

Sally Pearson, OAM

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

Sally Pearson, OAM, 38, Gold Coast, is an Olympic Gold Medallist, two-time athletics World Champion, a Don Award winner, sports presenter, and a mother-of-two.

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 the 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.



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.

In London 2012, after dominating the Diamond League series, Sally entered the Olympic Final as the 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 while racing in Italy, 2015, and then suffering hamstring and achilles tendon tears. She missed the Rio Olympic Games in 2016 through injury, and it was at that point in time that Sally decided to come back from the brink of retirement.

In August 2017, Sally 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 she expected of herself were no longer attainable, which led Sally to announce 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 now inspires others to strive for their goals and face challenges in their lives.

Since her retirement in August 2019, Sally has become a mum, a coach of elite athletes, a high-performance mentor for Athletics Australia team members, a corporate speaker and motivator, and a weekly contributor to Channel 7 *Sunrise*. Sally is also the Healthy Bones Australia Ambassador for the [Know Your Bones – bone health assessment tool](#).

According to Sally, the new **Know Your Bones Community Risk Report (Fourth Edition 2025)** highlights the need for community understanding of fracture risk.

“As Ambassador for the organisation's national prevention and awareness program, ‘Know Your Bones’, I'm delighted to advise more than 127,000 Australians have completed the [Know Your Bones risk assessment](#) to date. Based on today's report, we hope to see these numbers grow.”

“As an athlete, I've seen how serious and disruptive these injuries can be and as an ambassador, I often speak with people who share their stories of difficult recoveries from unexpected fractures.”

“I encourage every Australian to take an easy first step and complete this online self-assessment,” said Sally.

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To coordinate an interview with Sally Pearson, please contact:

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