

Current World Surf Ironwoman Champion Harriet Brown Named As First Catholic Super Ambassador

Catholic Super today announced current World Surf Ironwoman Champion Harriet Brown as the company's first Ambassador.

Harriet, 26, has been a Catholic Super member since 2013. At the time she was a member of multiple super funds and on the recommendation from her mother Harriet rolled all her superannuation to Catholic Super.

For Harriet, her financial fitness is equally as important as her peak physical fitness. "I understand that whilst accessing my super seems like a long time away, it's important to start contributing now so that I am in a good financial position in the future. Small things I can do now may make a big difference later on in life," she said.



"As an elite athlete, there are so many aspects to making sure I am physically fit and at my peak when I race. I have coaches to advise me and physiotherapists to keep me on track. I fuel myself with healthy food, train for multiple disciplines including board, swim, ski, gym, and run as well as set multiple goals for the short, medium and long term. This can be translated into financial fitness too. To be financially fit, it's important to manage multiple finances well, seek advice from experts, have a backup plan when things go wrong, and set short, medium and long-term goals".

Catholic Super's Chief Operating Officer Emily Wooden said, "Harriet's approach to her physical fitness is aligned to her goals of financial fitness. This, together with the fact she has been a Catholic Super member since 2013, makes her the perfect Ambassador for Catholic Super. Fitness comes from actions that empower us to endure life's challenges. Physically this may mean personal training and motivation to reach achievable milestones for tangible benefits. Financial fitness is just the same – having a plan and a coach help you realise both short and long-term goals."

Known for her determination and stamina in one of the most physically demanding sports in the world, Harriet grew up in Geelong and moved to Northcliffe Surf Club on the Gold Coast in pursuit of warmer weather and to realise her dream of making the professional Ironwoman Series. Throughout school Harriet loved being involved in many different sports, music and academic endeavours but ultimately chose to specialise in Surf Life Saving when she made her first Nutri-Grain Ironwoman Series in 2009.

Training for a Surf Ironwoman race includes board paddling, swimming, paddling a surf ski, running, gym, and Pilates sessions. She currently trains up to 16 sessions per week in the pool, waterways, and on the track. Harriet is currently at the top in her sport and has recently won two gold medals at the World Paddleboard Championships in Fiji.

Harriet is passionate about living an active and healthy lifestyle. Alongside her sporting pursuits she works as an Exercise Physiologist and Pilates Instructor.

For further media information, contact:

Adele Feletto Publicity

M: 0413 489 292

E: adele@adelefelettopublicity.com.au

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About Catholic Super

Catholic Super is part of a family of leading superannuation and retirement services to members and employers across Australia that commenced operations in 1971. The MyLifeMyMoney Superannuation Fund is administered by a fully elected Board of Trustees, with equal numbers of Trustees elected by members and employers. Catholic Super offers award-winning industry superannuation and pension funds that have delivered a history of superior investment performance, together with a menu of flexible investment options that cater for different investor needs. Free investment switching allows our members to change their investment strategy as their needs change. With competitive fees, we have been consistently proven to be one of the best value-for-money super funds in Australia. The Fund has received multiple nominations for the "Super of the Year" and "Pension of the Year" awards, been recognised for excellence in member satisfaction and for demonstrating strong responsible investing and social principles. Our Fund is open to all investors and today we have around 70,000 members across Australia. We also offer financial planning advice through MyLife MyAdvice.

For more information about Catholic Super, visit our website csf.com.au or call **1300 655 002**.