

Sally Pearson, OAM

Healthy Bones ambassador, Olympic Gold Medallist, two-time World Champion, sports presenter & mother-of-two, **GOLD COAST**

Sally Pearson, OAM, 37, Gold Coast, is an Olympic Gold Medallist, two-time athletics World Champion, a Don Award winner, sports presenter, and a mother-of-two.

At 17 years of age, Sally wanted desperately to be Australia's next track and field champion. She knew it would take hard work, dedication, and commitment beyond most teenagers' comprehension. To Sally's credit, this did not daunt her.

By 20 years of age Sally had already made her mark by anchoring Australia's 4 x 100m Relay Team at the World Championships. In the same year, Sally became both Australian champion at 100m sprints and the Australian 100m hurdles champion.

By 2011 Sally was crowned the 2011 World Champion, and 2011 International Amateur Athletic Federation (IAAF) World's Best Female Athlete of the Year (she was the first Australian ever to win this award). In 2012 she became the Olympic Gold Medallist for the 100m hurdles. Sally had achieved her aim.



Sally is an exuberant woman who has an exciting talent for running. She is also a very polished professional in front of the media. Her piece to camera after falling in the final of the Commonwealth Games hurdles struck a chord with many Australians, who shared her pain and were amazed at her strength. In 2008 at the Beijing Olympic Games, Sally burst onto the world stage, winning the Silver Medal at her first Olympic Games. Sally's lead up to the Games was impressive, and she had her sights set on making the final of the 100m hurdles. The adrenalin of the competition, the jubilation of winning Silver, and her now famous post-race interview remain an enduring memory of the Beijing Olympic Games for many Australians.

In London 2012, after dominating the Diamond League series, Sally entered the Olympic Final as favourite. Her event was one of the most eagerly anticipated races in Australian sporting history. Again, Sally stunned the nation by winning Gold!

Since then, Sally has fought back from several serious injuries, including shattering, and dislocating her wrist bone after clipping a hurdle racing in Italy, 2015, and then suffering hamstring and achilles tendon tears. This, coupled with coaching issues, had many people writing Sally off. She missed the Rio Olympic Games in 2016 through injury, and it was at that point in time, that Sally decided to coach herself, and come back from the brink of retirement.

Sally's relentless pursuit of speed and perfection when combined with grit and determination, saw her overcome adversity. In August 2017, Sally Pearson won her second World title, which she followed by winning the 2017 Diamond League Final.

After struggling with recurring injuries, Sally advised her fans that her next two goals to represent Australia at the World Championships in Doha 2019, and at the 2020 Olympic Games in Japan, were not possible. The injuries had taken their toll and the standards that she expected of herself, were no longer attainable. Sally announced her retirement from Athletics in August 2019.

Sally is a great role model for young Australians and young people around the world. She is one of Australia's and the world's finest sprinter / hurdlers. She is passionate about her family, animals, athletics, Australia, and wants to make a difference.

Sally's future now lies in inspiring others to strive for their goals and face the challenges in their lives, their workplace, and on the fields of sporting competition.

Since her retirement in August 2019, Sally has become a mum who coaches elite athletes, a high-performance mentor for Athletics Australia team members, a corporate speaker and motivator, and the weeknight sports presenter for Seven News, Gold Coast.

In retirement Sally has opened up about her struggles with various injuries she attained throughout her professional athletics career, including the **'bone explosion' she experienced in Rome – a severe injury that involved an arduous recovery.**

"The pain was significant, and the gruelling recovery process was almost more traumatic than the actual fracture," explained Sally.

"Thankfully, because my bones were generally quite strong, I was able to recover from my injury, and went on to win my second World Championship in 2017.

"However, this is not the case for many Australians who are living with poor bone health and osteoporosis," Sally said.

"We know that too many Australians are suffering unnecessarily from broken bones that could have been prevented."

Sally is therefore, delighted to be acting as a Healthy Bones ambassador for Healthy Bones Australia, to help launch the Third Edition Know Your Bones Community Risk Report 2023, given fracture prevention is an issue close to her heart.

Sally encourages all Australians, particularly those aged over 50 years, to recognise the importance of bone health, and to use the *Know Your Bones* online self assessment tool to identify any risks for osteoporosis and talking to a doctor, if needed. Because **"prevention and taking action to protect bone health can help avoid fractures," said Sally.**

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To coordinate an interview with Sally Pearson, please contact:

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