

# Lisa Curry AO MBE

Lisa, a swimming prodigy who became one of Australia's first fitness entrepreneurs.

She became, in equal parts, the darling of women's magazines and tabloid fodder, until at 58, a family tragedy nearly consumed her.

From the golden girl of Australian swimming to a 'super mum', business entrepreneur and now a proud Grannie, Lisa Curry has a powerful story to tell of endurance and enduring.



In 1972, 10 year old Lisa was spotted by Dawn Fraser's legendary swim coach, Harry Gallagher. Within two years of joining his swim squad, Lisa would be one of the fastest swimmers of her age in the world.

Over the next 23 years, Lisa honed her natural talent with a legendary work ethic and a punishing training ritual. Countless hours of long, unbroken swimming of up to 60km a week in solidarity union with the black lines of the pool would take Lisa to three Olympic Games: Moscow 1980, Los Angeles 1984, and Barcelona 1992; three Commonwealth Games; and two World Championships.

By the time Lisa called time on her sporting career, she had become the only Australian to hold Commonwealth and Australian records in every stroke except backstroke, and from 50 to 400 metres, a feat that has not been repeated to this day.

Drawing on a lifetime of experiences, at this event Lisa will touch on her career as an elite athlete and coach, a working mum, wife, author, public personality and a fitness and health advocate!

- This event would not be possible without the support of our event sponsors

