

26 August 2009



ENJOY BREAKFAST FOR A GOOD CAUSE

The ITU Women's Breakfast is a long held tradition at each World Triathlon Championship and as one of the few non-sporting events on the program greatly anticipated.

We have joined forces with our good friends at Triumph to present this year's breakfast at the Marriott Hotel on Friday 11 September and partnered with Make-A-Wish Foundation as our official charity.

The morning will include some of Australia's most sought after guest speakers in business and health. The theme of the breakfast to inspire you to pursue your dreams and passions no matter what the direction or scale along with the benefits of leading a healthy/active lifestyle.

The first of three key note speakers we can confirm is Australia's most successful self-published low-fat cookbook author and leading weight loss and healthy lifestyle expert, Annette Sym.

With no tertiary education or previous business experience, she has turned the triumph over her own weight loss and health struggles into a multi-million dollar business and to date has sold in excess of 2.5 million self-published cookbooks. Annette's cookbooks, 'Symply Too Good To Be True', are full of delicious, guilt-free family favourite recipes and have been the No. 1 low-fat choice in Australia over the past 11 years.

Loretta Harrop, Australia's former golden girl of triathlon retired from the sport in 2007 after a long and distinguished career which included a fifth place at the Sydney Olympics, silver medal in Athens Olympic silver medallist, World Championship title and hundreds of victories in the world most prestigious races. Loretta is now a full time mother to Haydon and Emmerson but still trains everyday to keep in good shape.

In addition to our speakers the morning will also include silent auctions, fashion parades, raffles and appearances by high profile celebrities. The event is not restrictive to women, everyone from the business community, event participants and general public are welcome to attend.

You can book a table of ten or purchase individual tickets.

Proceeds from the breakfast will be donated to Make-A-Wish.



About Make-A-Wish

Established in 1985, Make-A-Wish® Australia is part of the world's largest Wish-granting organisation.

Make-A-Wish Australia has granted more than **5600 Wishes** for Australian children with life-threatening illnesses in the past 24 years. In 2008 alone, Make-A-Wish Australia granted **433 Wishes**.

Date	Friday, 11 September 2009
Time	7.00am – 9.00am
Location	Surfers Paradise Marriott Resort & Sap, 158 Ferny Avenue, Surfers Paradise
Cost	Individual \$55/Tables (10) \$495 (includes GST). Includes Gift Bag
Dress	Smart/casual

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