

# SIMON MARSHALL – Retired Jockey/Media Personality

## Keynote/Motivation/Inspiration



With his first gallop at the age of 11, Simon Marshall, the son of a jockey was born to ride.

With over 700 winners to his credit including 15 Group 1 events, Marshall was Australia's premier weight-for-age jockey in the early to mid-90s.

Recognised by both Gai Waterhouse and Lee Freedman as having no peer as a tactician in weight-for-age races, he comfortably wore the crown of King of the Turf.

Exhausted, undernourished and almost passing out through starvation he could handle 500 kg of highly strung horseflesh...he'll have no problem getting through to your clients and guests



Simon offers audiences a first-hand account of what it really takes to be a champion - the successes, the heartaches and the sacrifices involved with the constant struggle against jockey's greatest curse – weight. Winner after winner Marshall would rise above the pain of and simply ride on adrenalin. Major victories in all premier racing cities including the Australia Cup, Australia Stakes, Mackinnon Stakes and South Australia Derby, Simon was at the top of his game. However years of dieting simply took their toll on the 'pocket dynamo' and Simon was forced to retire in 1997 after collapsing in the jockey's room at Caulfield. He made a brief comeback in 2002 and lost an incredible 14kg for an amazing two wins from three starts.

His dedication and commitment to his craft and public battle with calories won him admirers all around the country and helped him realize the importance of winning both on a professional and a personal level.

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 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 also an Ambassador for the Fight Cancer Foundation.

Simon exudes infectious optimism and always leaves audiences with a renewed sense of purpose. Even if they have had no previous interest in the racing industry your guests and clients will leave with a desire to achieve their very best every day.