

Simon Marshall

Motivational speaker, horse racing commentator

Simon Marshall is a retired champion jockey, successful media racing commentator and motivational speaker.

His inspiring story tells of a constant struggle against weight gain while his cheeky sense of humour has led him to being a much sought-after media talent.

Australia's premier weight-for-age jockey in the early to mid-90s, Simon Marshall was the winner of 15 Group 1 events during his illustrious riding career he was. Riding such stars as Super Impose, Naturalism, Better Loosen Up, Hareeba, Poetic King, All Our Mob, Mahogany and Mannerism, he was king of the turf.



But throughout his career Simon was plagued with weight and size problems. He simply was growing too much to stay in the saddle.

Dieting became second nature for him from the tender age of 14. Simon would fast and lay in a sauna for days simply to be the correct weight for race day. Race after race, Simon Marshall would rise above the pain and simply ride on adrenalin. With major victories in all premier racing cities including the Australia Cup, Australia Stakes, Mackinnon Stakes and South Australia Derby, he was at the top of his game.

However, years of dieting eventually took their toll on the 'pocket dynamo' and Simon was forced to retire in 1997 after collapsing in the jockey's room at Caulfield.

The thought of early retirement didn't faze Simon as he quickly developed a promising media career. Nevertheless, the desire to ride again became too much and Simon successfully made a comeback in 2002 for two wins from just three starts after using bio-chemistry to lose a staggering 14 kg.

Despite his weight problems, Simon Marshall rose to the top of the turf achieving a metropolitan win rate of 28.6% - the highest of any jockey in recent history. With over 700 winners to his credit, Simon has been recognised by both Gai Waterhouse and Lee Freedman as having no peer as a tactician in weight-for-age races.

In 2005 Simon eloquently described his own career as "Blood, sweat, and eleven years in the saddle."

Since retiring in 2002, Simon has deservedly been rewarded with regular spots on television and radio for his in-depth knowledge of racing.

In 2011, Simon Marshall appeared on Channel 7 throughout the Spring Carnival with esteemed racing commentators Bruce McAvaney and Richard Freedman analysing the ins and outs of racing. As well as appearing on Seven's footy show throughout the football season, Simon was also a commentator for Channel 7 at the 2008 Beijing Olympics.

Simon had his own show, *Hold Ya Horses*, on SEN 1116 then moved to Triple M where he became their go-to man for horse racing.

Simon is a motivational speaker for many corporations.

Simon is also an Ambassador for the Fight Cancer Foundation.

Simon Marshall talks about:

- Horse racing and the trials and tribulations of being a champion jockey

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