

Candice Warner

Elite Athlete, Author and Media Personality



Candice Warner is one of Australia's most loved sports and media stars. She is recognised for her grit as a former Champion Ironwoman, her glamour as one half Australia's sporting "power couple", and her resilience as someone who has overcome many obstacles - not only surviving but thriving.

A born and bred Maroubra girl, she rose to the top of her sport as a Champion Ironwoman. Having first drawn attention as the sports youngest ever competitor to turn professional at just 14 years old.

Her impressive list of accolades includes 3 World Championship gold medals and 60 state championship medals (36 of these being gold and two NSW board titles). She has won the 'Queen of Nelson Mandela Bay' in South Africa, the 2013 NSW Ironwoman Championship and has won twenty Australian Championship medals.

Candice has since transferred those skills into a successful media career as a host for Triple M's "Dead Set Legends" every Saturday morning and as a panellist on Fox Sports 'Back Page' every Tuesday nights.

Not one to shy away from a challenge, Candice triumphantly competed in Channel 7's number-one rating TV show SAS Australia in 2020, fast becoming a fan favourite.

A busy mum to three girls, Candice sets an example that women can be strong, courageous and determined. All while living a life filled with love, purpose, ambition and optimism.

Released in 2023, her memoir: Running Strong, has received rave reviews and shares a candid, raw and uplifting story of triumph against the odds.

Candice talks about:

Her keynote - The Mindset of a Champion

- Resilience
- Strength
- Fighting from within
- The joy of hitting rock bottom

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