



## Australian Beef Ambassador Eliza Ault-Connell, AM

Hometown	Albury, New South Wales
Sport	Para-athletics, wheelchair
Past Games	Athens 2004
Impairment	Double below-knee and fingers loss
Career highlights	Winning a silver medal in the women's marathon T54 at the 2018 Commonwealth Games Member of the Order of Australia 2019
Social media accounts	<a href="#">@elizajane.ac</a> <a href="#">@Elizajaneac</a> <a href="#">Eliza Ault-Connell</a>

“Being a mum of three kids and also a professional athlete, I need to make sure nutritionally I’m maxing out wherever I can.”

“So for me, eating beef means that I can get enough protein and iron in my diet. It’s healthy and it’s tasty.”

As a teenager, Eliza was achieving great things on both the netball and basketball courts. At the age of 16, she was diagnosed with meningococcal disease. To save her life, both legs were amputated above the knee and then later, a number of fingers removed on each hand.

In 1998, Eliza began wheelchair racing. Looking back on her early sporting career in Newcastle and the Southern Highlands, she is grateful to her local communities, whose fundraising efforts supported her journey to representing Australia.

Since making her international debut in 2002, Eliza has won three World Championships medals – one silver, two bronze, - three Commonwealth Games medals – two silver, one bronze – and placed second in a demonstration event at the Athens 2004 Olympic Games.

After putting her career on hold in 2008 to start a family, ten years and three children later, she was ready to resurrect it. Within months, she was selected for the Australian team for the 2018 Commonwealth Games, contesting two events – the women’s 1500m T54 and women’s marathon T54. Winning a silver medal in the women’s marathon in front of her children and husband at that event was a career highlight for Eliza.

She was made a Member of the Order of Australia in 2019 for service to community health and as a Paralympic athlete.

Eliza is training to compete in the Tokyo 2020 Paralympic Games, 16 years after last representing Australia as a member of a Paralympic team.