



Australian Beef Ambassador Chris Goulding

Hometown	Launceston, Tasmania
Sport	Basketball
Past Games	Rio 2016
Career highlights	NBL Champion 2007 and 2018 Rio 2016 Olympic Games NBL Grand Final MVP 2018
Social media accounts	@goulding43 @chrisgoulding43

Chris was born in Launceston, where he started playing basketball. At the age of eight, he and his family relocated to Queensland, where he began to play competitively.

Straight out of high school, he started playing in his local men's basketball league, with his professional career beginning in 2006 as a development player with a Brisbane National Basketball League (NBL) team.

Family was a big contributor to his success, in particular his father, who Chris credits for inspiring him to fulfil his basketball dream.

"The work ethic that my father instilled in me allowed me to grab the opportunity and run with it."

Chris had a stellar 2014 season which saw him lead the national league in scoring and then head to Spain to play. He rejoined the Australian team in 2015, helping them win the Oceania Championship and qualify for the 2016 Rio Olympic Games.

Chris made his Olympic debut at the Rio 2016 Games where Australia placed fourth behind Spain. In 2018, as Captain, he led the Australian Men's Basketball team to a gold medal at the Commonwealth Games.

Also in 2018, Chris and Melbourne United defeated the Adelaide 36ers in the 2017-18 NBL Grand-final series and he was named the Grand Final Most Valuable Player.

His attention now turns to preparing for the team's qualification for the 2020 Tokyo Olympic Games.

"I pride myself on how well I can cook a steak and my wife does some mean baked potatoes and veggies."

"Beef's regularly on our menu and it's a big part of my meals, that's for sure."