

## Beijing Olympic Medallist Patrick Murphy Inspires Team FoodWorks

Beijing Olympic Games Bronze medallist, Patrick Murphy provided the lucky FoodWorks support team in Melbourne with a motivational talk and insightful look inside Australian swimming last month.

The swimming champion presented to FoodWorks support staff and their families, displayed his medals and Olympic swimming costume, and chatted with attendees over lunch at the Melbourne FoodWorks support office in Glen Iris on Friday, 26 September.

Mr Murphy won Bronze in the 4 x 200m Freestyle at this year's Beijing Olympics where he came up against the legendary American powerhouse, Michael Phelps, who collected one of his eight Gold medals for that Games. Mr Murphy also won Bronze in the 4 x 100m Freestyle (heat swim) at the Beijing Olympics. This was his second Olympic games, having also competed in Athens in 2004.

Mr Murphy detailed his extensive, gruelling training schedule leading up to the Olympic Games and provided some swimming motivational tips to attendees.

"While the ultimate goal is the Olympics, it's only every four years, so you really benefit from competing in all of the regular major and even local swimming meets including upcoming trials for the World and State Championships, and various overseas competitions. Training does take up a fair bit of your life but you do it because you love the sport," he said. The Olympic swimmer highlighted the importance of having goals to aim for, providing minor and major objectives to target, and about taking responsibility for yourself.

"It's very important to have goals to strive for and I walked away from the Beijing Olympics having achieved a number of my goals, which is an incredible feeling. If I was to swim badly it's not my coach's fault or my mum or dad. I control what I eat and drink and ultimately how I swim. In an individual sport like swimming, you do have responsibilities, not only to yourself but to everyone else in the Australian swim team," he said.

With over 70 FoodWorks support staff based at the Melbourne office, providing support services to more than 700 supermarkets, food and convenience stores nationally, the visit from this Olympic champion was perfectly timed to provide inspiration and excitement leading up to the brand's national conference in Queenstown, New Zealand.



Olympic Champion Patrick Murphy with FoodWorks CEO Peter Noble



Patrick Murphy (far right) explaining the mechanics of the new swimsuits to FoodWorks Melbourne support staff

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