

## Shane Gould MBE

### *Australian Olympic Swimming Champion*

Shane Gould is one of the worlds greatest female swimmers. She swam at the 1972 Olympics, and is still the only woman ever to win 5 individual medals, 3 gold, all in world record times, plus 1 silver and 1 bronze medal.

From 1971 to 1973 she broke 11 world records in 6 different events. In 1972 she held all Freestyle World Records from 100m, 200m, 400m, 800m, 1500m and 200m IM which to date, is unmatched.

She was an extremely versatile swimmer by also holding Commonwealth Records for 100m Butterfly and 400m IM.

Shane has always loved to swim and race. She received unprecedented national and international fame for her achievements, overwhelming for a child athlete of that era, which caused her to withdraw from competitive swimming when she was 17. This is ironic as her adult persona involves marketing, public speaking, writing, photography, film making and a portfolio of business interests.

Shane lived a sustainable lifestyle on a farm in southwestern Australia. She raised commercial animals, trained horses, grew food gardens and was active in the Margaret River community in schools, sport and community issues.

Shane values health and continues to maintain a vigorous and high level of fitness and strength which allows her to surf, ride horses and compete occasionally in mature-age ocean and pool races. She has a strong belief that daily experiences in nature are vital for overall human development, wellbeing and vitality. Her robust health reflects this belief.

Shane's philanthropic works include charities that act toward improving physical health and family relationships through activity in and out of the water. Together with her husband Milt Nelms, the Shane Gould Swimming Project Inc provides swimming and water safety programs in places such as Fiji and Australia, designed to build community capacities and improve individuals health.

Shane's bestselling autobiography "Tumble Turns" was published in 1999 and updated 2003. She also writes about current sporting issues and has insightful opinions about drugs in sport, junior and masters sport and sports career transitions. She authored a book 'Fit for 50' and contributed



to an International journal of Visual Communication.

Shane studied at the University of Tasmania doing a Masters of Environmental Management in the School of Geography in 2010. Her thesis investigated the social uses and functions of public swimming pools.

Photography is a creative expression for Shane who has exhibited her underwater images in Sydney and Launceston. She is an artist member Art of the Olympians and there is a permanent exhibit in Fort Myers Florida USA. Shane completed a Masters of Contemporary Art in 2012. Her major work was a video piece *Loops and Lines* contrasting beautiful moving bodies and shimmering water with harsh geometrical lines and architecture of the swimming pool.

Shane's diverse business interests include a holiday accommodation business Beachend Bicheno. She is on the Australian board of directors of Against Malaria Foundation who organise World Swim. Shane travels extensively and has spoken nationally and internationally.

Shane was inducted into the Sport Australia Hall of Fame in 1985 as an Athlete Member for her contribution to the sport of swimming and was elevated as a Legend of Australian Sport in 1996.

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