of the South Australian Olympic Council. I am enjoying being involved with the Olympic Movement again and would encourage all Olympians to find ways to stay in touch with the movement.

What would be one piece of advice you would pass on to athletes considering retiring from sport?

Take the skills you learnt with you. If you apply the skills you learnt as an athlete, you will be successful. Learning how to apply those skills in a work environment is not straight forward and can be overlooked. However, if a retiring athlete tries to transfer their skills, they will be successful in the workplace in due course.



OLYMPIC ENTREPRENEURS



DAMIAN BROWN

Weightlifting
Barcelona 1992, Atlanta 1996, Sydney 2000

A bit about my business

Katapult Pty Ltd (katapult.com.au) is a promotional products and merchandise business that has been operating for 15 years. We source, manufacture, customise and distribute an exhaustive range of products, with our clients' brands and logos for a host of purposes including uniforms and events. We work across a broad range of industries, mostly with corporate clients but also with other organisations including; sporting, charity and small business.

How did the idea for your business come about?

Initially, I was a Physical Education teacher and then moved into sport and marketing in a few different roles and organisations. However, after retiring from sport, like many athletes, there was an empty space in my life. I started to realise that I might not fill this void by working for someone else, but could perhaps run my own business. My wife Katrina was working in the promotional products industry so I had a pretty good idea of what was involved and saw a lot of potential in starting our own company together.

What would you say are the top three skills needed to be a successful entrepreneur?

Self-motivation To survive you must be the one who brings in the business. You can't hide. The same drive and determination that goes into being an elite athlete is needed, no-one else can do the training or compete for you. It's relentless and draws out that extra bit of commitment, dedication and perseverance that goes above and beyond what you can expect from employees. Ultimately, that's the best part about it and why running your own business is so gratifying.

People skills Essentially, people do business with people, so you have to win them over and seize your opportunities. People have to like, trust and ultimately give you a go. You then need to deliver whatever you promise. If you commit to something you must make it happen despite the inconveniences or even hardships that often come with it. Competition is ruthless and there are rarely second chances with people in business.

Versatility You need to be prepared to do it all. You play to your strengths and focus on what makes you happiest but more importantly you need to expand, learn and be there when the business needs you at any given point in time. It's often not what you want, or the best time to be doing it but it's where the buck stops.

You know someone who wants to start a business but fears leaving their job. What do you say to them?

It can be tricky with significant risks and realities e.g. financial, family responsibilities etc. However, athletes are more equipped than anyone to deal with these fears. Like in sport there are more setbacks and failures, than wins and successes. When you leave a job to start your own business, you do just that, you leave a job. But you never actually start a new one as running your own business doesn't really feel like a job. It's an all-consuming and encompassing way of life and more akin to life as an athlete. Perhaps I can best express it this way — if you don't want a job, start your own business!

ANTON GRIMUS

*Ski Cross
Sochi 2014*

A bit about my business

The Grimus Grind, founded in 2014 is a small hole in the wall coffee shop, offering ski-in ski-out coffee and snacks to the skiers at Mt Buller. I have expanded the business to include a mobile coffee truck which I operate from time to time in between winter seasons on an event basis.

What made you take the leap into entrepreneurship?

I had the idea of a small coffee shop when I was at University studying and drinking coffee in 2010. Being in Melbourne for the later part of my schooling and studying at the University of Melbourne, it is hard not to get addicted to the coffee culture. Heading back to Mt Buller for the ski seasons I realised that I was spoilt with Melbourne's coffee quality that I could not find on the mountain, which ultimately sparked the idea. However, due to the nature of my sport, I found myself with no time to be able to start up the shop due to being overseas and training taking up a lot of my time. It was only post Olympics in 2014 that I found time and decided to take the leap and start the business.

How do you manage being an athlete and running your own business?

It hasn't been the easiest to juggle. In my first year out from the Olympics I had more time to do things outside of skiing that I enjoyed and was passionate about. The extra time gave my business the head start it needed. As training picked up again my time available to put into the business disappeared. It is here where it would have been impossible to have even started the business, let alone run it whilst being an athlete, without the support of my parents. I am fortunate to have had my parents help in setting up my business, and when I am away training they are more than willing to help as needed.

What are you most proud of?

Over the years I have constantly found myself battling with the balance between sport and other aspects of life. I have completed an undergraduate degree in commerce and am currently completing my masters. Now, I also manage my own business. I think being able to balance all of this whilst being an athlete is what I am most proud of.

A lot of athletes in different stages of their sporting career think it impossible to do much outside sport, however I think a lack of balance comes at a detriment to your sport. For me, the business and studying has complemented my sport. It gives me a "switch off", a chance to reset my focus and a life outside of sport which is healthy for wellbeing and even longevity within sport. It's not been easy but it has been worth the effort!



CAMERON MCKENZIE-MCHARG

Rowing
Beijing 2008, London 2012

A bit about my business

776BC, launched in November 2013, is a company that develops performance products for athletes. We're very fortunate to work with a lot of very interesting groups and people connected to sport and sports technology from all over the world.

How did you identify a real business opportunity?

As an athlete, you're always looking at opportunities to improve, get better and be the best, so it was that same approach that we took into building our business and its purpose. There is a lot going on in sport, with new tech e.g. wearable AI (Apple watches) which presents huge opportunities. We wanted to look at innovation and performance from the athlete's perspective and insights.

► Men's Coxless Four, Beijing 2008 L-R, Francis Hegerty, Cameron McKenzie-McHarg, James Marburg, Matt Ryan.



What are you most proud of?

I am proud that from an idea, we've built something that's real, and have a great team to work with. There were plenty of points along the journey that presented opportunities to opt out, but I think the four-year Olympiad taught me that achieving real success doesn't come easily or overnight, and if you stay focused on the goal it's worth it... just like the Olympics.

What has been your greatest challenge?

The lack of structure and certainty can be unnerving when you're building a business. As an athlete, and particularly a rower, life was all about routine and consistency – building a business is not; you must be flexible, proactive, reactive and constantly figuring new things out – which is a lot of fun, and stressful at times.

EAMON SULLIVAN

Swimming
Athens 2004, Beijing 2008, London 2012

A bit about my business

Bib and Tucker, launched in March 2013, is a beachside restaurant on Leighton Beach in North Fremantle, Western Australia. We focus on quality cooking techniques like cooking over charcoal and wood fired ovens to produce simple but unique beach food. We source WA products, our executive chef grows his own veggies and forages in local areas, and we even have our own bee hives on the roof that we use in our dishes and sell to the public. (Olympians Jamie Dwyer and Steve Hooker are part owners)

May Street Larder, launched in February 2015, is the sister restaurant to Bib and Tucker, where we aim to bring ancient techniques such as pickling, fermenting and preserving back in to fashion. (Olympians Jamie Dwyer and Steve Hooker are part owners)

INjoy Foods, launched in October 2015, is a distribution business that supplies cafes with Cocowhip (vegan soft serve), soy milk, matcha and turmeric latte mixes and soon to be a few more products. The opportunity came up to take on Cocowhip sales in WA and I took the plunge.

How did the idea for your business come about?

I have always loved food. The only thing I enjoyed about school was the home economic classes where I got to cook and eat during school. I always had a dream to open a cafe and serve some simple food and enjoy shouting my friends to coffee – I did that with Louis Baxters (my first cafe), which I have just recently sold after six years.

What has been your greatest challenge?

The greatest challenge for me personally has been the transition from a sport where you turn up every day to a coach who has a plan for you on how to improve, to now being the "coach"



and having to come to work inspired to map out a plan for our businesses to keep improving. It is the best and worst thing about owning your own business, but I wouldn't have it any other way. It challenges you to continually push yourself to improve.

What is one piece of advice that you would give an Olympian who wants to start their own business?

Make mistakes — it sounds like bad advice, but don't be scared to make mistakes. Athletes always take risks, we may not know it, but you are dedicating your life to the "possibility" of success. Business is no different, you must back yourself and your hard work ethic. There will always be setbacks and mistakes/failures but that is what we are good at, learning from mistakes.



JESS TRENGOVE

Athletics

London 2012, Rio 2016

A bit about my business

The Rundies business idea evolved in 2015 when my beloved running underwear was up for renewal but I could not find the same pair anywhere. When chatting about this predicament with my partner Dylan, we suddenly thought MAYBE we could solve this problem ourselves! Ideas about what 'the ultimate' pair of female and male running underwear would feature started to flow and the name Rundies sprung to mind. With a little encouragement from some entrepreneurial friends we decided to take on the challenge. I was living in Melbourne at the time in the same suburb as my brother, Jack who was playing AFL for the Melbourne Football Club. It seemed crazy that Jack and many of his team mates were essentially wearing bather bottoms on game days, so we decided that Rundies would not just cater for runners, but for sportspeople in general. With Dylan's engineering experience, Jack's insight as an athlete and finance/business student and my understanding of running, we formed the Rundies Team. We started selling our original men's and women's range online at the beginning of 2016 and have since introduced a couple of new styles. We are expanding our range further and hope to introduce new styles and designs in the near future.

What made you take the leap into entrepreneurship?

Initially it was my desire to have easy access to comfortable and reliable underwear. However, I soon realised that Rundies could become a platform to promote physical activity and support active people on a much larger scale. A key moment that sparked my belief and motivation to take that leap was a Leadership Breakfast that I attended in mid-2015. While listening to a couple of inspiring local business women share their startup journeys, I started dreaming

without limits. We began by communicating with fellow athletes and people within the running community about what they would like to see in running underwear. Groups such as 'Running Mums Australia' and 'SA Leaders' have been very supportive from day one, as have our team mates, friends, relatives and people within the Australian running community. This encouragement has been invaluable. Dylan, Jack and I work very well as a team and have similar values which certainly helps. We have been open-minded from the beginning and whilst acknowledging there will be challenges throughout, our main focus is to enjoy the process and contribute positively to the sporting communities that have given the three of us so much.

How do you manage being an athlete and running your own business?

The business side of being an athlete is challenging at times but it is also very exciting. It requires wise time management, but I enjoy the variety that comes with pursuing my passions outside of running. They serve as a positive outlet from the repetitive routine of endurance training and admittedly some of my most valuable business ideas come to me during long solo runs. Balancing these commitments and allowing adequate time for recovery would be very difficult without the understanding and support of my partner, family, coach, training buddies, friends and others.

What are you most proud of?

We are very grateful to have had a number of individuals and groups with business and leadership experience generously offer their knowledge and wisdom. I am most proud of the way our team has worked together and embraced opportunities to learn and grow, whilst staying true to our shared values.

LYDIA LASSILA OAM

*Freestyle Skiing – Salt Lake City 2002,
Torino 2006, Vancouver 2010, Sochi 2014*



A bit about my business

BodyICE — producing ice and heat packs for injury management.

How do you go about marketing your business? What has been your most successful form of marketing?

These days we've had great success marketing via social channels and the trusty word of mouth. If people like and value your product and it fulfils a need, then they are likely to share it and talk about it.

What has been one of your failures, and what did you learn?

As we manufacture in Asia, I underestimated the need to have a backup factory that can make your product. So, if something goes wrong with Factory A, Factory B can produce the same goods with no interruption to your inventory supply. We're still figuring this out!

What are you most proud of?

I'm most proud of being able to balance life as a mother, wife, athlete and business owner — all roles are very fulfilling. It's not an easy mix, but with the right support team around me, I've been able to be successful in all four areas and that is something I'm super proud of.

Can you recommend any books or resources that have helped you along the way?

Rework and *The 4 Hour Work Week* — two great books that simplify business and increase your efficiency/productivity.

OLYMPIC BUSINESS NETWORK



In 2017 the Victorian Olympic Council launched the 'Olympians in Business Network'. While the existing Olympians Clubs offer a social catch-up for Olympians, there has never been a forum where Olympians can gather to discuss business, sport and the Olympics. The events provide an opportunity to connect, network, support and encourage fellow Olympians.

On 9 August 2017, over 30 Olympians attended the inaugural 'Olympians in Business Network' lunch held at the Sofitel Melbourne. Dual Olympian, Alisa Camplin OAM provided an update on PyeongChang 2018 and triple

Olympian, Steve Hooker OAM introduced the AOC Athlete Transition Program and invited attendees to provide feedback. The networking was engaging and purposeful.

Given the early success of this concept, in 2018 the 'Olympians in Business Network' will look to expand across more states.

Keep reading the Olympians eNews for further details.

CHANGE MAKERS

OLYMPIANS MAKING
A DIFFERENCE

FOUNDED BY ELOISE WELLINGS
LOVE MERCY EMPOWERS
COMMUNITIES IN NORTHERN
UGANDA TO OVERCOME POVERTY
CAUSED BY THE HORRORS
OF WAR.



CHANGE MAKERS



BARRY CHEALES OAM JP (QUAL)
THE MEN'S SHED
mensshed.org

Barry Cheales (Gymnastics – Tokyo 1964) is a founding member and current Vice President of Australia's largest Men's Shed in Budermin, Queensland. Men's Shed is recognised as one of Australia's largest male based community development organisations. Men's Shed addresses health and wellbeing and helps men, upon retirement, to feel valued and productive members of the community.

"The program has helped many men overcome the mental challenges of retirement. Some become isolated, or hit the grog. They've got wives and daughters telling them to trot down to the shed," said Barry Cheales.

The Budermin Men's Shed has over 300 members involved in over 25 different programs including computers, art, metalwork, cooking, fitness, recreational activities, French polishing, plant propagation and gardening. There are also book groups and the Yackity Yak – a group that gathers each fortnight to listen to someone with expertise in a subject. Members who have had surgery also give talks to help explain the process to others.

"They say to us that the women in Budermin are happiest on the days the men go down to the shed. You can't say that the Men's Shed has prevented suicide, but we have received anecdotal evidence from families and individuals that the shed has been the remaking of their husband or father," said Barry Cheales.

The Budermin Men's Shed is also working closely with the University of the Sunshine Coast assisting with neuroscience research and taking on university students to do work placements.



OLYMPIANS MAKING A DIFFERENCE



NATALIE COOK OAM
LIVE OUT LOUD FOUNDATION
liveoutloudfoundation.com.au

Natalie Cook (Beach Volleyball – Atlanta 1996, Sydney 2000, Athens 2004, Beijing 2008, London 2012), is the founder and director of the Live out Loud Foundation (LOL) which is tackling the issue of childhood obesity by increasing levels of exercise, health and well-being. The number of overweight children in Australia continues to increase, and LOL is passionate about helping those children struggling to find a healthier weight, partake in more physical activity and feel mentally better about themselves. At the same time – LOL is raising awareness among all Australian parents, grandparents and carers of the need to provide children with an environment conducive to a healthy lifestyle.

During October 2017, and in conjunction with FitBit and Rebel, Australian's were encouraged to GET THEIR MOVE ON on by committing to a 30-day exercise challenge with friends, family and colleagues to raise money to help LOL tackle childhood obesity!

LOL has raised over \$1 million dollars since its inception only a few years ago and the funds are used for many community projects with a focus to kick start 'Captain Active'. Captain Active Kids Classes have been specifically designed by sports and exercise scientist Luke Wilson to help kids develop hand eye coordination, physical skills and abilities, self-confidence, balance, team work and healthy eating habits.



CHANGE MAKERS



ROBERT DE CASTELLA AO MBE INDIGENOUS MARATHON FOUNDATION

imf.org.au

The Indigenous Marathon Foundation (IMF) was established in 2009 by Rob de Castella (Athletics – Moscow 1980, Los Angeles 1984, Seoul 1998, Barcelona 1998).

The first four Indigenous Australians created history in 2010, when they ran in the world's biggest marathon – New York City Marathon – as part of one of the IMF's core programs; the Indigenous Marathon Project (IMP).

In 2010, documentary film maker Matt Long contacted de Castella with the idea of a documentary – could Aboriginal men run distances like the African men? The question became 'If we got a small group of Aboriginal men, could you train them to run the New York Marathon in less than a year?'

"My motivation to do something more with that was witnessing an incredible transformation in those four young men. We are into our sixth year of training Indigenous people, men and women, over about six months to run the marathon in New York. The transformation in them has been one of the most profound things I've seen," said De Castella.

The IMF uses running as a vehicle to promote active and healthy lifestyles to Aboriginal and Torres Strait Islander people, and celebrate Indigenous resilience and achievement.

The IMF has grown significantly with 75 Graduates finishing a major international marathon including New York, Boston and Tokyo, and receiving a qualification with a Certificate III in Fitness (formerly a Certificate IV in Leisure and Health) delivered by AFL Sports Ready.



OLYMPIANS MAKING A DIFFERENCE

ELOISE WELLINGS FOUNDING DIRECTOR, LOVE MERCY FOUNDATION

lovemercyfoundation.org



Dual Olympian, Eloise Wellings (Athletics – London 2012, Rio 2016) has not only been a dominant figure in the international running community for over 15 years, she is also the founder of the international charity Love Mercy. Love Mercy exists to empower communities in Northern Uganda to overcome poverty caused by the horrors of war. Love Mercy began in 2010 in Sydney, after Eloise met Ugandan Olympian and former child soldier, Julius Achon. She promised to help fulfil his dream of restoring hope to his village in Northern Uganda after decades of civil war.

Over the past seven years, Love Mercy has increased access to education, health care, and income generation and is funded entirely by generous donations from the public. One of Love Mercy's main programs is a micro-loan farming program called Cents for Seeds. This is having a huge impact in 2017, when 10,000 women will receive Cents for Seeds loan, with a goal to have 20,000 women in 2020. Eloise visits Uganda twice a year and has a dedicated team to run the day to day operations.

"It's so exciting to see what is happening in Uganda through the work of Love Mercy. It's an absolute privilege to be working alongside Julius and his community whilst they rebuild their lives after the war. Running for me has found a stronger purpose through Love Mercy and through our work in Uganda."

"We have huge vision for the future and we rely completely on public donations to fund our projects on the ground. There is still so much need but yet so much opportunity for people to reclaim their livelihoods through Love Mercy's sustainable programs. Just \$30 to sponsor a woman through our Cents for Seeds program can completely turn a family's life around by empowering them to create a sustainable farming business".

OLYMPIANS IN THE COMMUNITY

Have you helped out your community?
Let us know at alumni@olympics.com.au



PIERRE DE COUBERTIN AWARDS

All around the Australia, the annual Pierre de Coubertin Award Ceremonies were held. The highlight of the Ceremonies was the opportunity to meet and mingle with Olympians who shared their experiences and stories.

MEET WITH A CHAMP

Throughout the year, the AOC hosted many 'Meet with a Champ' and 'Chat to a Champ' sessions. These sessions provide school students an opportunity to hear personal stories of many Olympians who provide a real source of inspiration for the students.

OLYMPIC DAY CELEBRATIONS IN 2017

Olympians of Indigenous heritage were celebrated at the 'Reception for Indigenous Olympic Athlete Recognition' at the National Centre of Indigenous Excellence on 23 June, Olympic Day. The ceremony included the recognition of ten Indigenous athletes who competed at the Rio 2016 Olympic Games, all of which were added to the honour board of Australian Indigenous Olympians.

"I am incredibly proud of my Indigenous heritage and today, particularly being that it was Olympic Day, was a great opportunity to acknowledge not only my roots, but those of my fellow Indigenous Olympians".

— Kyah Simon

Three of those athletes, Kyah Simon (Football – Rio 2016), John Porch (Rugby 7s – Rio 2016) and Joel Swift (Water polo – Rio 2016) were present at the ceremony.

A number of Olympians participated in school visits across the country. Triple Olympic diver and silver medallist, Melissa Wu (Beijing 2008, London 2012, Rio 2016) inspired students at North Strathfield Public School, while triple Olympic swimmer and gold medallist, Adam Pine (Sydney 2000, Athens 2004, Beijing 2008) visited Emmanuel College on the Gold Coast speaking to four year 1 classes about the Olympic Games, the history of the Games and Australia's success in the modern era.

In WA, heptathlete Kylie Wheeler (Athletics – Athens 2004, Beijing 2008) paid a visit to the rural town of Tom Price, 1500km north of Perth. Kylie participated in a 'Meet with a Champ' session at Tom Price Senior High School, where she shared the story of her journey to the Olympic start line.

Amie Thompson (Synchronised Swimming – Rio 2016) and Danielle Kettlewell (Synchronised Swimming – Rio 2016), Natalie Burton (Basketball – Rio 2016) and Jesse Phillips (Sprint Kayak – London 2012) joined students at John XXIII College promoting the values of Olympism during Olympic Day celebrations. Students asked some probing questions after hearing of the Olympians' inspiring journeys towards their Olympic Dream. Eating well and getting lots of sleep was the message of the day.

CHAMPIONS 2 COUNTRY REGIONAL TOUR

The annual WA Champions 2 Country Tour was held from 24–26 October touring the South West towns of Bunbury, Busselton, Collie, Manjimup and Bridgetown. The tour aims to bring Olympians and elite athletes into regional communities to engage and motivate the next generation of Australian representatives, as well as promote the development of sport and participation amongst the broader school population in these regional centres.

Joining the 2017 tour were Belinda Stowell-Brett (Sailing – Sydney 2000, Athens 2004, London 2012), Olivia Vivian (Gymnastics – Beijing 2008) and Jayde Taylor (Hockey – London 2012) who visited 13 schools with over 1650 school children. Over 310 local residents also participated in the various sporting clinics, community engagement talks and a coaches and volunteers breakfast.

OLYMPIANS IN THE COMMUNITY

ASPIRE LEADERSHIP PROGRAM – VICTORIA

Ten Primary Schools in the Bendigo region participated in the 2017 ASPIRE Leadership Program. The Program is funded by Sport and Recreation Victoria and aims to connect regional communities with Olympians, increase participation in sport and promote a balanced and healthy lifestyle through values in sport.

Each student had the opportunity to try a variety of sports, while interacting and learning skills from Olympians. Dual Olympian and diving bronze medallist Anabelle Smith (Diving – London 2012, Rio 2016) emceed the day. Olympians who participated included Linden Hall (Athletics – Rio 2016), Sean Wroe (Athletics – Beijing 2008), bronze medallist Michelle Brogan (Basketball – Atlanta 1996, Sydney 2000), Ray Borner AM (Basketball – Los Angeles 1984, Seoul 1988, Barcelona 1992, Atlanta 1996), Tal Karp (Football – Athens 2004), Josip Skoko (Football – Sydney 2000), Melissa Tapper

(Table Tennis – London 2012, Rio 2016), Russell Lavale (Table Tennis – Atlanta 1996, Sydney 2000, Athens 2004) and Tamsin Hinchley (Volleyball: Indoor – Sydney 2000, Volleyball: Beach – Beijing 2008, London 2012).

RISE UP CELEBRITY GALA DINNER

Blair Evans (Swimming – London 2012, Rio 2016), Olivia Vivian (Gymnastics – Beijing 2008), Jayde Taylor (Hockey – London 2012) and Damian Martin (Basketball – Rio 2016) volunteered to be “Celebrity Waiters” at the Rise Up Celebrity Gala Dinner.

The evening was raising money for A Stitch in Time (ASIT), a ‘non-profit’ agency, which aims to provide programs for youth, aged 12–25 years in the Perth Metropolitan Area and Regional Communities with a focus on mentoring, building resilience, and the importance of positive mental wellbeing.



Have you helped out your community?
Let us know at alumni@olympics.com.au

GOVERNOR GENERAL'S OPEN DAY

The Governor General opened his residence in Canberra for the public to enjoy an Open Day. Olympians Caroline Buchanan (BMX – London 2012, Rio 2016), Brendon Reading (Athletics – Rio 2016), Tristan Thomas (Athletics – London 2012), Kyla Bremer (Wrestling – Beijing 2008), Martin Dent (Athletics – London 2012) and Brodie Buckland (Rowing – London 2012) mingled with guests and participated in a variety of sports activities throughout the day.

VICTORIAN HOSPITAL VISIT

Olympians Talgat Ilyasov (Wrestling – Rio 2016), Caroline Marton (Taekwondo – Rio 2016), Hannah Cross (Synchronised Swimming – Rio 2016), Anabelle Smith (Diving – London 2012, Rio 2016), Carrie Smith (Sailing – Rio 2016), Madeline Hills (Athletics – Rio 2016), Larrissa Miller (Gymnastics – Rio 2016) and Emily Rogers (Synchronised Swimming – Rio 2016) attended the Pratt's Party for Kids at the Royal Children's Hospital in Melbourne on 30 November.



CLUB NEWS

FROM THE PRESIDENT OF THE OLYMPIANS CLUB OF AUSTRALIA LEON WIEGARD OAM

On behalf of the Olympians Club of Australia Committee I would like to wish all members and officials of our Olympic Winter Team well in South Korea.

The results of our Winter Olympians over the past six or so Olympiads is most impressive across a range of events and disciplines. This can largely be attributed to the "father of Winter Olympics" in Australia, Geoff Henke, who is still making a huge contribution to the snow/ice sports after having celebrated his 90th birthday in November 2017. He is also married to a 1952 Winter Olympic Figure Skater, Gweneth Molony.

We welcome all debutant Olympians in 2018 to the Olympians Club, as all Olympians automatically become members of their State or Territory Olympians Club. Please note Olympian Club contacts at the back of this magazine.

Olympians Clubs are now part of their State Olympic Councils and remain very active in their communications with Olympians reunions and other events.

On the International stage, the World Olympians Association (WOA) has forged a much closer association with the IOC and as a result has received some funding. Australia now has strong representation on the WOA.

Local Olympians Clubs can always do with a helping hand, so I urge Olympians who have some appropriate skills and a bit of time, to offer themselves as volunteers or even as a committee member.

For everyone heading to Tokyo, as well as the many Olympians competing in the 2018 Commonwealth Games on the Gold Coast, we wish you all the very best of luck for an injury-free lead up to the qualifications.



On behalf of the OCA Committee, we would like to extend our appreciation to the AOC and AOC Executive for their continued support, as well as thank committee members of all Olympians Clubs in Australia for their part in making Olympians and officials continue to feel like an important part of the Olympic Movement.

ACT

2017 has seen quite a bit of change with the ACT Olympic Council with new Council members commencing their roles in May, led by Andrew Dee, President of the ACT Olympic Council.

In October the AOC and ACTOC hosted a reception at the Australian War Memorial to recognise the ACT Olympians and officials from the Rio 2016 Olympic Games. The Olympians were presented with their official Rio Participation Pins and Olympic blazer pockets.

Tim Gavel from ABC radio in Canberra was superb in his role as the Master of Ceremonies for the event, opening the evening with a stirring piece of Olympic highlight footage from Rio 2016.

Also in attendance was a large contingent of Canberra's corporates who are very supportive of the local Olympians and the Olympic Movement in general.

The event was also a great opportunity to recognise the Olympians who will compete at the Winter Olympics 2018 PyeongChang in South Korea.

It was an excellent night to reflect on the performances of Canberra's Olympians and we look forward to the



performances of the Australian Winter Olympic Team in February 2018.

— *Marty Rabjohns,*
President

QUEENSLAND

Wrapping up the four years leading into Rio has left the Queensland Olympians Club with a new President and a new agenda.

In a tight election, Andrew Trim was elected ahead of Gail Miller for the position. Gail graciously accepted a position on the executive. Andrew and Gail are now working to grow the Olympians alumni in Queensland.

Queensland Olympians have held two events during 2017; a social drinks evening that was well attended at the

Port Office Hotel in Central Brisbane and an equally well attended business breakfast which was held at the 'River City Labs'. This was an opportunity for Olympians to hear of the experiences of start-up entrepreneurs and how their journey towards success in the business world has close parallels with elite sport. A wonderful panel entertained us with stories of Silicon Valley including the heartaches and successes.

There are three events proposed for 2018: an Olympians Formal Dinner in Brisbane to coincide with the Winter Olympic Games in February 2018; a reunion for Sunshine Coast Olympians in conjunction with the Sunshine Coast Sporting Awards; and



CLUB NEWS

a low-key event to be hosted in the middle of 2018 in Brisbane.

A special mention and thanks to Julie McDonald for her contribution to the Queensland Olympians Club over the past four years during her time as president.

— *Andrew Trim,*
President

NEW SOUTH WALES

After 15 years at the helm of the NSW Olympians Club, Peter Hadfield stepped down as president. Matt Hayes (Sailing – Atlanta 1996) was voted in as the new president to drive the Club forward for the next four years. We have some amazing new members on the Committee including Anthony Deane (Skeleton – Vancouver 2010), Kate Hollywood (Hockey Beijing 2008), Melissa Medicott (Athletics – Barcelona 1992, Sydney 2000) and Deb Watson OAM (Water Polo – Sydney 2000).

We are delighted to announce the new home of the NSW Olympians Club – the Tattersalls Club, 181 Elizabeth Street, Sydney. Formed in 1858 it is one of the oldest Clubs in Sydney. The Club has had a long and proud association with the Australian Olympic Movement since the 1920s and is very excited to form an



alliance with the NSW Olympians Club. The Club is exclusively offering Olympians a 50 per cent discount on membership. As well as fine dining, it boasts amazing facilities including a pool and gym. The 2017 Olympians Dinner was held at the Club. In February 2018 NSWOC will

hold a cocktail party at the Club to coincide with PyeongChang 2018 Olympic Winter Games.

On behalf of the committee I wish all Olympians and their families our warm wishes and a prosperous 2018.

— *Matt Hayes,*
President

VICTORIA

After holding annual dinners since the early 1970s, the OCV Committee agreed to host a biennial cocktail function in non-Olympic years to allow more of the Victorian alumni to attend. The inaugural biennial Cocktail Party was hosted by the Olympians Club of Victoria at “The Deck” overlooking Port Phillip Bay on 22 November. The date of the event was significant – the Friendly Games in Melbourne opened on 22 November, 1956 (as an extra bit of nostalgia The Deck overlooks the Royal Melbourne Yacht Squadron, the base for the sailing events back in 1956). The night was a huge success, well supported by Olympians with some 200 in attendance.

The OCV Committee is gathering feedback to gain a consensus about the inaugural cocktail event. Dinners, of course, will still be held in the years of the Olympic Summer and Winter Games.

We were delighted to hear from PyeongChang 2018 Chef de Mission Ian Chesterman on the Winter Olympic Games as well as welcome: Australian Olympic Committee CEO, Matt Carroll AM; Australian Olympic Committee Athletes’ Commission Chair, Steve Hooker OAM; Olympic Winter Institute



President, Geoff Henke AO; Olympic Winter Institute CEO, Geoff Lipshut; Members of the Australian Paralympic Athletes’ Commission and MOB Leadership Team.

Special thanks to our State Sporting Associations and Community Partners. The OCV thank them for not only their support of the evening but

also acknowledge the role they play in developing our Olympians: Sports Accounting Australia, Involve Group, Olympians Winter Institute of Australia, Badminton Victoria, Basketball Victoria, Gymnastics Victoria, Handball Victoria and Tennis Victoria.

— *Leon Wiegard OAM,*
President

CLUB NEWS

WESTERN AUSTRALIA

In 2009, 2010 and 2012 the Executive of the OCWA asked Olympians to consider making a yearly voluntary contribution of \$10 to assist with the costs associated with running events. In 2017, the Committee again asked for support and with an outstanding response we raised over \$2,150, including a very generous contribution of \$500 from one Olympian! The Committee thanks everybody who generously contributed.

On Sunday 26 November, we held our Christmas lunch again at the beautiful Frasers Restaurant, Kings Park. The theme being a 'White Christmas' in anticipation of the Winter Olympics in 2018. The event was attended by 97 people, including 46 Olympians and two Paralympians, with representation from Summer Games since 1956. The day included video highlights of PyeongChang and interviews with WA prospective 2018 Winter Olympians, Lucy Chaffer and Gareth Nichols. To celebrate 25 years since the 1992 Barcelona Olympics a panel of Olympians were interviewed and a moving tribute paid to Betty Cuthbert, following her passing in August 2017.



Raffle proceeds of \$1,080 were donated to Mission Australia.

The OCWA aims to conduct events that appeal to a wide range of Olympians and will continue to look for opportunities to host functions in conjunction with local sporting events, Olympic anniversaries and the WA Olympic Council.

The OCWA Committee also acknowledges and thanks Lisa Lilleyman at the WAOC for her terrific continued support.

Best wishes to all our WA alumni and we look forward to seeing you in 2018 at our OCWA events.

— *Liane Tooth OAM,*
President

TASMANIA

Tasmania's Pierre de Coubertin Awards Ceremony was held on Friday 20 October. Along with the students receiving the Award, three Olympians were in attendance including, Bethanie Kearney, Michael Grenda and Peter Tonkin.



Congratulations to the Tasmanian Olympic Council's President, Anthony Edwards who received the honour of being inducted into the Tasmanian Sporting Hall of Fame at a dinner on 27 November. Anthony Edwards, was born in Ballarat, Victoria and moved to Tasmania in 2006. He competed at five Olympic Games, winning a bronze medal in the lightweight double scull in Atlanta (1996) before back-to-back silver medals in Sydney (2000) and Athens (2004) as part of the men's lightweight four.

On Thursday 7 December, the annual Christmas event was held and all Olympians and Commonwealth Games athletes were invited. It was a very special evening.

— *Bethanie Kearney,*
President

SOUTH AUSTRALIA

The SA Olympians Club held their annual dinner at the Adelaide Oval in May where approximately 200 guests including Olympians, their families and friends all attended and were entertained by the incredible stories of cyclists Felicity Johnson OAM and Stephanie Morton OAM.

We launched our partnership with Ord Minnett who have provided some great financial support to enable us to create and host new events. We also welcomed diver, Rachel Bugg onto the OCSA Committee and look forward to her contribution moving forward.

I attended the AOC's Annual General Meeting in May and it was nice to meet with the Olympians Club



Presidents from other States for the first time. It was an ideal opportunity to share ideas about what we have achieved as a group and initiate new ideas to grow the Olympians Clubs.

Our Christmas drinks were held at the Torrens Rowing Club in the heart of the city again this year. It was a very relaxed and informal gathering discussing event ideas for 2018.

I would like to take this opportunity to thank Rose Senesi who has done an incredible job while Kirsty Marston has been on maternity leave.

With the Winter Olympics to be held from 9-25 February in PyeongChang, South Korea and the Commonwealth Games in April on the Gold Coast, 2018 looks to be an action packed year on the sporting calendar. We hope you will continue to join us on our journey together.

— *Stuart O'Grady OAM*
President

OLYMPIANS CONGRATULATIONS

ENGAGEMENTS

Anneliese Rubie (Athletics – Rio 2016) and **Lachlan Renshaw** (Athletics – Beijing 2008) on their engagement on 6 April 2017.

Cameron Girdlestone (Rowing – Rio 2016) and Rosannah Snelson on their engagement in April 2017. – *Pictured top*

Johnno Cotterill (Water Polo – London 2012, Rio 2016) and **Nicola Zagame** (Water Polo – London 2012, Rio 2016) on their engagement on 24 September 2017.

Sam Loch (Rowing – Beijing 2008, London 2012) and Frances Abbott on their engagement on 19 November 2017.

MARRIAGES

Chloe Esposito (Modern Pentathlon – London 2012, Rio 2016) on her marriage to Matt Cooper on 18 February 2017.

Alexandra Croak (Gymnastics – Sydney 2000, Diving – Beijing 2008) on her marriage to Peter Moore on 12 March 2017. – *Pictured centre*

Gemma Etheridge (Rugby 7s – Rio 2016) on her marriage to Ben Noller on 20 March 2017.

Ramone Cooper (Freestyle Skiing – Vancouver 2010) on his marriage to Sarah Burston (AOC) on 1 April 2017. – *Pictured bottom*

Cheltzie Lee (Figure Skating – Vancouver 2010) on her marriage to **Sam Hall** (Freestyle skiing – Sochi 2014) on 24 September 2017.

Tia Toomey (Weightlifting – Rio 2016) on her marriage to Shane Orr on 30 September 2017.

Nate Johnstone (Snowboard – Sochi 2014, PyeongChang 2018) on his marriage to Emma Toohey on 4 October 2017.

Dane Bird-Smith (Athletics – London 2012, Rio 2016) on his marriage to Katy on 21 October 2017.



Sam Willoughby (BMX – Rio 2016) on his marriage to Alise Post on 31 December 2017.

BIRTHS

Elka Whalan (Swimming – Sydney 2000, Athens 2004) and **Thomas Whalan** (Water Polo – Sydney 2000, Athens 2004, Beijing 2008, London 2012) on the birth of their daughter, Evita on 21 February 2017.

Jo-Ann Galbraith (Archery – Athens 2004) and her husband on the birth of their son, Henry Parker on 23 February 2017. – *Pictured top*

Claire Tallent (Athletics – Beijing 2008, London 2012) and husband **Jared Tallent** (Athletics – Beijing 2008, London 2012, Rio 2016) on the birth of their son, Harvey Sebastian on 25 May 2017.

Giaan Rooney (Swimming – Sydney 2000, Athens 2004) and her husband Sam on the birth of their daughter, Alexa Leigh on 14 June 2017.

Jodie Kenny (Hockey – London 2012, Rio 2016) and her husband Shane on the birth of their son, Harrison Shane Kenny on 27 June 2017.

Casey Eastham-Sablowski (Hockey – Beijing 2008, London 2012, Rio 2016) and her husband Scott on the birth of their son, Harvey Hayes on 5 July 2017.

Eamon Sullivan (Swimming – London 2012, Beijing 2008, Athens 2004) and his wife on the birth of their son, Leonardo John Sullivan on 18 July 2017. – *Pictured centre*

Edwina Tops Alexander (Equestrian – Beijing 2008, London 2012, Rio 2016) and husband Jan on the birth of their daughter, Chloe Cornelia on 30 July 2017.

John Farrow (Skeleton – Sochi 2014) and partner Chrissy on the birth of their daughter, Isla Sydney on 28 September 2017.



Gemma Etheridge (Rugby 7s – Rio 2016) and her husband Ben on the birth of their son, Charlie on 23 October 2017.

Holly Lincoln-Smith (Water Polo – London 2012, Rio 2016) and husband James on the birth of their son, Jacob on 5 November 2017. – *Pictured bottom*

Sally Hunter (née Foster) (Swimming – Beijing 2008, London 2012) and her husband Andrew Hunter on the birth of their son, Theodore on 22 December 2017.

OLYMPIANS IN MEMORIAM



BETTY CUTHBERT AM MBE
20 APR 1938 – 6 AUG 2017

Betty Cuthbert will forever be known as the Golden Girl of the 1956 Melbourne Olympic Games, where she won three sprinting gold medals and entrenched herself in the collective affection of a nation. She was 18, straw-blond, and she bolted into public consciousness from virtually nowhere.

Betty competed at the 1958 Cardiff British Empire and Commonwealth Games and won two silver medals in the 220yds and the 4 x 110yds relay. In nine days she won the 100m, the 200m and anchored the team that won the 4 x 100m relay – becoming the first Australian, male or female, ever to win three gold medals at a single Games. Eight years later, after a retirement that did not last, Betty tackled the 400m at the Tokyo 1964 Olympics, ran flawlessly and collected a fourth gold medal.

In 1956 she won the coveted Helms Award and became a Member of the British Empire (MBE) in 1965 for her services to athletics in NSW. In 1984 she was made a Member of the Order of Australia (AM) for her services to sport and the community.

She learned in 1969 that she had multiple sclerosis. To complete a magnificent career, she was one of the final torch bearers in the opening ceremony of the 2000 Sydney Olympic Games.



GARY WEST
8 JUN 1960 – 20 AUG 2017

The long-time coach of Olympic great Anna Meares, Gary West passed away in Adelaide at the age of 57.

Gary was a world-class cyclist who competed at the Los Angeles 1984 Olympic Games and won gold at the 1982 Commonwealth Games in Brisbane.

But his legacy will be as a coach after he took charge of Australia's track sprint team first in 1994 and again in 2008, as well as stints in the US and Japan. Under West, Australia's men's team sprint won the World Championship in 2012 and Stephanie Morton and Matthew Glaetzer won Commonwealth Games gold in 2014.

It was his partnership with Meares that put him in the international spotlight after they teamed up following the Beijing 2008 Olympic Games and conquered all before them. Meares won nine of her 11 World Championships as well as Olympics gold, silver and bronze medals under West, making her the greatest female track cyclist of all time.



OLYMPIANS IN MEMORIAM



▲ Top: Gillian Rolton.
Bottom: Tony Madigan.

GILLIAN ROLTON **3 MAY 1956 – 18 NOV 2017**

Gillian Rolton made her Olympic debut at the Barcelona 1992 Games as a part of the three-day equestrian event team before backing up four years later at the Atlanta 1996 Games. She was a late inclusion in the Barcelona 1992 team, with her horse Peppermint Grove, after beating all male members of the team in the final selection trial at Savernake, England. The Australians, Matt Ryan, Andrew Hoy, David Green and Rolton, were in second place behind New Zealand for the final team jumping phase, before winning the gold.

At her second and final Games campaign in Atlanta 1996, she won her second gold medal while finishing with a broken collarbone and broken ribs. Contesting the event alongside Hoy, Phillip Dutton and Wendy Schaeffer, she suffered her injuries when her beloved mount Peppermint Grove fell and skidded during the endurance phase of the event. She remounted, unaware that she had suffered the fractures, and rode on, now unable to use her left arm. She and the horse came down again at the next obstacle, a water jump, and she somersaulted into the water. She then waded out, boarded the horse again, and galloped for another three kilometres, clearing 15 more fences, to finish the course. Gillian's gallantry served as an inspiration to her fellow riders and the entire Australian team.

She remains as only one of four Australians to win at least two equestrian Olympic gold medals.

Gillian was given the honour of being one of eight flagbearers to carry the Olympic flag at the Opening Ceremony at the Sydney 2000 Olympic Games. She is survived by her husband Greg.

TONY MADIGAN **4 FEB 1930 – 30 OCT 2017**

Tony Madigan, fought the great Muhammad Ali twice and was regarded as one of Australia's best amateur boxers. A three-time Olympian who competed at Helsinki (1952), Melbourne (1956) and Rome (1960), Madigan enjoyed a stellar career that spanned more than 13 years.

Madigan fought Ali, then known as Cassius Clay, in a semi-final at the Rome Olympics, and according to AOC historian Harry Gordon had "the distinction of giving the ultimate gold medalist (Clay) his toughest bout of the Games". Brave in the defeat, Madigan went on to take bronze at the event. He had also fought Clay at the Intercity Golden Gloves light-heavyweight championship in Chicago the year before, the American also winning on the judges' card on that occasion. He was described as one of the greatest boxers to represent his country. He performed against some of the greatest fighters in the world over a long career, and won light heavyweight gold in the 1958 and 1962 Commonwealth Games and played rugby union for Randwick and Eastern Suburbs in Sydney and London's Harlequins in 1953.

Malcolm Hastie (VIC) (Water Polo – Helsinki 1952)
9 April 2017

Allan Lawrence (USA) (Athletics – Melbourne 1956, Rome 1960)
16 May 2017

David Woods (NSW) (Water Polo – Munich 1972, Montreal 1976)
1 June 2017

John Monckton (NSW) (Swimming – Melbourne 1956, Rome 1960)
29 June 2017

Mervyn Crossman (QLD) (Hockey – Rome 1960, Tokyo 1964)
20 June 2017

Kevin Carton OAM (WA) (Hockey – Melbourne 1956, Rome 1960)
3 August 2017

Betty Cuthbert MBE AM (NSW, WA) (Athletics – Melbourne 1956, Rome 1960, Tokyo 1964)
6 August 2017

James Nevin OAM (TAS) (Cycling – Helsinki 1952, Melbourne 1956)
10 August 2017

Stephen Wooldridge OAM (NSW) (Cycling – Athens 2004)
14 August 2017

Gary West (SA) (Cycling – Los Angeles 1984)
20 August 2017

John Humphreys (QLD) (Fencing – Rome 1960, Tokyo 1964)
14 September 2017

Richard Paris (NSW) (Cycling – Tokyo 1964)
4 October 2017

Hughie Williams (QLD) (Wrestling – Tokyo 1964)
15 October 2017

Anthony Madigan (NSW) (Boxing – Helsinki 1952, Melbourne 1956, Rome 1960)
30 October 2017

Rosemary Lluka (Lassig) (NSW) (Swimming – Rome 1960)
2 November 2017

Michael Ryan (VIC) (Athletics – Tokyo 1964)
7 November 2017

Geoffrey Jameson (QLD) (Wrestling – Melbourne 1956, Rome 1960)
8 November 2017

Gillian Rolton OAM (SA) (Equestrian – Barcelona 1992, Atlanta 1996)
18 November 2017

Alexander Punton (VIC) (Gymnastics – Melbourne 1956)
11 December 2017

Maureen Adams (QLD) (Archery – Montreal 1976)
15 December 2017

Wyatt Thompson (NSW) (Equestrian – Melbourne 1956)
15 December 2017

Noel McLoughlin (VIC) (Ice Hockey – Squaw Valley 1960)
19 December 2017

KAPYLA CLUB FINALE

The Olympic Team that came together for the Helsinki 1952 Olympic Games is the only Team in the world who have held an annual reunion since their Games in 1952. They totalled 85 athletes with eleven General and Section Managers and one Masseur. The 75 male and ten female team members went through a difficult selection process where some Team members were selected and funded by the Australian Olympic Federation while others needed to raise their own funds to attend the Games. There was an amount of controversy in the selection of the Team across all sports. Many newspaper articles covered the selection of the Team and the many different methods to raise funds to allow the whole Team to travel to Helsinki. The Riverina Grazer described the way the people of Hay, NSW raised funds via a "Two-Bob" Fund. The cost to send an athlete was £800. In today's dollar value, this is approximately \$28,000.

The Team travelled to Europe either by plane or ship. The Water Polo Team travelled by ship and to help fund their passage, arranged demonstration matches while their ship was docked in various ports. For those that flew it took six days to arrive in London. They



left on the 10th of June and travelled via Darwin, Jakarta, Singapore, Calcutta, Karachi, Bahrein, Beirut, Rome and finally London. These trips and the time spent with the others in the complete Team was the beginning of the closeness and camaraderie of the Team.

Upon arrival in London, the rowers headed off to compete at the Henley Regatta on the Thames, the athletes preparing for the English National Championships and others to local and national competitions to help prepare for the Olympics in Helsinki, opening on the 19th of July. When all the athletes arrived in Helsinki they were to stay in buildings in the suburb of Kapyla. They were in shared rooms in what is now a comfortable suburb of Helsinki. Here the Kapyla Club was born. With athletes living

together and eating together in the International Restaurant, the Australian Team formed a lifelong bond.

The Games proceeded with all Teams and individuals competing to their best with a successful haul of medals, mostly won by women competitors and from those who had to raise their own funds. Gold to: Marjorie Jackson, women's 100m, women's 200m; Shirley Strickland, women's 80m hurdles; Russell Mockridge, cycling, men's 1000m time trial; Lionel Cox and Russell Mockridge, cycling, men's 2000m tandem; and John Davies, swimming, men's 200m breaststroke. Silver to: Lionel Cox, cycling, men's 1000m sprint (scratch); and Mervyn Wood, rowing, men's single sculls. Bronze to: Shirley Strickland, athletics, women's

100m; Vern Barberis, weightlifting, men's lightweight; and the men's eight of David Anderson, Philip Cayzer, Ernest Chapman, Thomas Chessel, Mervyn Finlay, Nimrod Greenwood, Edward Pain, Bob Tinning, and Geoffrey Williamson.

Viv Chalwyn was a strong supporter of the Team, hosting a farewell event before the Team departed. In 1953, Viv invited the Team to his home in Mosman for a reunion. Viv had an underground room large enough to accommodate the 40 plus who attended. He supplied food and drink and entertained the attendees with some movie film that he had either taken or collected of the Games. At that meeting the decision was made to hold a reunion the following year around the 19th of July, the day of the Opening Ceremony in Helsinki. Reunions were held each year from that initial reunion. They began with men only reunions, later adding the women athletes and even later, wives and partners and family members.

For the last 15 years, the reunions have been held at the Sydney Rowing Club. The format was set at early meetings and never changed, including the menu, an appetiser of rolled pickle herring

and shot of aquavit before entering the reunion lunch.

Ray Smee (Water Polo) puts it well when he said, "This is a passion that we've carried forward from 1952. We decided that when 1953 came around that we should all get together for a drink – about 18 of us got together and drink we did. We captured the whole ethos of the Helsinki Games and our Team from the Games and have tried not to change the event too much over the years. We've continued to try and keep the spirit of Olympism alive."

In 2015, the Kapyla Club received recognition from the IOC as the only Olympic Team to reunite every year since the Games. It is a record that will not easily be beaten. The 65th

reunion was held this year at the Sydney Rowing Club. The number of Team members may be dwindling, but the passion and comradeship still exists among those remaining.

In 2018 a lunch will be held. It will not be a formal reunion as in the past. People who have attended before will be invited to share a memory, a drink and a meal with those few remaining members of the Australian Olympic Team from the 1952 Helsinki Games.



STAY CONNECTED

AUSTRALIAN OLYMPIANS ALUMNI

The AOC is delighted to continue the expansion of the Australian Olympians Alumni network.

The Alumni is for all Australian Olympians to connect and catch up. Here's how:

CONNECT ON LINKEDIN

The Australian Olympians LinkedIn page is a closed group, dedicated to you. Share contacts, information to Information, views, stories, whatever you wish. LinkedIn is a great forum to promote your own Olympic events via the group. Please visit the Australian Olympians web page for details on how to join.

INFO

For all current news and upcoming events, refer to: olympics.com.au/alumni

UPDATES

A monthly e-newsletter will be distributed to share the details of upcoming events around the country, news and other important information (if you are not online, you will continue to receive an abridged quarterly publication in the mail).

If we have overlooked anything incorrectly published in this magazine, please accept our sincerest apologies and do not hesitate to contact the Australian Olympic Committee.

THE ANNUAL

Each year, this Australian Olympians Annual Magazine will be distributed. The publication will be a review of the year past and a preview of what is to come.

EVENTS

The Alumni is for all Australian Olympians. If you have an event you would like to promote, you can do so via LinkedIn or contact the AOC to include in the regular e-newsletters.

CONTACT

If you wish to arrange an event or find a Team mate, feel free to contact AOC Athlete Services:
P (02) 9247 2000
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The Australian men's Pursuit Cycling Team, Atlanta 1996.



Alisa Worner-Camplin OAM,
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