




Speech By
Joseph Kelly

MEMBER FOR GREENSLOPES

Record of Proceedings, 2 March 2017

PRIVATE MEMBER'S STATEMENT

Beeley, Ms K

 **Mr KELLY** (Greenslopes—ALP) (2.36 pm): I had a very unusual start to the week. I was up early on Monday and heading off to the gym. I was not going to exercise but to be the judge of a world record attempt by Kate Beeley. Kate was going to attempt to do more than 1,275 burpees in one hour. For those who are not familiar with a burpee, you stand up straight, then you get down on your hands and knees, you throw your legs out straight, you bring your legs back in and you stand up straight and then jump off the ground. I challenge anyone in this House to do 20 of these. If you can do that, do 20 in a minute. If you can do that, keep going for an entire hour. That is exactly what Kate Beeley did.

A government member interjected.

Mr KELLY: No, I could not show you, I have to admit.

It was hard to watch. For the first 10 minutes Kate did 20 reps per minute. Then she upped it to 25 reps per minute for the next 10 minutes. At around the 22-minute mark she started to stall. She was struggling—she was gasping for breath—but her coach got her through this and told her to focus and work through the pain. She did this, and by the 30-minute mark she was unstoppable, smashing out 27 reps in the 60th minute to set a new world record of 1,321 burpees in an hour. This record is yet to be verified by Guinness World Records but I have no doubt that it will be.

Kate's approach to the record attempt was professional and disciplined. She has clearly had a life of setting herself goals and working towards achieving them through hard work and discipline. After a corporate career managing Palace Centro cinemas in New Farm, Kate decided to start her own business. She is now the owner and founder of MissFit training gym in Coorparoo. This business has over 250 clients, most of whom showed up to cheer on Kate's record-breaking efforts. The noise level in the room was enormous when Kate was breaking the record.

Great achievements like this do not happen by accident or in isolation. Kate has had a long career in fitness as both a trainer and competitor in fitness and natural body-building competitions. In 2014 she also broke the record for running up and down the Kangaroo Point Cliffs stairs 101 times. Kate is a great role model for young women, with high achievements in both sport and business. I have no doubt that she will inspire many young women to take up the opportunities opening up for women in sport which are welcome and long overdue.

Our fantastic Lions Women's AFL team remains undefeated. That fine team boasts Kate Deegan from the mighty Coorparoo Junior Australian Football Club. That club, as part of the Get Playing Places and Spaces program, was provided with \$61,000 by the Palaszczuk government to build facilities to get even more girls and women playing Aussie Rules. Kate shows that Coorparoo is serious about creating a pathway for girls and women to move from Auskick to the highest levels.

I also mention Mr Len Catalano and the team at the Holland Park Hawks. Len has been a strong advocate for women's sport, building the state's largest soccer club for girls and women. I was pleased that the Palaszczuk government provided \$78,000 in funding for the Hawks to put lights in Whites Hill State College to increase capacity to take even more girls and women.

I congratulate Kate. She is truly a role model. I congratulate the Coorparoo Aussie Rules and the Holland Park Hawks for what they do for women's sport. I am proud to be part of a Palaszczuk government that has made all of this possible.