



Triathlon SA 2020 AGM Board Director Nominees

Holly Monks

Holly has always had a keen interest in sport, particularly in cycling. Three years ago, she discovered triathlon and has loved the rewarding challenges it offers ever since. With her vast corporate leadership background and personal interest in neuroscience and growth mindset she has now founded her own consulting business working with organisations in leadership and corporate culture. Whilst working at CGU, Holly led the CGU Charity Foundation Committee, raising much awareness and substantial funds for various Adelaide based charities.

Being extremely passionate about our triathlon community and bringing extensive experience in a range of areas including large event management, fundraising, strategic planning and communications, Holly is energised to support Triathlon SA to continue to grow and thrive as a pillar in SA for young and age group participants. Whilst particularly keen to open the sport up to even more participants, she is also driven to help take Triathlon SA to the next level regarding events, fundraising and branding.

Annunziata Thompson

The culture and atmosphere around triathlon offer a perfect environment for people of all ages to engage with the sport either as a participant or supporter. Being a member of the board provides a direct opportunity to engage this audience and offer them a safe, challenging and evolving sport to be a part of.

With a background in event, sport and recreation management and having worked at all levels of sport from club development to international cycling, I am well positioned to contribute to the growth and development of triathlon in SA. Should I be reelected to the board I welcome the challenge of continuing to grow the sport in a very dynamic and challenging environment and see South Australia become the benchmark for the triathlon and multi-sport community in Australia.

While I haven't entered a triathlon myself recently, I have fond memories of the short and long course triathlons I have done in the past and look forward to once again taking to the start line.

Kate Rush

Kate Rush began participating in triathlons from 2018, taking part in the Triathlon SA TRIactive course and later the Lakers Club Tri50 program. Aside a real enjoyment for triathlon, Kate recognises the community and economic value that comes from successful governance and growth of amateur and elite sport. She is a Graduate of the Australian Institute of Company Directors, has a Grad Dip in Communications, a Bachelor of Social Science and is a Fellow of the Governors Leadership Foundation. She has several years of Board experience, including 5 years as the Secretary of the Port Adelaide Cricket Club and current member of the SA Police Diversity and Inclusion Advisory Group and Board Director at A Sign of Respect. She leads a portfolio of 300 staff providing mental health and disability services at Anglicare SA. Kate thoroughly enjoys the welcoming and varied experience triathlon offers and recognises a Board position as a way to contribute her skills in planning, strategy, communications and membership development.