

Benita Willis

Benita Willis is an Australia long distance runner who won the World Cross Country Championships in 2004.

Benita's academic qualifications include a human movement / education degree and a post graduate certificate in Sports Nutrition. She also has a World Athletics level 4 Coach certification and a certificate 4 in Personal Training, which includes current first-aid qualifications and insurance.

I started running when I was 10 years old. I grew up near the beach just north of Mackay. At low tide, it was great for running. My dad loved running and I started running with him.

- Benita

Current and Memorable Achievements



4x Olympian

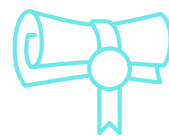
(2000, 2004, 2008, 2012)



2004 Australian

Athlete of the year

World Championship win recognised in Parliament (John Howard)



2018 inducted into Athletics

Australia Hall of Fame

Ambassador

- Village Roadshow Theme Parks Gold Coast Marathon Ambassador
- Pan Pacific Masters Games Ambassador
- Mackay Marina Run Ambassador
- Major contributor of Athletics Australia's Junior Sports Policy

Guest Speaker

- Guest speaker at various sports awards nights, business development days
- Guest speaker for the Education Department (Toowoomba) – International Women's Day breakfast
- Guest speaker Queensland University of Technology paediatrics conference
- Commentator of various running + trail events

Australian Records



International Success

Winner Winner!

- Great North Run 2004
- Berlin Half Marathon 2007
- Friehofers Run for Women in New York 2006, 2007, 2008
- Numerous large cross-country races on the European XC circuit including the famous Cinque Mulini Italy
- Great Edinburgh Run 2008
- Vegas Half Marathon 2011
- Numerous gold label World Athletics track events in Europe
- 10+ races in Japan including Osaka GP 5km, Chiba XC and others throughout my career

Other Achievements

- 3rd in Chicago Marathon 2006
- 5th in Chicago Marathon 2007
- 2nd in Houston Marathon 2012

“Benita Willis is without doubt, Australia’s greatest female distance runner.

– Sam Burke, runnerstribes.com

2004 World Cross Country

**World
Champion**

**3x medal
winner**

at the World Cross
Country Championship

25x

representing Australia at a
World Championship level

Bronze

at World Half
Marathon 2003