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| Change Our Game Ambassador Hero – Emma Carney  |
| Video transcript |

**[Change Our Game Logo]**

**Emma Carney:**

My pathway into triathlon is not a traditional pathway, it was mainly through athletics and running and I always wanted to be a world champion and discovered the sport of triathlon when I was about 19. I couldn't swim, I could ride a bike and could obviously run. So I sort of set a target of making an impact on the sport, found a swimming coach that could do something with me and I won a world title 18 months later.

It sounds very corny about what inspired me, but I would say that Australia inspired me. I always wanted to be part of that history of Australian sporting legends. And if I ever got the opportunity to wear the green and gold I was going to make sure that I counted. So every, some great names that inspired me, Rob de Castella, Steve Moneghetti, Glynis Nunn, all those people that had won gold and represented this country so well.

The roadblocks that I found were very subtle, but because I was so determined on succeeding I think I ignored them. I was very fortunate that I grew up in a family of three girls and a very very strong father who I think protected me from a lot of those things. But there were little things like as a 14-year-old running around my athletics club club, the lights were turned out because the men had finished training. So things like that I didn't even notice, I said , ‘oh someone turned the lights out’ and Dad said. ‘Yeah I'm not sure why.’ But it was because the men had all finished. And other things like sponsorship sometimes was a little bit more difficult, but I do think that I was very fortunate that triathlon was seen as a female fitness sport. Setting myself up in that sort of environment I could still work my way through it.

To have women making decisions, and being involved in the decision-making process is important because it makes sure that the whole system is fair, it's inclusive, it involves all and it also gives the complete perspective~~.~~

Being a Change Our Game Ambassador is something that hopefully I can strengthen the project. It's all about…well to me, female sport, female participation, active females in Victoria is something that I'm absolutely all about. I think it's very important these days that we have the younger girls active. And this physical literacy and getting people involved in sport from an early age, develop that routine, develop that love for sport, they've got the skills to then hold on to that for their lifetime. This kind of initiative, this kind of project is something that is absolutely invaluable.

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**[State Government of Victoria logo]**

[Authorised by the Department of Health and Human Services, 50 Lonsdale St Melbourne. Spoken by E.Carney

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