

4 November 2022

Women's world record attempt

Australia's first female sport, health and fitness expo is being held at the Brisbane Showgrounds this weekend, with hundreds of women attempting to shatter a world record.

Her Roar expo will team up with Share The Dignity in the Exhibition Building on Saturday, aiming to set the world record for the largest number of women in a group fitness activity.

The two-day expo this weekend (Saturday & Sunday) will also see some of Australia's best female athletes battle it out across several competitions including strongwoman which consists of tyre flipping, log lifting, sandbag carrying and more, as well as powerlifting.

The expo will feature a discussion space to learn from the industry's best, an athlete mix and mingle to meet like-minded women and a self-defence seminar.

Brisbane Showgrounds General Manager of Venue Sales and Marketing Jago Coyle said it was the first time the event had been held at the Showgrounds.

"We're thrilled Her Roar expo has chosen our venue as host and we look forward to celebrating women in the fitness industry this weekend," Mr Coyle said.

"Our venue offers the versatility needed to stage this unique event, which features competitions, seminars, exhibitors showcasing their products and a large workout space to set a world record."

Her Roar expo runs from 9am to 5pm Saturday and Sunday, with tickets available online.

Don't forget to follow us on social media [@brisbaneshowgrounds](https://twitter.com/brisbaneshowgrounds)



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