



Dr Bridie O'Donnell graduated as Valedictorian from the University of Queensland Medical School and won the J R S Lahz Prize for Most Outstanding Intern at the Mater Hospitals in Brisbane in 1999.

After rotating through various Medical and Surgical departments as part of junior residency and working in rural QLD as sole practitioner to regional areas, she moved to Melbourne in 2001.

Here she was employed as an Intensive Care Fellow at Cabrini Hospital and worked as regular surgical assistant to various surgeons at The Melbourne Orthopaedic Group for six years. During this time, she was rowing as a member of Melbourne University Boat Club and won 7 National Championships.

After hanging up the oars and selling her single scull, she completed the Ironman Hawaii World Triathlon Championships in 2006 and rode an Australian Record for the 180km bike leg at Ironman Busselton at the end of that year.

In 2007, she began road cycling and in 2008 after winning the National Time Trial title, she took time out from Medicine to pursue selection for the Beijing Olympic Team in women's road cycling. Despite not being selected for the Olympics, she then began a career as a professional road cyclist.

From 2008 to 2012 she raced in the Australian National Team, and then Professional Italian teams in Europe and the United States, representing Australia at three World Championships.

Dr O'Donnell returned to full time work in 2013, starting at Epworth HealthCheck and teaching doctor-patient communication at Deakin University Medical School.

Her particular clinical interests lie in using her skills in motivational interviewing and behavior change to improve the health and wellbeing of her patients.

This includes exercise prescription, nutritional advice, mindfulness techniques and routine follow up to encourage sustained and positive behavior change.

Dr O'Donnell also works at Epworth Breast Service, reviewing long term breast cancer patients and counseling them about exercise, weight control and preventing recurrence of breast cancer.

Bridie has built a reputation through her blog and social media sites as a humorous and insightful advocate for women in sport, those making changes of career and taking risks.

She frequently appears on The Project as the 'Medical Expert' and does a weekly AFL injury report on SEN radio in Melbourne

She rides her bike every day and manages and races for Rush Women's Team, a National Road Series team in Australia.

In 2016, she became the first Australian woman to make an attempt on the UCI World Hour record in 15 years, and broke the National record, the Masters record and set a new world record of 46.882km