



JEMIMA MONTAG

OLYMPIC RACEWALKER

CHAMPION RACE WALKER JEMIMA MONTAG MIGHT HAVE WON TWO BRONZE MEDALS AT THE PARIS OLYMPICS, BUT IT WAS HER COMMENTS FOLLOWING THE RACE THAT WON HER A BIGGER PRIZE – THE HEARTS OF AUSTRALIANS.

Jemima's passionate plea for girls to stay involved in sport – not to become Olympic champions, but because of the invaluable sense of belonging and leadership skills they can gain – went viral, with one commentator calling it the “one of the best post-race interviews of the Olympics”. To those in the athletics community, this sudden notoriety was no surprise. With her remarkable poise, sharp insights and ability to inspire, Jemima has been pegged as a leading light from the beginning.

Using her public platform for social change is very important to Jemima, who is studying medicine at the University of Melbourne, and also pouring her energy into a social endeavour she's deeply passionate about. Jemima is the founder of the Play On campaign which aims to remove barriers to physical activity for adolescent girls. Through Play On, Jemima and other female athletes have spoken to more than 2,000 girls at schools across Victoria to talk about health, body image, nutrition and inclusive environments, leaving students empowered and motivated.

Sport has always been a source of joy for Jemima, who grew up in Melbourne doing “everything under the sun” – ballet, swimming, tennis, soccer, surf life-saving, basketball, little athletics and more. After deciding to focus on the highly technical sport of race walking, Jemima had some early successes including a win in the 2014 Oceania Race Walking Championships, but low confidence and self-esteem kept her from fully committing to sport. Then, a conversation with her mother (a former competitive hurdler) and sister inspired her to shoot for the stars.

She missed out on a spot at the World Junior Championships the following year, but she says that disappointing result has taught her much more than any of her wins.

“What I'm most proud of is my ability to work through those harder times, because I know that that's going to be a life skill that I keep with me forever,” she says. Among Jemima's impressive accolades are Gold medals at the 2018 Gold Coast Commonwealth Games, silver at the World University Games in 2019 and a sixth place at the 2020 Tokyo Olympics – the second-highest result in Australian Olympic history. She won Commonwealth Gold again at Birmingham in 2023 and silver at the World Championships in Budapest in 2023 – setting a new Australian record – followed by two Bronze medals at the Paris Olympics 2024 in the women's individual and mixed team events.

Her long-term goals are to collect Gold in LA and Brisbane Olympics, and to continue having a positive impact on the community.

“Medals are fun, records are fun, but what has an enduring legacy, and what fuels me is the way that sport has opened up this opportunity to have an impact on other Australians,” she says.

Jemima is available for media and PR opportunities, corporate hosting, speaking engagements, and brand partnerships.

For more, contact hello@tlstalent.com.au
www.tlstalent.com.au

