

# AUSTRALIA MAXIM

NEW ZEALAND EDITION  
NOVEMBER 2024 ISSUE 69

## Zoe DIANA

**MAKES HER MAXIM  
DEBUT POSING  
IN PANAMA**

P. 30

OLYMPIC RECORD BREAKER

## Nina KENNEDY

TOPS THE ANNUAL

UltraTune MAXIM

# HOT 100

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ADVENTURE

## NAKED & AFRAID

THE SURVIVAL  
SHOW WITH  
NO GEAR

P. 20



24 HOURS TO  
LIVE: NICK CODY

CRICKET: THE  
BAGGY GREEN

BUSINESS: FOUR  
PILLARS GIN

FORMULA ONE:  
JACK DOOHAN

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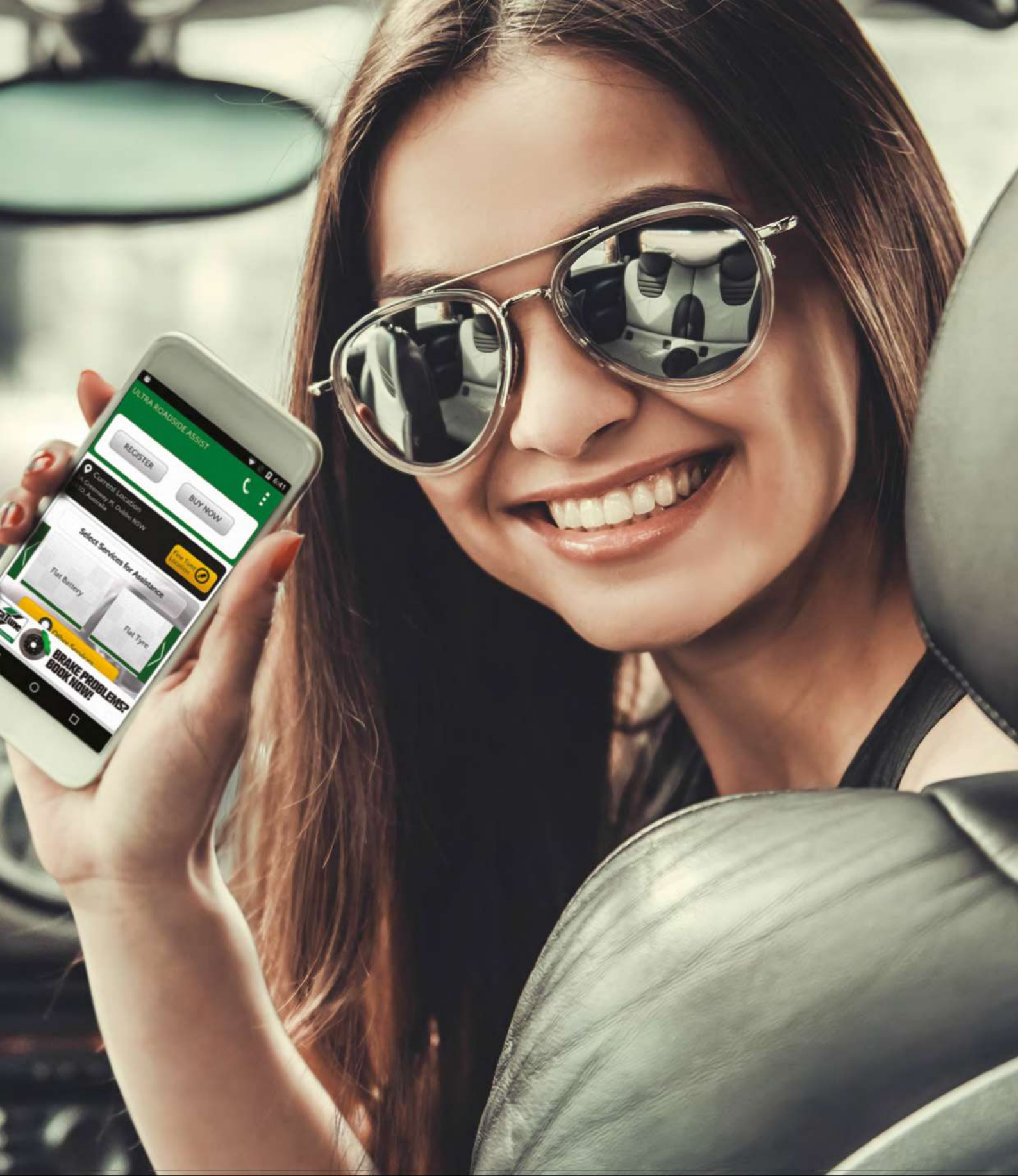
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## 2024 ULTRA TUNE MAXIM HOT 100

FLIP THIS ISSUE TO CHECK OUT THE DEFINITIVE LIST OF AUSTRALIA'S MOST INFLUENTIAL, SUCCESSFUL, POWERFUL, NEWSWORTHY, TALENTED AND BEAUTIFUL WOMEN THIS YEAR, STARRING NINA KENNEDY, MARGOT ROBBIE, MARY FOWLER, DELTA GOODREM, JACKIE O, KAYLEE McKEOWN, KYLIE MINOGUE, RAYGUN AND HEAPS MORE...



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# MAXIM

AUSTRALIA

NEW ZEALAND EDITION

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## FRONT COVER

ZOE LEIGH DIANA

PHOTOGRAPHED BY  
BRIAN B HAYES

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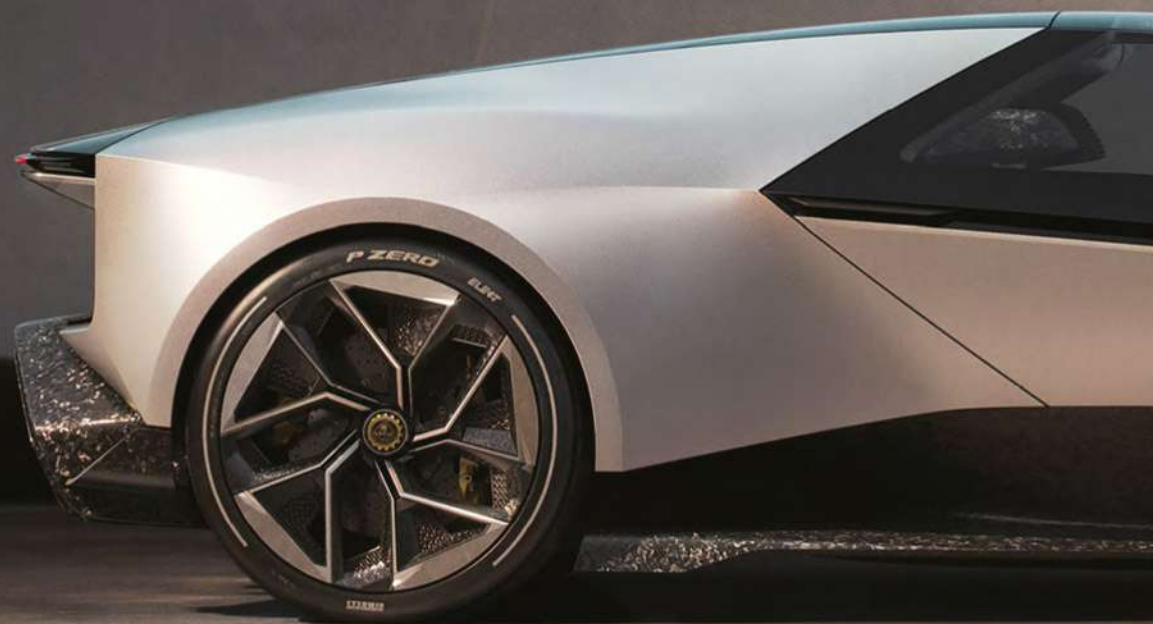
As passionate motor sports enthusiasts, we support a dynamic environment of international racing series worldwide. For example, we are a set name in Formula 1 as an official partner, Moto2 and Moto3 or even the legendary DTM touring car series.



# T H E T H E O R

# QUANTUM

Lotus unveils a futuristic, electric sports concept that hints at the brand's ambitious plans for the future...



**L**otus has unveiled their vision for the future with the Theory 1 concept car. This sleek, futuristic machine is a tantalizing preview of what we can expect from the British sports car manufacturer.

Inspired by iconic models like the Type 72 Formula 1 car and the Esprit, the Theory 1 boasts a striking design. A central driving position, reminiscent of the legendary McLaren F1, and dihedral synchro-helix doors (think Koenigsegg) add to its unique appeal.

Inside, Lotus has taken a minimalist approach, focusing on pure driving experience. The interior features a single, padded seat for the driver, with passenger seats on either side.

Even the headrests incorporate speakers for a streamlined audio system.

Under the skin, the Theory 1 packs a powerful electric punch. With a 70-kWh battery and dual-motor all-wheel-drive system, it delivers a staggering 987-horsepower. This translates to blistering performance, with a 0-100km/hr time of under 2.5 seconds, a top speed of 320km/hr, and a range of 400 kilometers. Advanced features like active aerodynamics, self-driving capabilities,

and Pirelli P Zero Elect tires (designed specifically for electric vehicles) further cement the Theory 1's position as a technological marvel.

While Lotus hasn't confirmed production plans for the Theory 1, elements from this concept are likely to influence future models, including the highly anticipated Emira replacement. The new sports car, codenamed Type 135, is expected to arrive in 2027, though delays are possible.

# Y 1 : LOTUS' MILEAP



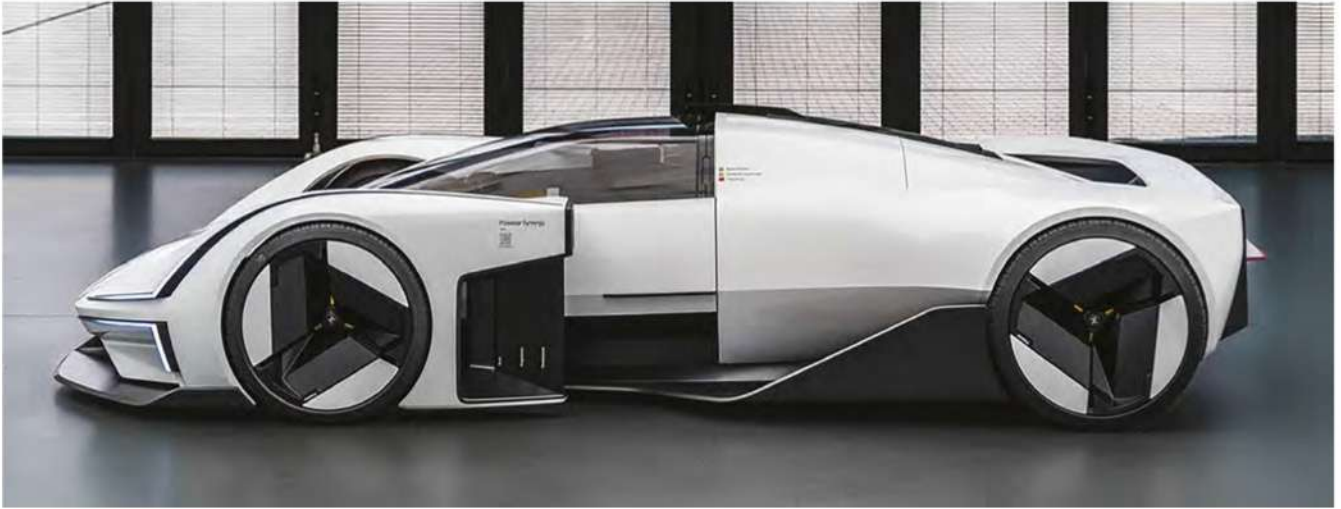


The Polestar Synergy concept, a collaboration with Mattel, brings a winning Hot Wheels design to life, promising a high-performance, sustainable and futuristic electric hypercar...

*By* BILL VARETIMIDIS

*“It's like a **Hot Wheels** car you can actually drive.”*

- DESIGNER OF THE POLESTAR SYNERGY -



**D**escribed as a Hot Wheels toy come to life, the Polestar Synergy concept blends three winning entries from Polestar's recent design contest. It will be first made into a miniature working model, as well as a real, drivable prototype - depending on funds and fans.

Believe it or not, the actual Mattel's Hot Wheels brand collaborated on the project, requesting all entries incorporate performance, sustainability, into a future-forward thinking design. The result became a Le Mans-like hypercar without the busy sponsor decals.

The body is an aerodynamic masterpiece, with a sloping roofline that flows into the rear spoiler, bridging the fenders, while large aero vents channel air through the body. Just like production Polestars, its name is stamped on the front fenders just as a friendly reminder.

Along with massive wheels fitted out to all four corners, the brake lights feature across a full width light bar - totally Hot Wheels. Shockingly, the concept is all electric, with dual motors that produce upwards of 650 kW making up the momentum.

Getting onboard is simple as long as you've watched Top Gun. Entry into the 'cockpit' is done through a glass canopy that flips like

a fighter jet. Once in, the single seat is very much a throne, complete with signature gold seatbelts. Of course, with such a large viewing window - forward visibility here is also golden.

Along with G-force and tyre pressure displayed on the gauges, drivers can monitor the battery's temperature and charge status via virtual reality visors on either side of the cockpit - there's even a heartbeat monitor on the yoke steering wheel to gauge excitement.

A prototype will be showing up at the Munich auto show, and will also be displayed at the Hot Wheels Legends Tour in El Segundo, California - and you thought toy cars couldn't come to life.

# Serenity Seeker

The Chrysler Halcyon concept reimagines the electric sedan as a luxurious, stress-free sanctuary, offering advanced technology, cutting-edge design and a serene driving experience...

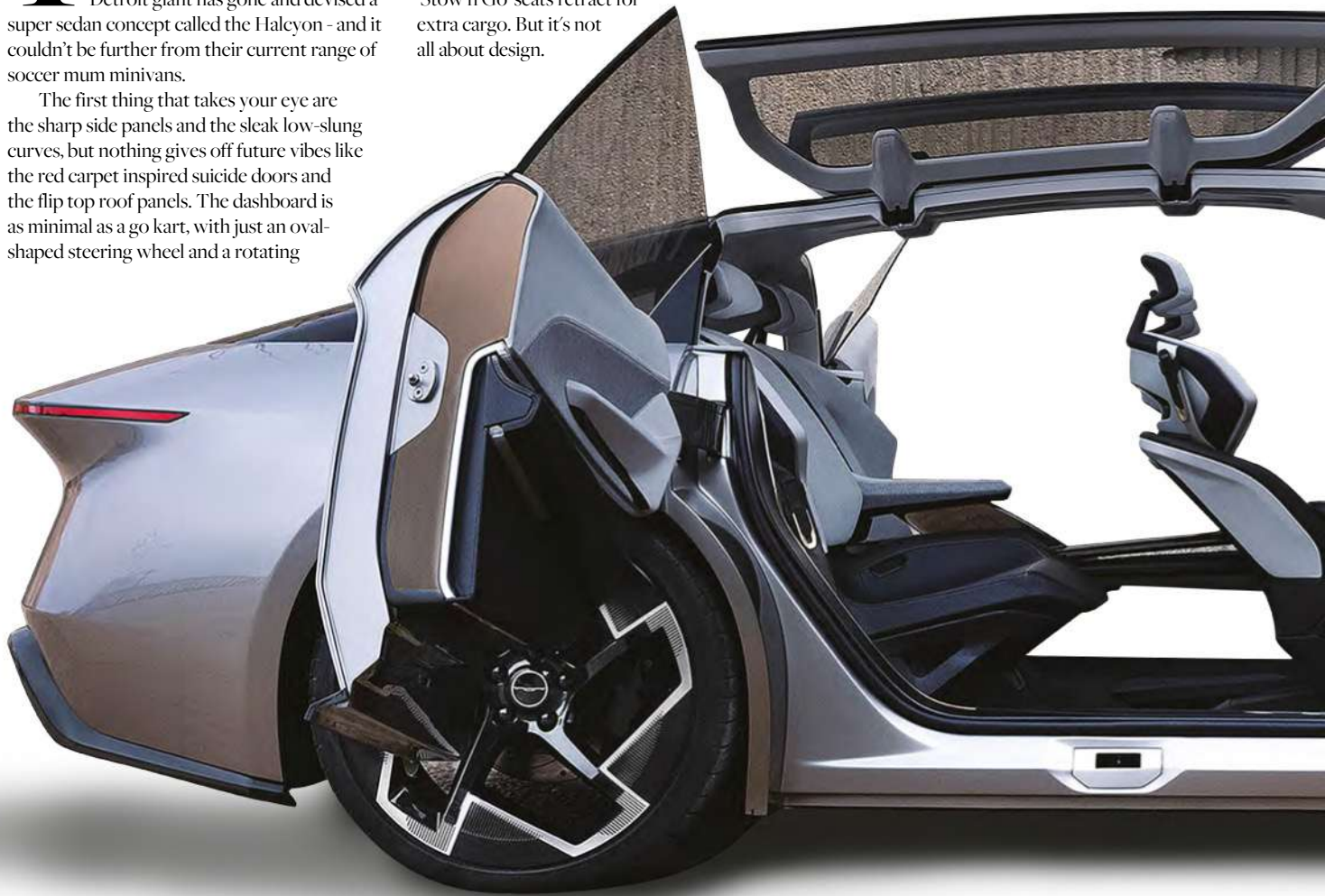
By BILL VARETIMIDIS

**T**esla may be the EV poster child, but Chrysler's electric future should be watched with great interest. The Detroit giant has gone and devised a super sedan concept called the Halcyon - and it couldn't be further from their current range of soccer mum minivans.

The first thing that takes your eye are the sharp side panels and the sleek low-slung curves, but nothing gives off future vibes like the red carpet inspired suicide doors and the flip top roof panels. The dashboard is as minimal as a go kart, with just an oval-shaped steering wheel and a rotating

infotainment display serving as your control panel. This actually frees up cabin space, with enough room for four - or more when the rear 'Stow n Go' seats retract for extra cargo. But it's not all about design.

Using the same 800 volt motor and lithium-sulfur battery pack that will be used in the coming soon Dodge Daytona and Jeep



Wagoner, drivers can reach 320 km of range after just five minutes. There's also potential Dynamic Wireless Power Transfer technology that would allow the Halcyon to recharge itself at all times - we're talking god tier unlimited range.

With Level 4 self-driving capability and a retractable steering wheel/pedal arrangement, the driver can easily turn

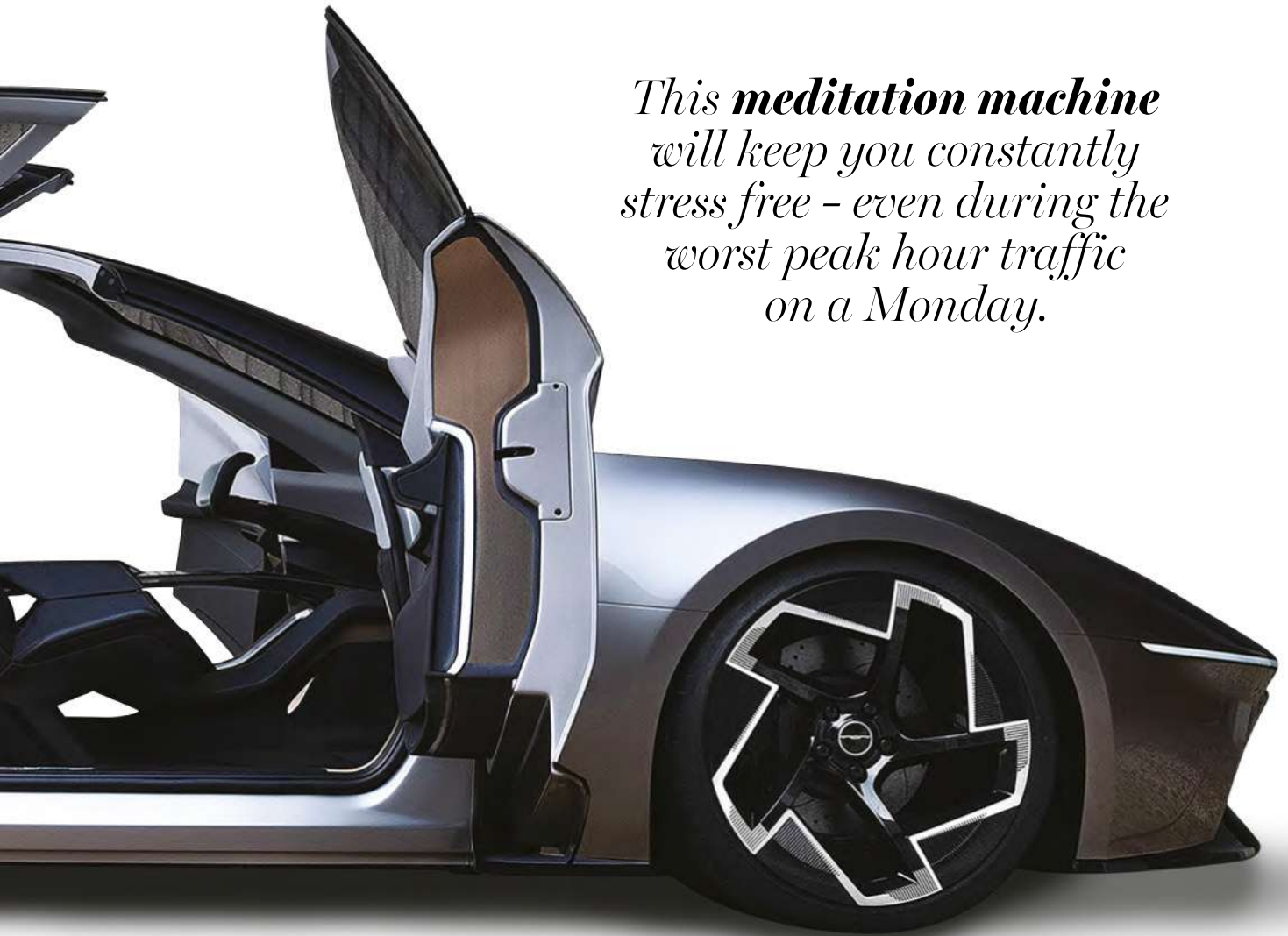
passenger. With no responsibilities, stargazing mode can be employed, changing the opacity of the glass and reclining the seat so you can - stargaze. For ultimate privacy an augmented heads-up display can dispense info to anyone inside - including Do Not Disturb.

With A.I. also implemented onboard, biometric scanners recognize you and calming

audio plays upon your arrival; you even get send-offs with stress-reducing audio/video on the display screens. Chrysler call it 'Harmony in Motion' - we call it Spotify stalker version.

Named after the mythological bird that could calm rough seas, this meditation machine will keep you constantly stress free - even during the worst peak hour traffic on a Monday. ■

*This meditation machine will keep you constantly stress free - even during the worst peak hour traffic on a Monday.*





# DOOHAN GREAT

We pull up trackside for an exclusive chat with Aussie F1 driver **JACK DOOHAN** to find out how the Aussie is preparing for his upcoming Formula One debut with French constructor Alpine...

By REILLY SULLIVAN

Australia's Jack Doohan is ready to "feel everything" as he prepares to make his race debut on the Formula One grid with the BWT Alpine F1 Team in 2025. It is late September inside the paddock at the 2024 Singapore Grand Prix and MAXIM has locked in the first interview with the French constructor's shiny new hire. Alpine has steadily clawed its way back to the midfield with the combination of Pierre Gasly and Esteban Ocon, but Ocon will be replaced by Doohan next year, adding yet another Aussie to the grid.

The 21-year-old is currently in his second year as Alpine's reserve driver and comes to F1 after an illustrious stint in Formula Two with Britain's Virtuosi Racing. Racing is also in his blood, literally, as the only son of legendary five time MotoGP World Champion Mick Doohan. Mick, who is with his son in Singapore, quickly dashes past our table



to chat to Jack during our interview, but more on that later. Around the paddock, there is a palpable changing of the guard as the final seats are locked in for the 2025 season, promising the biggest shake up to the sport in years.

Reserve drivers like Ferrari's Oliver Bearman and Williams' midseason replacement Franco Colapinto have already made their names after scoring points in maiden races. Meanwhile, grid veterans like Ocon, Valtteri Bottas, Kevin Magnussen and Zhou Guanyu are all set to leave F1 after the season closes in Abu Dhabi. In the media lounge, journalists gossip about Australia's Daniel Ricciardo being axed by RB and replaced by Kiwi reserve Liam Lawson, which ultimately did happen days later. It's amid this atmosphere of revolution MAXIM sits down with Doohan inside Alpine hospitality to learn more about Jack's journey from the Gold Coast to the fast lane.



*“There’s a different emotion, the supporters and fans are all behind you and I **look forward** to feeling that.”*

**Hey, Jack! Welcome to Singapore. How does it feel to be back here, trackside?**

Singapore is a physically demanding place, especially for the drivers here, the heat is one thing and humidity is another. Luckily, we’re driving in the night but it’s still somewhere where driving prep is important. But I like it, being Aussie and knowing how to handle the heat and growing up with that, I feel like we’ve got a bit of an advantage.

**What is it about Aussie drivers? We’re a pretty small country but there’s now three Aussies on the grid.**

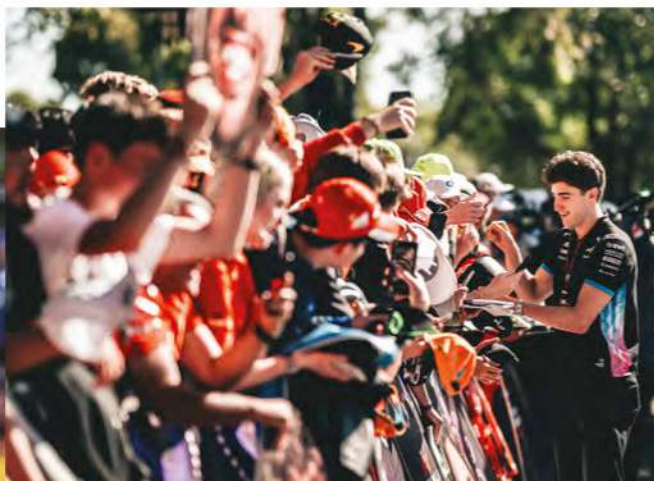
It’s awesome, it shows what we’re doing in Australia with our junior categories, the performance and competitiveness we’re providing is at a top level which is really great. Being so far away, it is awesome to have quite a majority on the grid considering the number of nationalities on there.

**You’ve had an amazing career in F2, now moving to F1 in 2025, how did it feel to get the call and find out you’re joining Pierre Gasly on the grid next year?**

It was an amazing feeling to be able to get that finalised was surreal and it’s something we’ve been working towards for a long time. I couldn’t be happier and I’m just looking forward to getting properly started.

**Your first race next year will be the Melbourne Grand Prix in March, is it extra special to start off 2025 with your home race?**

One hundred per cent. Starting off at home is something I could have only dreamed of, at the start of this year as well. I’m really looking forward to it, obviously it is going to be important that I focus on what I’m there to actually do which is driving and having a great weekend, but I just want to soak up the whole weekend in and make the most of the emotion and all that comes with it.



**We recently chatted to Zhou Guanyu and he was describing the emotion of his first home race in Shanghai. Do you think there's a special pride to racing in front of your home crowd?**

For sure. There's a different emotion, the supporters and fans are all behind you and I look forward to feeling that. I've gotten to experience the last two years being there but to actually be racing in Formula One on the grid – the main stage – with the team behind me will be really cool.

**And how do you think you'll go racing with Gasly? What do you admire in him as a racer and teammate?**

He's got a heavy experience in Formula One now, seven years, longer than I've been in car racing. So, I look forward to benefiting from that, working well with him and making the most of our youth to help the team go forward.

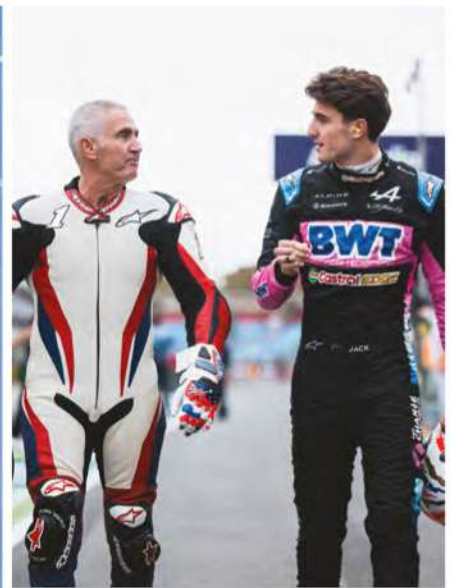
**There's so much that goes into making it onto the grid. How do you find balance between racing and your own personal life and family and friends?**

It's just the right balance to be honest. Making the most of the time away from the track, ensuring you're doing the right thing and prioritising what's worth your time, what's useful, what's good for the body and mind, otherwise you can get overloaded, and things can start to go downhill from there.

**Success in motorsport runs deep in your family. Does your dad give you guidance and inspiration in your own career?**

For sure he gives me guidance. I think he'll be giving me guidance until the day I die. He has such a rich history and is a very, very successful, five-time champion of the world, so his foundation is so thick, and he has so much knowledge to give. I'm super grateful for that and now I'm at a stage where I feel like I can benefit from it more than ever. ■

*“Being Aussie and **knowing how to handle the heat** and growing up with that, I feel like we've got a bit of an advantage.”*



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# NAKED — AND — AFRAID

How does a local Sydney strength coach end up on a bonafide survival show with no gear and even less idea? *Naked and Afraid* cast member, and resident MAXIM fitness guru, **ALEXA TOWERSEY** shares her nude reality TV endurance experience, and you may just up your skillset...

**Y**ou're probably thinking *Naked and Afraid* sounds like some sort of hardcore OnlyFans fetish, right? Well, unless the idea of getting your kit off and rolling around in the dirt with some creepy, crawly critters in the middle of the Colombian jungle gets you going, I'm sorry to disappoint.

*Naked and Afraid* is an American reality TV series that premiered on the Discovery Channel in 2013. The premise is that two individuals - usually a male and a female - are paired up and unceremoniously dumped in the middle of one of the most remote and

unforgiving landscapes on earth, with only one tool each and the sole task of surviving 21 days.

Pushing the very limits of human endurance, they must find food, water and shelter whilst trying to avoid any of the territorial-sensitive predators or venom-filled reptiles in their new neighbourhood.

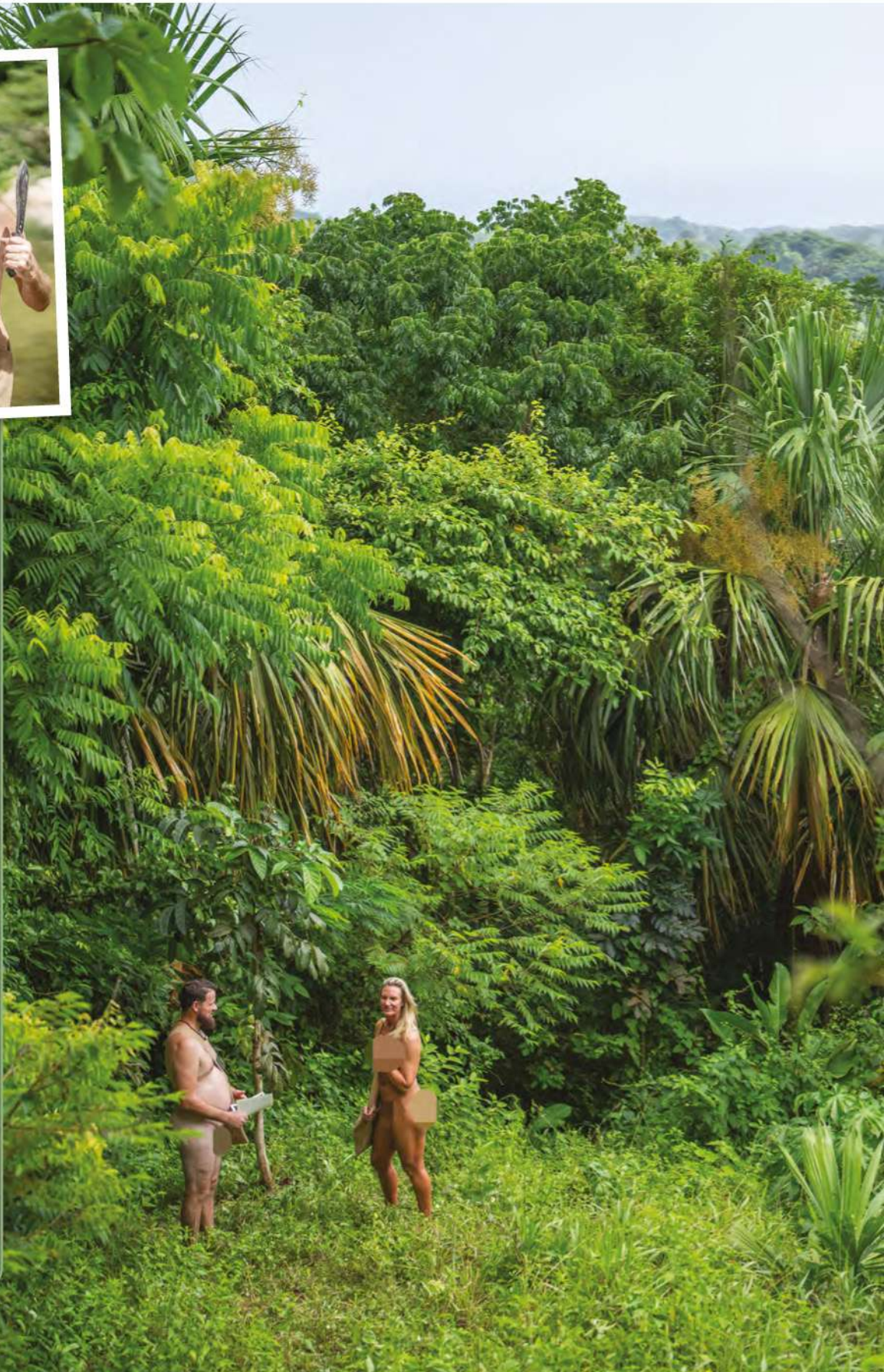
Oh yeah, and they must do all of this completely starkers. Even a solitary hair tie is contraband. And while a camera crew might follow their every move, they are forbidden to interfere.





## THE HOW

In 2022 I interviewed Australia's female answer to Bear Grylls - former Hollywood stunt woman turned professional survivalist, Ky Furneaux. On the topic of fear, she recounted the terrifying tale of her solo survival experience in the Amazon jungle with an extraction that involved her paddling upstream for four hours, all the while bleeding into piranha infested waters with an injury she'd sustained whilst making a now half submerged raft. And when a Caiman disappeared into the murky depths beneath said raft, she turned to her producer who calmly asked, "Well, do you want to quit?" Turns out she didn't. Once I picked my jaw up off the ground, all I could think was, "I want in on some of this badassery." One year and a cheeky DM later, I would get my chance on Season 17 of *Naked and Afraid*. Here's what went down and some of the lessons I learnt along the way.





## PREPARE TO BE UNPREPARED

---

When it comes to experiences like this, so much is outside of your control. You may be the best survivalist in the world, but if you get thrown a curveball mid game and you can't adapt – you could quite literally die. There were two major things I Googled from the comfort of my couch. 1) How many days can you survive without food or water? Wilderness guides often refer to the “rule of three”, which says that a person can live for three minutes without air, three days without water and three weeks without food. 2) How many participants have been attacked by wild animals? None, unless you count the executive producer who stepped on a Fer-de-lance in Costa Rica and had to endure five operations to save his foot.

Armed with this knowledge and figuring that it would cost production too much if I died, I focused on all the things could take the edge off my day-to-day suffering. I sprayed my feet with Tuff Foot (designed to harden the paws of hunting dogs) and walked barefoot every day. I practiced setting cotton wool on fire with my Anaconda bought Ferro Rod on the top of my oven in Bondi. I learnt the basic rules of construction and man handled some branches into a rustic shelter on a friend's farm. I took Colostrum to fortify my gut, ate fried onions and garlic every day in the hope it would act as a bug repellent and painted my nails bright yellow to appear poisonous. But more than anything else, I just prepared myself to be miserable for 21 days. Worst case scenario, I would just curl up in the dirt and suffer for the duration. Shit TV but a girl's gotta do what a girl's gotta do.

*“Paired up, dumped in the middle of one of the most remote and unforgiving landscapes on earth, with only one tool each and the sole task of **surviving 21 days.**”*

## SURVIVAL OF THE FITTEST OR FATTEST

---

Aside from running into a rogue croc or wandering puma, my biggest concern was that I wouldn't have the reserves of body fat to allow me to handle starvation or cold. I committed to gaining weight indulging my love of chicken peri peri pizza and king size rolo bars and putting on close to 8kgs in the lead up. I'm not going to lie and say that this was a comfortable process for me because it wasn't. My ego was torn – half of it caught up in wanting to look great, naked for TV, the other half understanding that this strategy could well be my downfall.

My brain and body went to war, but in the end I came to the conclusion that I was absolutely not prepared to have to tap out because I was scared of having some extra padding. And that's what I think one of the best parts of this entire process was. It forced me to shift the emphasis away from what my body looked like and instead focus on what it could do. And that was f—king LIBERATING. Given that I ended up losing 10kgs and half my hair, post challenge, the decision was a game changer.

## CLASH OF THE CULTURES

---

You could not have found two more different people than Milo and I. If you're not familiar with Amish culture, it's not really conducive to strong, independent and opinionated women. In most communities, women aren't allowed to have a job. In some, they're not even allowed to read books or to train. We were a match made in reality TV heaven.

For me, the relentless conflict management was the hardest part of the challenge, especially given that it had to be done within the confines of a three-by-three-metre lean-to. While the old me would have relished having the last word in an argument or felt the need to have my opinion heard, the new me inherently understood that it might be smarter to wave the white flag and walk away from confrontation. It was all about picking the right battles in order to win the war – the war being that differences could be set aside to get the job done and make it out alive and relatively unscathed. Sometimes you just need to say LOL and move on (eye roll optional).

## FACE IT 'TIL YOU MAKE IT

---

If you'd have told me that one day I'd be proactively hunting spiders in order to put food on the table, I would have said abso-f—king-lutely not! Yet here I was, doggedly pursuing a massive water spider around a rock in the middle of a river deep in the Colombian jungle because I needed bait. There's a quote that says, "Sometimes all you need is 20 seconds of insane courage, 20 seconds of embarrassing bravery. And I promise you something great will come of it." Well, when the fangs sunk into my hand, that 20 seconds manifested as a full-blown panic attack.

However, something great did indeed come of it – that spider was wrangled onto the line that caught a fish and we were slightly less starving. Fear can be a useful survival tool given that it tells our bodies to respond to danger with a fight or flight response. Some fears aren't meant to be overcome because they keep you safe. Putting your hand in a fire will burn you. Getting bitten by a snake may kill you. But other fears, like handling non-poisonous spiders, are of no use. And in my experience, anyone can do anything when a video camera is pointed their way.





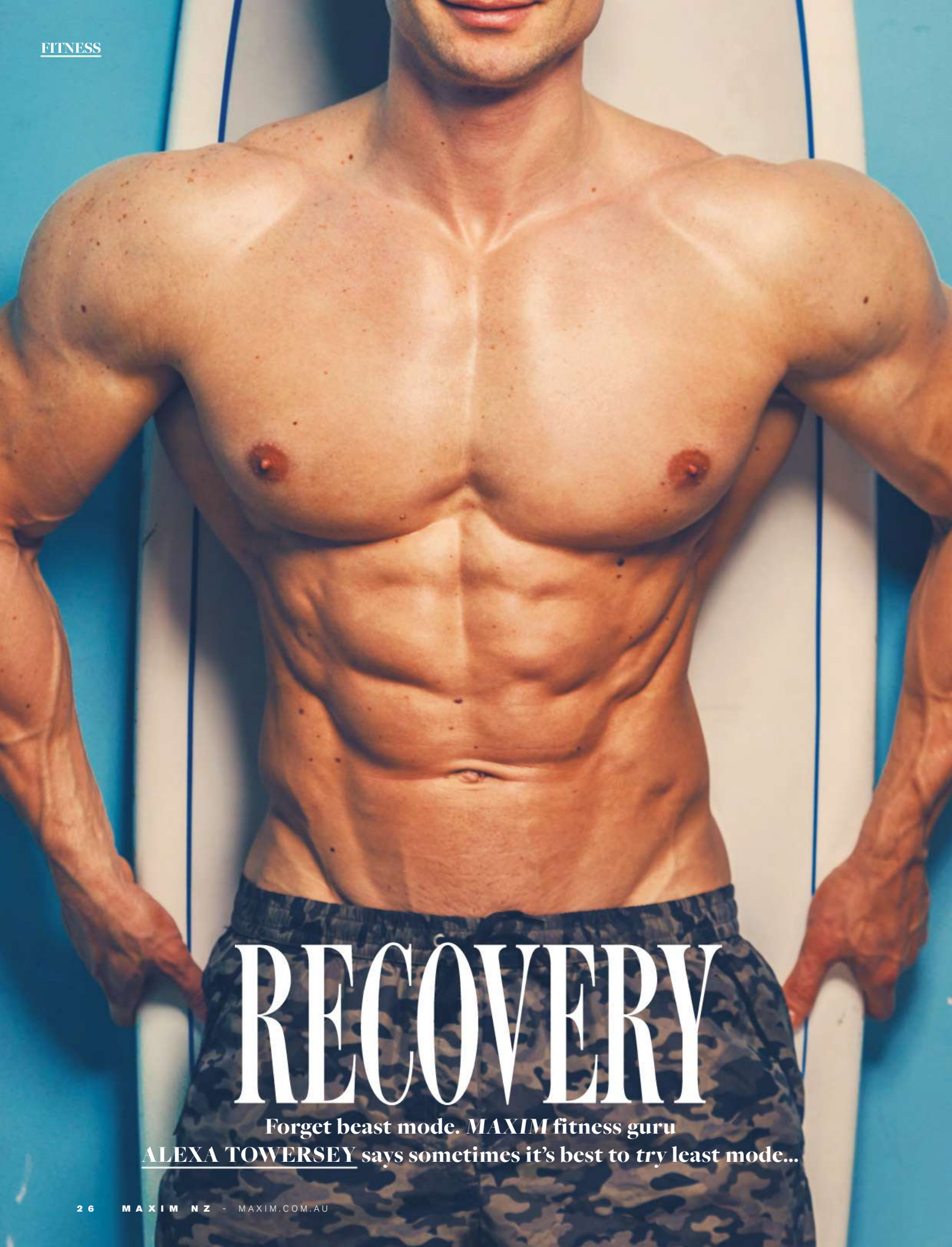
*“My brain and body **went to war**, but in the end I came to the conclusion that I was absolutely not prepared to have to tap out.”*



## DOING HARD THINGS MAKES THINGS EASIER

There's a marked difference between getting uncomfortable within your comfort zone and leaving your comfort zone so far behind that you're not sure you'll ever find your way back. The biggest question I've been asked since I got back was, "Why would you seek out a challenge so extreme?" The answer – because I honestly didn't know if I could do it. And now I do and that's what I believe resilience is at its core. Experience. Surviving something hard and coming out the other side with the newfound knowledge that the last thing that felt like dying didn't actually kill you. That, my friends, is a superpower. ■

**Naked and Afraid  
(Season 17) on  
Discovery Channel is  
available on Foxtel,  
Fetch and Binge**



# RECOVERY

Forget beast mode. *MAXIM* fitness guru  
ALEXA TOWERSEY says sometimes it's best to try least mode...

If you're training harder than everybody else at your gym, but all those expected gains just aren't coming, it could be your body's way of telling you to back off. What you need could have nothing to do with set/rep schemes or the fact that your glutes aren't activated.

## TO STRESS OR NOT TO STRESS

Hormones are essentially cellular messengers that deliver information about what's happening outside the body to cells inside the body. Cortisol is the 911 hormone. Anything that poses a potential threat to the body (a stressor) will result in cortisol being called in to help. Training is a stressor. The body needs a certain amount of stress to cause adaptation. So while cortisol is often seen as an "evil" hormone that stores fat and shrinks muscle, it is required for optimal health and actually burns fat under the right circumstances.

## WHAT ARE THE RIGHT CIRCUMSTANCES?

During exercise, cortisol works with your other fat burning hormones (adrenaline and

noradrenaline), and growth hormone to increase fat release. During rest, prolonged exposure to cortisol can disrupt the entire endocrine system, affecting important processes like sleep and digestion and can make you insulin resistant which isn't great if you're trying to lose body fat. At the most basic level, we want cortisol higher while we're training BUT lower when we're at rest.

## RECOVERY IS JUST AS IMPORTANT AS TRAINING

I liken the body to a bank balance. Every training session is a withdrawal, every recovery session is a deposit. If you're always training and withdrawing, and never recovering or depositing, eventually you will end up overdrawn and injured.



## MASTER THE BASICS

### NUTRITION

Enhancing recovery is more than just eating clean, drinking plenty of water, and having a protein shake. What you take in before and during your training can be crucial. Make use of pre- and -intra-workout windows and you'll limit protein breakdown and minimise inflammation, all the while optimising the hormonal response correlated with increased growth and fast recovery. Invest in a solution that has both protein and easily absorbed carbohydrates to take 15 minutes before your workout and during your training session.

### SLEEP

In our brave new world, sleep has become a luxury and trying to prioritise it is often looked at as lazy or weak – ironic given that people who don't sleep are actually getting fatter and weaker. Sleep releases growth hormone, and inadequate sleep is associated with higher levels of stress and lower levels of testosterone. Six to eight hours of quality sleep per night is the aim of the game.

#### TOP TIP

**ACTIVE LYMPHATIC DRAINAGE**  
Create a systemic drain post training by elevating extremities above the level of the heart in order to push lymphatic fluid back into central circulation. On lower-body training days, find a wall then lie on your back and elevate your feet and legs. After upper body training, just place the arms overhead in a relaxed position.

### WALKING

Walking is our most fundamental movement pattern, and can be done anytime and anywhere. It helps spark recovery by increasing blood flow and circulation, essentially improving lymphatic drainage and the rate at which waste products and fluids are expelled from the body. Add in compression tights and Bob's your uncle – these garments place pressure on the vasculature system and enhance the active muscle pump.

#### TOP TIP

Rub Topical Magnesium Oil on the soles of your feet, on your throat, in your elbow crease and on the back of your knees before bed. Magnesium helps to dampen the nervous system therefore helping you to sleep.



## INVEST IN THE BEST

If you're doing three HARD training sessions per week, you need to balance it out with three recovery sessions. These can include simple practices like trigger pointing in front of your TV, getting a massage, going to a yoga class, hitting the surf or grabbing 30 mins of zzz's in low level sunlight. They can also be a bit more hi-tech.



### INFRA RED SAUNA

Infrared light is used to penetrate the skin up to 70% deeper than a regular sauna, drawing out toxins at the cellular level. They also help to increase circulation of blood and nutrients to the muscles, ligaments and soft tissues which enhances healing.

### FLOAT TANK OR EPSOM SALT BATH

You can head down to your local float tank for a complete experience in sensory deprivation or you can DIY. Epsom salt AKA Magnesium Sulphate crystals are available at any health food store. Add 200-400 grams to a warm bath and soak for 20 mins. This is a very simple and effective way

#### TOP TIP

*Want to seriously test your mettle? Load up your bath with ice from the local petrol station and see how long you can handle. The record is 72 minutes!*

to relax your muscles, decrease inflammation and increase blood magnesium levels. Perfect as part of a bedtime ritual.

### CRYOTHERAPY

Pop your budgie smugglers on and immerse yourself in a Cryo Chamber for three mins at temperatures as low as -160C. The freezing cold will send your body into a defensive mode, transporting blood, nutrients, and resources to the organs in the core. The body then starts oxygenating your blood, flushing it of toxins and lactic acid. Straight after, your body starts returning to its normal state increasing blood flow of your newly oxygenated blood back to your limbs. The body absorbs this blood, which is now enriched with erythrocytes, oxygen, collagen, and other essential nutrients.

I'll leave you with one final thought – you may think you don't have time to recover, but do you have time to be injured? ■

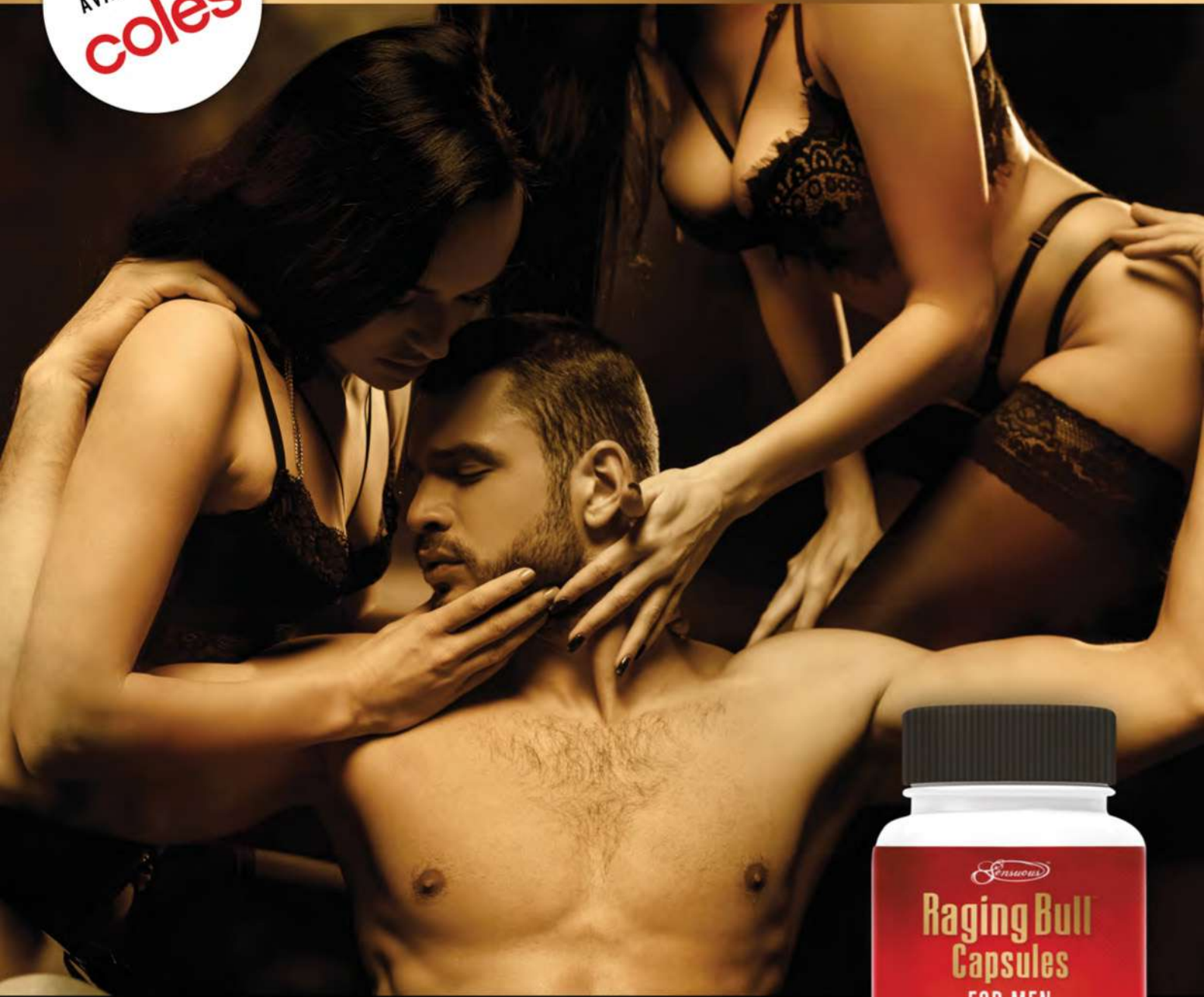


### ABOUT ALEXA

*"Action Alexa" is an internationally published celebrity trainer, sports model and nutrition and lifestyle coach with over 15 years' experience in the health and fitness industry, and has worked with NZ's world champion rugby team, the All Blacks. She has qualified for the Ironman 70.3 World Champs and was named as one of the Five Toughest Trainers in Asia during her seven-year stint in an MMA gym in Hong Kong.*

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## FOR MEN

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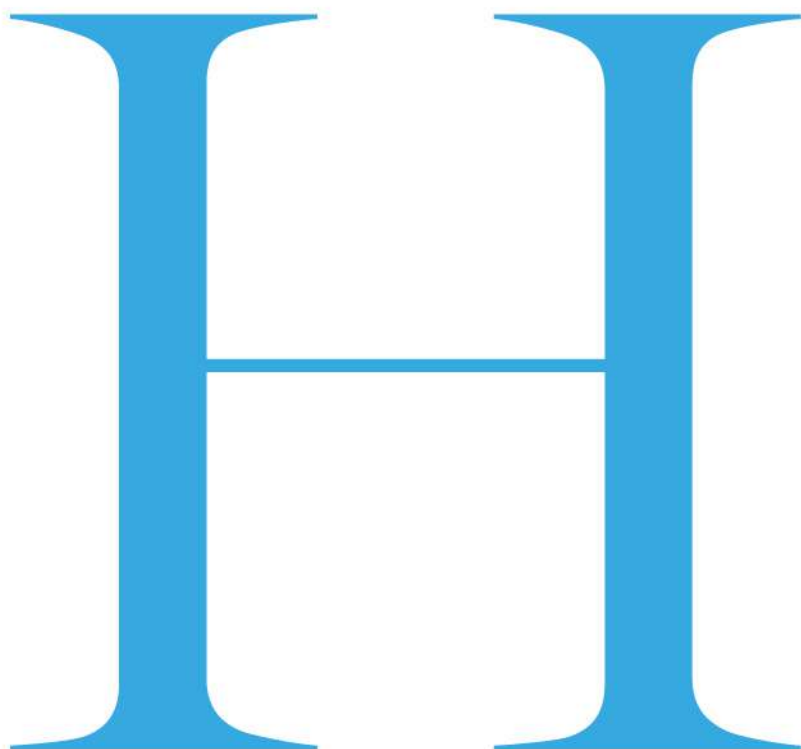
# Zoe

## LEIGH DIANA

Get ready to be charmed! Supermodel **Zoe Leigh Diana** spills the beans on her island adventures, quirky phobias, and the one thing that's always made her feel sexy.

*Photographer:* BRIAN B HAYES

*Bikini:* ANDI BAGUS



**Hey Zoe, welcome to MAXIM. Can you tell us a bit about your shoot?**

We went by boat to this beautiful private island resort in Panama called Isla Palenque—The tropical island is a mysterious jungle with secluded beaches, surrounded by turquoise waters on the pacific coast of Panama. The service and food at the 5-star luxury resort was out of this world amazing. For the shoot, we went for a look that was in touch with the earth and the sea, like a siren washed up on the shores.

**Have you ever been to New Zealand?**

Not yet, but definitely on my bucket list.

**When do you feel sexy and why?**

When i'm in my room after midnight, I put on some vinyl, look in the mirror, and I dance. It makes me feel of the divine.

**What is your best asset?**

Physically and otherwise. I would say my eyes and my intensity.

**What would people be most surprised to know about you?**

I find myself in many rabbit holes when i'm alone. That of music, information—whatever interests me that night. I get deeply engrossed in any activity.

*“When i'm in my room after midnight, I put on some vinyl, look in the mirror, and I dance.”*

**How long have you been modelling and what would do if you weren't modelling?**

Signed to Ford models at the feeble age of 2. Done numerous ad campaigns, graced the pages Harper's Bazaar, Glamour, and ITgirl magazine since then. My spirit moves me to create, whether it be through writing, art, music, my clothing; things of the sort.

**What have you learned about men over the years?**

They're not very difficult to understand if you try.

**What's one thing men should always know about women?**

By nature women are wonderful. I'm definitely not of any bias.

**What do you look for in a man?**

Not for anything particularly, though i can sense beauty in a soul.

**Describe your ideal date.**

Id really enjoy laying out a blanket on the beach in the middle of the night and playing some blue note for the ambience. Gazing at the stars, listening to the sound of the waves, maybe go for a swim in the ocean. Nothing beats the quiet of the night.

**What can we get you at the bar?**

Though alcohol isn't my drug of choice, a mojito with no sugar.

**Got a hangover cure?**

No! (water cures this ailment)

**What's your best hidden talent?**

I love to paint, it makes me feel grounded.

**Do you have any phobias?**

Fear of social interaction, I'll get over it.

**Who is your girl crush and why?**

Women are beautiful creatures. In this moment in time i'd say Gal Costa and Brigitte Bardot. I could name many.

**What's the freakiest/weirdest thing someone has sent you via social media?**

There was once this man who was dedicated to sending me messages every single day for over 4 years. Not one to which i've replied to. He was talking to himself surely.

**What is your motto in life?**

Follow your passion, wherever it shifts go there.

**What's next for you?**

Any exciting projects on the horizon you can share with us? All of my plans are as fluid as life is.

**Finally, where would you like to be in five years?**

I'd hope to have travelled, to have met people from numerous walks of life, to have expanded my knowledge and understanding of the world, to have written— to have lived. ■





*Bikini:* DIVINO SEAS



*Bikini:* LADASKA MECHELLE



*Lingerie:* VICTORIA'S SECRET



Lingerie: VICTORIA'S SECRET



*Bikini:* LADASKA MECHELLE

**STATUS  
UPDATE**

---

**FULL NAME:**  
Zoe Leigh Diana  
**HOMETOWN:**  
Apollo Beach, Florida  
**BORN:**  
January 15, 2006  
**INSTAGRAM:**  
zoezoediana

*Location:* ISLA PALENQUE  
RESORT, PANAMA  
@ISLAPALENQUE  
@CAYUGACOLLECTION

*Hair:* ANTARES LAKE

*Brows & Lips:* KELLY  
NEWTON



*Bikini:* ANDI BAGUS

# *The* BAGGY GREEN

In their new book, *The Baggy Green*, Mike Coward and Michael Fahey look at the history of an Aussie premier sporting icon. In this edited extract the latter gives us a glimpse into why wearing this illustrious cap has always been the pinnacle for Australian Test cricket players...

By MICHAEL FAHEY







*This page:* Brett Lee with baggy green in the Lord's dressing room in 2005 (Newspix); *Opposite:* Victor Trumper's 1899 cap could more correctly be termed a skullcap

## THE GUM-TREE GREEN AND GOLD

In a world of instant gratification and increasingly meaningless accolades, the Australian Test cricket cap or baggy green is a mark of rare distinction, a national icon. A release in 2006 of a limited-edition lithograph by Legends Genuine Memorabilia was titled *The Pride of the Baggy Green*. This lithograph was the genesis of the research that evolved into our book, because during the memorabilia project it became clear there had been little research into the cap's evolution and history.

The timeline of caps in the lithograph started with Victor Trumper and continued through to the game's greatest player Don Bradman and the cap he wore when he first captained Australia. The trilogy was completed with the cap of Steve Waugh, the baggy green's most public face. These caps are truly the highlight of this unique, unifying symbol, and they relate the fascinating story of the cap's evolution and represent both the history of the baggy green and Australian Test cricket.

The current cap can be traced back to the cap and colours adopted by the visionary members of the 1899 touring team to England. In one of cricket's serendipitous coincidences, the green cap with the Australian cricket coat of arms made its Test debut in the first Test at Trent Bridge, Nottingham – as did Victor



Trumper, the game's most stylish batsman and a great admirer of the Australian cap. His contemporary, Clem Hill, wrote that Trumper formed a strong attachment to the cap: "It was bottle green, but nevertheless he stuck to it to the end and there was always no end of bother if [Reg] Duff or some of the other humorists of the side got hold of the cap and hid it."

The colours adopted by the members of this team before the Tests, green and gold, became the colours for all Australian sporting teams. While the game's administrators did not officially adopt the gum-tree green and gold colours and coat of arms until 1908, these 1899 colours and design were different from and predated the current Australian



*This page (top):* Pat Cummins during the Ashes series launch in Brisbane in 2021. This was his first series as Australian captain. (Alamy); *(bottom left):* The label of Farmer's department store appeared inside the cap for 40 years from 1931 to 1932. This example was Keith Miller's. (Image Michael Fahey); *(bottom right):* Former Australian Test cricketer turned commentator Kerry O'Keeffe at home with dog Steve and his presentation miniature baggy green. (Newspix) *Opposite (top left):* Clem Hill and wicketkeeper J.J. Kelly on tour in 1905 in Australian skullcaps. (Alamy); *(top right):* Steve Waugh and his weathered baggy green after his side defeated England at the Oval and retained the Ashes after a 4–1 series win in 2001. (Alamy); *(bottom):* Jack Gregory (back row, second from left) wearing his old skullcap, while teammates in the 1921 touring side to England have adopted the newer baggy style still worn today. (Image courtesy of Ronald Cardwell)



Commonwealth coat of arms, which was adopted in 1912. The cricket coat of arms is one of the few pre-Federation symbols in use today. The official Australian livery colours were blue and gold until 1984, when the Hawke government adopted green and gold as the national colours. The decision of the 1899 team to incorporate these colours with the coat of arms was a defining moment in Australian sport, as the colours were adopted by the Australian Olympic team in 1908, the Australian rugby league Kangaroos in 1928 and rugby union's Wallabies the year after.

The long ancestry of the baggy green and the continuity in its design mean there is a strong sense of legacy and obligation for those selected as an Australian Test cricketer. Allan Border, a driving force behind the first reunion of Australian Test cricketers held in Sydney in 2000, revealed his inspiration: "In Australian cricket, one of our strengths has always been a good team spirit. Don Bradman played in a baggy green, so did Victor Trumper and all the blokes over the years. So, there's a realisation when you get given that cap you're part of something special."

The baggy green has a uniquely Australian feel. Originally, it was a skullcap, like those commonly worn in England. From 1920, however, the cap had a "baggy" or Australian style; generally, this word is applied to all Test caps from 1899. The distribution of the Test and state caps reflects the egalitarian nature of Australian society. Every player receives a cap on selection, whereas in England caps are

awarded to denote status and seniority. A player could remain uncapped even after years of representing his country.

This sense that Australian values, history and legacy are represented in the cap re-emerged in the 1990s. In November 1994 Mark Taylor instituted the practice of the whole team wearing the cap during the first fielding session of each Test match. Steve Waugh said he had suggested this initiative in a team meeting. In any case, Waugh heightened the public perception of the players' respect

for the cap when he wore his baggy green until it almost fell apart. He ignored calls to replace the cap, although he did bow to pressure and had the peak repaired by Albion in 2002. Waugh received more than one baggy green cap during his career and certainly wore more than one cap, but a single one was worn for the vast majority of his career: the cap that was repaired.

Now each Test player is handed his baggy green by a former player in a ceremony on the morning of his first Test. "It is such a



special time for a player and the old procedure certainly lacked polish,” Taylor said. The formal ceremony instituted by Taylor in 1996 was refined by Waugh, who thought a former Australian Test player should do the presentation. This practice has been copied by rugby union’s Wallabies and South Africa’s Springboks.

In an age when professional sports are inextricably linked to sponsorship, the baggy green and team blazer stand alone in their purity. Cricket Australia (CA) has steadfastly refused to commercialise the cap by putting sponsors’ logos on it and it has never offered replicas for sale, thereby ensuring that no imitation can sully this most prestigious of prizes. Steve Waugh reinforced this when discussing his cap’s repair: “It gives me power and the team aura. It’s something people recognise and respect and, most importantly, it has never been commercialised in any way, nor does it have sponsor logos on it.”

Receiving a baggy green is recognition of your acceptance into the highest level of Australian cricket, a cause for much celebration and congratulations, yet it is also a time for reflection as the cap is a reminder of all those who have gone before. The victories and losses, euphoria and heartache are all interlaced in the very fibres of that flannel halo, ensuring that all who wear it are entrusted with a legacy and responsibility of lasting national importance. To many, Steve Waugh personifies the cap and the

importance of its legacy.

The baggy green of the new millennium is instantly recognisable as that worn throughout most of the 20th century. There have been some changes over the years but generally these have been short lived, although a few changes have been more enduring.

The 1899 cap and the modern cap bear some differences, hence the introduction of the century-old replica lookalike in 2000 as an intentional and dramatic point of difference.

The current cap is made by Kookaburra Sport in Perth, whose association with the cap commenced at the New Year’s Test in 2017. An announcement stated: “CA regularly reviews its supplier contracts, and its minimum criteria for the Baggy Green were that the company be Australian owned, the caps be made of 100% Australian wool, and the manufacturing be done in Australia.”

The cap’s essential elements are its shape, cloth, the components of the coat of arms – shield, scroll and crest – and any use of dates. All of these have changed at times over the years, and although presented as a constant, the baggy green has in fact been a continuing work. The components of the baggy’s coat of

arms have also evolved. The scroll set below the shield and originally blue featured the words ‘Advance Australia’. The colour changed to red soon after, and then in the early 1930s ‘Advance’ was dropped.

Similar coats of arms were used by sports, towns and cities from the 1850s and reflected important elements of Australian life and

history: commerce, immigration, the production of sheep and wheat and the minerals extracted from the ground, represented by the picks. These elements of the shield are set around a Southern Cross and were supported by the uniquely Australian kangaroo and emu, set below the crest – a rising

*“There’s a realisation when you get given that cap you’re part of something special.”*

- Allan Border -

sun indicating a new dawn – and above the inspiring ‘Advance Australia’, which reflects the aspirations of the emerging nation. The fact that the players had created the emblem would have reinforced this sense of ownership. The cap may well have been a symbolic battlefield between two sides keen to establish their legitimacy: at the time, people often asked whether the players were representing the board or the nation.

The official Australian coat of arms of 1908 made no reference to the states and several



*This page (left):* Australian captain Pat Cummins at Headingley in 2023 with his well-worn baggy green. (Alamy); *(right):* Warren Bardsley (left) and Edgar Mayne walk out to bat at Lord’s during the Triangular Tournament Test against South Africa. Both wear the rare cap with the short-lived 1908 coat of arms. (Alamy); *Opposite:* In 2003, then oldest living former Test player Bill Brown (90) posed with then Test captain Steve Waugh when 147 past and present Australian Test cricketers gathered for a presentation reunion. (Newspix)

alterations were suggested, which resulted in the current Commonwealth coat of arms that was proclaimed, again by royal warrant, by George V on 19 September 1912. Significantly, this had just 'Australia' in the wreath. We have no explanation for why the 1908 arms was used by the cricket board for the cap after 1910, or why the board reverted to the original 1899 cricket coat of arms after World War I. It remains a mystery why the official coat of arms of 1912 was not adopted by cricket, as it was by other sports.

The shape of the shield has also varied. Generally, it has been presented as it is today: wider at the top and bottom with a narrow waist. In 1928-29 and again in 1930 the shield was even wider at the top and tapered to a point at the bottom. Similarly, the shape and size of the rising sun, kangaroo and emu have changed. The basic design of the shield supported by the kangaroo and emu was in use from at least 1884. The 1893 Australian team sported a shield on the cap and blazer, and the 1896 side included a kangaroo and emu. The original and current coat of arms has the kangaroo on the left and the emu on the right, but this positioning was reversed for the 1905, 1907-08 and 1909 teams.

There was one season when the Australian cap carried a different coat of arms. The 1963-64 cap sported the official Australian coat of arms as set out in the 1912 Royal warrant. The cap for the 1963-64 series against South Africa carried the kangaroo, emu and 'Australia'

ribbon and sported the Commonwealth shield, which contains the individual crests of the six states and not the ship, sheep and so on. The rising sun was replaced by a six-pointed star, although the Commonwealth star has seven points. This crest, which sat on top of a blue and gold wreath, was featured on the blazer as well and appears to have been used only for that season. There is no official explanation for this, although one theory is that the coat of arms was replaced in response to the controversy over that summer's tour by the Springboks.

From 1930 to 1972 the date of each series was embroidered on the cap in the traditional place: below the scroll. There have been some exceptions to this: in 1909 the date was woven into the ribbon in the middle of 'Advance' and 'Australia'; in 1931-32, as modelled in a classic photo of Bradman, the date appeared on either side of the newly singular 'Australia'. What is known is that from 1932-33 to 1972 the cap's design remained the same, barring the 1963-64 cap. The current cap retains this design, with the lack of date and cotton thread the only changes from the Bodyline days. Traditionally, players received numerous caps, especially when they were dated.

A new cap was awarded for each series, and on some tours – notably the 1948 tour – players received two caps. This fact has only recently been uncovered; the accepted wisdom had been that one cap was issued for each series. The State Library of South

## ABOUT THE AUTHOR

Michael Fahey is one of the major players in the sports memorabilia scene and has been trading and valuing collectable since 1993. He is now the Official Valuer to ASM, Rugby Australia Archives, SCG, Bradman & NZ Rugby Museums, NZ Sports Hall of Fame and a Commonwealth Government Cultural Gifts Program Approved Valuer.

Australia inquired into the issuing of caps when they were offered a second Bradman 1948 cap in 2004. The issuing of two caps on the 1948 tour became irrefutable when, in July 2004, Barry Gibbs uncovered the existence of an original players' contract for that tour. He obtained a copy of the contract and found that paragraph 32 stated: "The Board shall provide each player with a blazer, two caps, sweater and tie."

In the 1970s and 1980s the awarding of caps was not done automatically each season, although players from that era received several caps during their career. Albion's former managing director Tony Henson said that repeated requests for replacement caps by two senior players in the early 1980s alerted him to the possibility that the demand by the public for caps was becoming excessive. At his request the board set down rules for the allocation of baggy greens. Since the 1990s the current policy, which is strictly enforced, stipulates that a player is presented with a cap on debut and that this will be his sole cap unless it is stolen or lost or if it needs to be replaced due to excessive wear.

In July 2007 Cricket Australia's kit manager, Adam Fraser, provided a copy of this policy: "The Baggy Green is obviously presented to each player on the ground before the commencement of the first Test they're selected to play in. CA policy is that the Baggy Green shall not be replaced unless stolen or severely damaged. Players are required to fill in a form that verifies that their baggy has been lost, stolen or damaged before consideration is given to issuing a new one. Generally, we find that players are very protective of their Baggy Greens and don't like to have them replaced."

Now the awarding of a cap has evolved into a ceremony whereby a past player makes the presentation to the debutant, again reinforcing the legacy of the elite club of Australia Test cricketers. In 2008 this elite club had only 399 members, with Western Australia's Chris Rogers being Australian Test player No. 399. In 2023 there were 466 numbered Test players, with Matthew Kuhnemann debuting in that year.



*Receiving a baggy green is recognition of your acceptance into the **highest level** of Australian cricket, a cause for much celebration and congratulations.*

***This page:** Bert Oldfield in the nets at Lord's in England in 1930 in his Advance Australia baggy green. (Alamy); **Opposite (top):** Australian players celebrate winning against the West Indies in 2000. Justin Langer pours beer on the caps of teammates. (Newspix); **(bottom):** What we now call the 'baggy green' has taken many forms. (Image courtesy of Michael Fahey)*

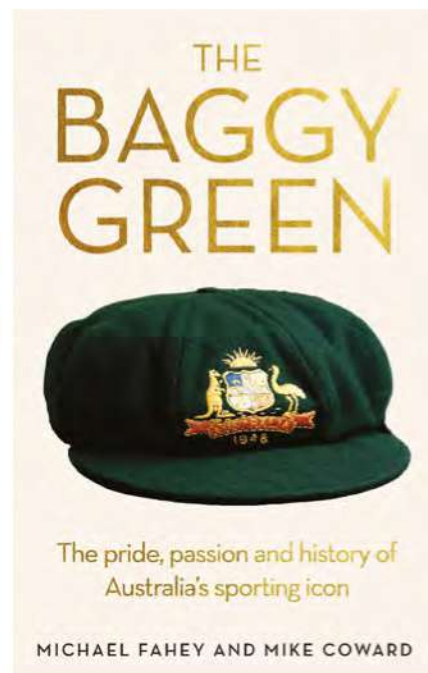


In a further mark of respect for the cap, Albion C&D made and presented to each player a bag to house the cap, further protecting it. Embroidered upon the bag was the player's name and Test number.

In 2002-03 the ACB rebranded itself as Cricket Australia and a new logo was created. The board's annual report said: "The new brand mark incorporates the kangaroo and emu from the traditional cricket coat of arms, the Southern Cross, Australia's green and gold colours and a sunburst, representing the traditional relationship between cricket and the Australian summer." Importantly, "the cherished Baggy Green cap has not changed.

After consultation with players and other stakeholders about a suitable approach for Australia's most famous cap, it was agreed that the iconic Baggy Green should remain in its current form. It will keep the traditional cricket coat of arms emblem."

The final word comes from Steve Waugh, the man who personified the Australian cap in this period and intertwined traditions with the demands of the present: "The ultimate goal is to wear the Baggy Green cap. There's something special about putting that cap on. There's no way you will catch me wearing a white hat. The cap's always on my head. There's an aura about the Australian cap." ■



**THE BAGGY GREEN** by Michael Fahey and Mike Coward (Gelding Street Press, AU\$34.99/NZ\$39.99) is available at BIG W and all good bookstores from October 30

# F O R D F I E S T A

Time to party on with aspiring model, nature lover and creative artist ERIN FORD...

*Photography by RYAN REQUIERME*











**What's one thing you've learnt about men?**

Men truly do mature later than women. I try to date a little older.

**What do you look for in a man?**

I rarely look. I met my ex-boyfriend when he was replacing the air conditioning in my house – I slipped him a note – and I met my previous ex while camping. I always seem to go for rugged Aussies, like surfers and tradies, and I maintain a positive relationship with all my exes. Is that a good thing? Who knows.

**What's one thing men should always remember about women?**

Confidence, not cockiness, is key. Women appreciate authenticity and self-assuredness.

**Describe your ideal date.**

I once had a man take me out on his boat to snorkel with seals on our second date. Does that set the bar a little too high?

**Maybe. What can we get you at the bar?**

An espresso martini or a strawberry daiquiri, thank you!

**Give us a little more background information about yourself, Erin.**

I grew up involved in Sea Scouts, horse riding, riding dune buggies around my grandparent's farm and was a major theatre buff! My soul has always gravitated toward all things nature and the creative arts – whether it's musicals, acting, modelling, painting or writing, it's where I've always truly thrived.

**What would people be surprised to find out about you?**

The hobbies that bring me the most joy in life is camping, fishing, surfing and being out on the boat.

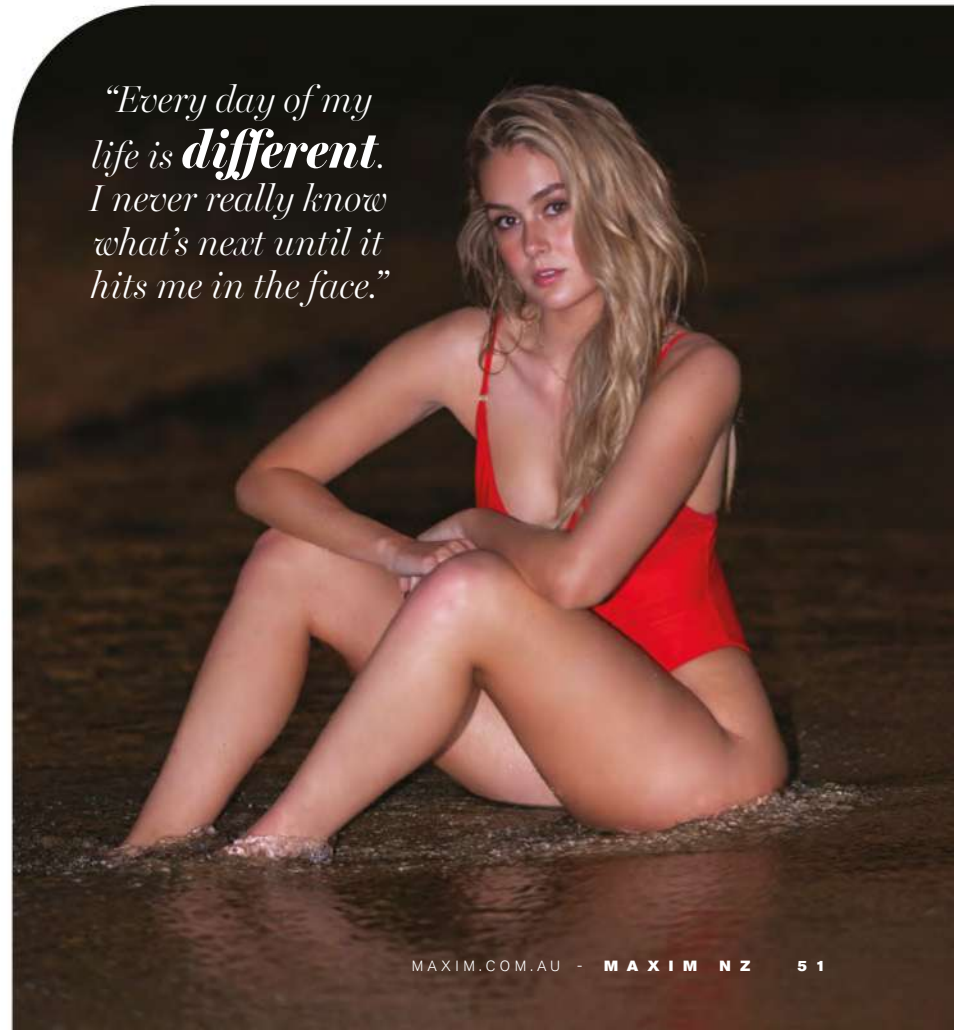
**What is your best asset?**

I love my height! Growing up it wasn't always ideal to tower over my peers – especially the boys – but now I fully embrace it. I have so many girlfriends from modelling that I go out with, and I love how we tower over most of the men. Along with owning my height, I now value my confidence more than ever! I can't believe how much it has grown over the past year.

**When do you feel sexy?**

When I'm taking care of my body and health. This year I've been obsessed with going on long beach and bush walks, which have given my body and brain a makeover.

*“Every day of my life is **different**. I never really know what's next until it hits me in the face.”*



## STATUS UPDATE

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**NAME:**  
Erin Ford

**BORN:**  
June 22

**HOMETOWN:**  
Sydney, Australia

**FIVE-WORD SELF  
DESCRIPTION:**  
"Cheeky, free-spirited,  
caring, passionate  
and adventurous."

**SNAPCHAT:**  
@Erinford22

**INSTAGRAM:**  
@Erinford\_\_





*“They have this sexy, spontaneous, alluring energy that I just adore – risk takers who are unapologetically themselves.”*

**Lastly, where would you like to be in five years?**

I envision myself having travelled overseas, working as a stewardess and/or deckhand, starring in a few reality TV shows and movies, volunteering for worthwhile causes and definitely still modelling and rocking the runway. Maybe by then I'll start to think about moving closer to Byron Bay and finding my cute surfer-tradie lover? ■



**Who is your girl crush?**

Megan Fox and Pamela Anderson – they are two of the most beautiful women alive. They have this sexy, spontaneous, alluring energy that I just adore – risk takers who are unapologetically themselves.

**What's your life motto?**

You are the energy that you attract.

**What's next for you? Any exciting projects on the horizon you can share with us?**

Who knows! Honestly, every day of my life is different. I never really know what's next until it hits me in the face. However, I can say I've built fantastic relationships with industry professionals over the past year, and I know that big things are coming for me.

# Mikayla Beauregard

The MAXIM Australia/NZ  
Women of the World  
Official 2024 Calendar  
is the perfect gift for you  
and your mates. Featuring  
13 gorgeous international  
models, this month we give  
you awesome November  
beauty Mikayla...



## STATUS UPDATE

LIVES  
Canada

HOMETOWN  
Kelowna, BC

BIRTHDAY  
August 17

### FIVE-WORD SELF

#### DESCRIPTION

Light-hearted,  
adventurous,  
enthusiastic,  
caring, fun

#### LIFEMOTTO

Don't sweat  
the small stuff!

#### INSTAGRAM

@mikkimaarie



The MAXIM Australia/NZ  
Women of the World Official  
2024 Calendar is available  
in newsagents RRP \$19.95

# FOUR<sup>by</sup>FOUR

In the new book, *Lessons From Gin: Business the Four Pillars Way*, co-founder Matt Jones reveals how Four Pillars Gin grew its brand, business and went from a small cult favourite to being voted the world's best gin producer three times. But in this edited extract, we got him to share four of his favourite gin and tonic combinations. You're welcome...

## WHAT'S IN A NAME?

**Matt Jones on how the Four Pillars label was born...**

“Over my years as a brand strategist and consultant, naming has always been my least favourite part of the job. In short, there are no good names, but there are bad ones. So many great businesses have names that started out clunky like Facebook (a compound name, originally prefaced with a clumsy ‘The’), a bit random like Google (a misspelling of a very big number), rather obscure like Tesla (a dead, famous-ish scientist) or, in the case of the Australian unicorn Canva, needing a full rethink (Canva was a French-inspired pivot from its previous, and objectively terrible, name Canvas Chef). In all cases, the key was not the name, but the meaning built into the name over time.

“The not terrible name we came up with was Four Pillars. What does it mean? Well, it depends on who you ask. There’s a non-sanctioned and inappropriate version Stu [Stuart Gregor, co-founder & trade director] is liable to tell after a few Negronis. The official story is that Four Pillars refers to our belief in the need to do a few things to an exceptional standard. It’s a belief in focus, excellence and simplicity, like the world’s greatest cocktail, the Negroni (equal parts gin, Campari, sweet vermouth and good ice). We added the word ‘gin’ to the end, making the official brand name Four Pillars Gin, emphasising our absolute focus on the craft of making gin and only gin.”



*The Four Pillars founders (from left to right): Stuart Gregor, Matt Jones and Cameron Mackenzie*





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## Since making that first Rare Dry Gin, the first question for any gin we make has been, “How does it go in a G&T?” Here are four of my favourite combinations...

---

**T**he first gin and tonic was really just tonic. Brits sent to India would deal with the risks of malaria by drinking tonic water, made with the quinine-rich bark of the cinchona tree (quinine being a powerful anti-malarial). The tonic was bitter and hard to drink, so a slug of gin and a bit of lime made it all the more palatable. The G&T was borne and it was medicinal too. I started to fall back in love with the gin and tonic (after years of being sworn off G&Ts after a particularly bad night on Gordons) when on

holiday in Lombok with one of my great mates and his family in 2013.

Every evening, after a day of swimming in the pool and dodging the epic heat and humidity, we would park the kids in front of a movie and make a round of G&Ts for the adults. The G&Ts were classically made: a big slug of gin in a tall glass, a long pour of Schweppes tonic and a slice of lemon. I distinctly remember how brilliantly refreshing the first couple of sips were - that pine needle sharpness of the gin and the quinine-y bittersweetness of the tonic. But, by the end of the glass, I'd had enough and didn't want to go back for a second.

Eight months later when tasting my first Four Pillars Rare Dry G&T, the

experience was completely different. Cameron [Mackenzie, Four Pillars Gin Co-founder & Master Distiller] had created a gin that was still built on a canvas of juniper, but his use of lemon myrtle and fresh oranges, combined with the use of spice and heat from the Tassie pepper and star anise, had created a gin that was dangerously drinkable and moreish.

Shifting to Fever-Tree Mediterranean Tonic (softer and less bitter than regular Indian tonic) also made a massive difference, as did garnishing the drink with a wedge of fresh orange to bring out the orange notes in gin. Suddenly, the G&T was transformed for me, and I've never looked back. The challenge became to remind myself how quickly two or three G&Ts could disappear on a hot Australian evening!

*Rare Dry  
Gin*



## Gin & Soda (or Sonic)

- 30-45 ml Fresh Yuzu Gin
- 100 ml soda water
- Lemon
- Ice

Depending on how much of a sweet tooth you have, you might want to make your G&T into a gin and sonic, effectively using half soda water and half tonic as your mixer (trendy bartenders coined the idea of a 'sonic' years ago and now everyone seems to have jumped on the lower-sugar bandwagon). This way, you get to enjoy the same long, effervescent drink, but with less sugar.

If you want to eliminate the tonic completely, we came up with a gin that we reckon works beautifully in a gin and soda. Combine 30-45 ml of Fresh Yuzu Gin with 100 ml of soda water (try to track down a yuzu soda if you want to double down on bright citrus flavours). Fill the glass with ice and garnish with a lemon wheel.

## Gin & Ginger

- 30 ml Navy Strength Gin
- 100 ml ginger beer
- Lime
- Ginger
- Ice

My father was a big fan of the Moscow Mule (a 1941 classic that combines vodka and ginger beer in a copper tankard to keep the drink super cold), and I've always loved drinks mixed with ginger ale or ginger beer. It also happens that a bunch of our gins go terrifically with ginger mixers. If you're feeling brave, try Four Pillars Navy Strength Gin with ginger beer.

It goes down far too easily, so just remember the gin you're starting with is almost 50 per cent stronger than the regular stuff! Start with 30 ml of Navy Strength Gin and 100 ml of ginger beer. Top up with ice and garnish with a combination of fresh lime, a lime leaf and some fresh ginger. So good!



*Rare Dry  
Gin*

PHOTO: TOMAS FRIML

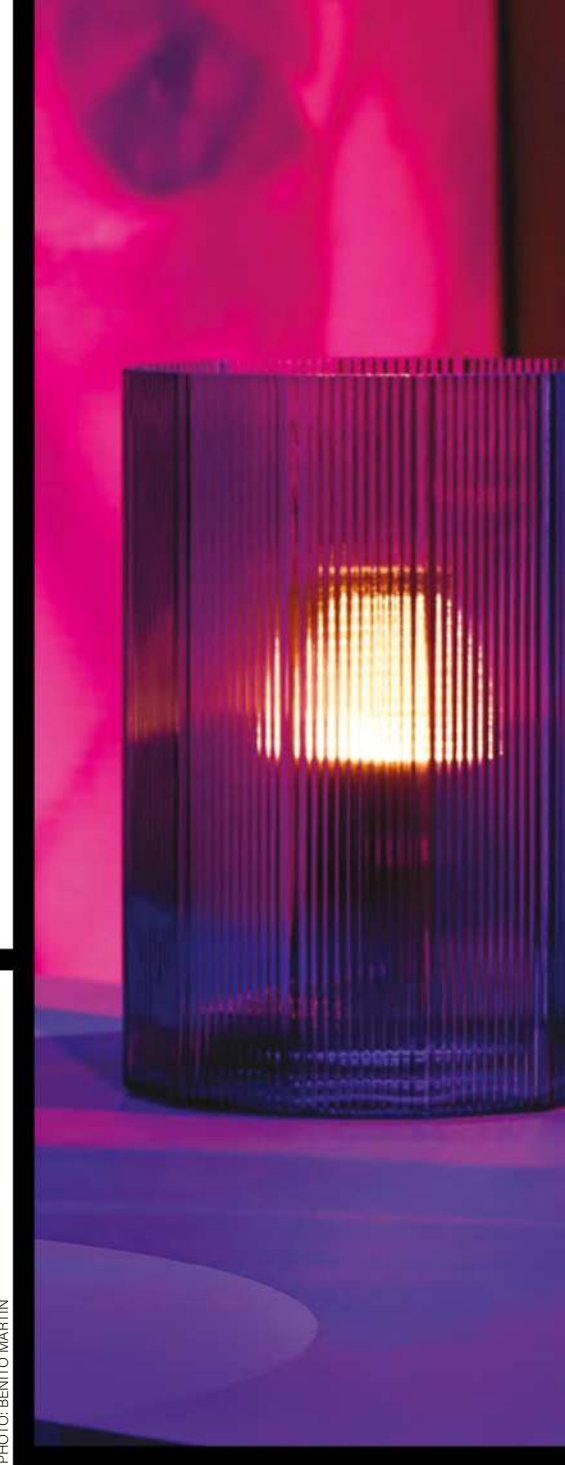


PHOTO: BENITO MARTIN

## Perfect G&T

- 30-45 ml Rare Dry Gin
- 90-120 ml tonic
- Orange
- Ice

Pour Rare Dry Gin into a glass. Add tonic (I favour Fever-Tree's Light Mediterranean Tonic). Stir a few times, then fill the glass with as much good ice (small, sad flaky shards of ice will melt far too quickly in your drink) as you can lay your hands on. Stir again and garnish with a wedge of fresh orange.

**ICE DONE RIGHT:** I learned from better bartenders than me to build all the liquid in a drink before adding ice. That way, you can see exactly what you're doing and properly stir the drink before adding the ice. On tonic, there's no set rule on the ratio of gin to tonic, but I favour 1:3. Remember that more ice means a colder drink and less dilution, which is what we want: an ice-cold G&T, not a watery, flat G&T.

*Bloody Shiraz Gin*



**Bloody G&T**

- 45 ml Bloody Shiraz Gin
- 90 ml tonic
- Orange or lemon
- Ice

Ever since Cam first came up with his brilliant idea to combine our Rare Dry Gin with fresh local Shiraz grapes, we've debated the best way to drink it. Unquestionably delicious just over ice with a slice of orange or lemon, it's also outstanding with any form of lemon mixer, from bitter lemon to lemon tonic to old-fashioned lemonade. But I always come back to a simple Bloody G&T. Consider going 1:2 with your tonic to gin ratio (45 ml Bloody Shiraz Gin to 90 ml of tonic) because there's plenty of naturally occurring sugar already in the gin. Add lots of ice and garnish with a slice of orange or lemon.

**ABOUT THE AUTHOR**



**Matt Jones** is a creative strategist, a keynote speaker and an accidental entrepreneur. In 2013, along with Cameron Mackenzie (Master Distiller) and Stuart Gregor (Trade Director) he co-founded Four Pillars Gin. Today, Matt is one of Australia's most in-demand experts about brand and business growth, coaching leaders on how to leverage the power of communications, design, emotions and experiences to achieve their goals.



This is an edited extract from **LESSONS FROM GIN: BUSINESS THE FOUR PILLARS WAY** by Matt Jones (Wiley \$34.95rrp), available from October 30 at all leading retailers

# NICK CODY

The Aussie comedian, podcaster and Melbourne breakfast radio show host sheds some light on his last day on earth...



**Hey, mate, so what can audiences expect at your stand-up shows?**

A red-bearded man making fun of many things for an hour. Nothing political. Nothing preachy or annoying — just funny. I aim for it to be the opposite of an average Facebook feed.

**How would you like to leave this crazy world?**

The same way I came into it — screaming while wearing a Red Bull wingsuit.

**Do you have any deathbed confessions?**

I've never snitched and I don't plan on starting at the end.

**What's your last meal?**

Parma and pint with chips and Tabasco on the side.

**Are you going to Heaven or Hell?**

Heaven. I think I've been a good enough bloke and the pubs there will be the best. Pubs in Hell would have violent and psychotic lunatics in them. Pubs in

*“Pubs in Hell would have violent and psychotic lunatics in them.”*

Heaven would only have the drinkers that were nice enough to get up there in the first place. I love those people.

**What do you say to God when you get up there?**

I'd say, “The champ is here!” then either reach out for a fist bump or do a shaka/hang loose sign. I gotta figure this one out before I shuffle off this mortal coil.

**Which legendary people will you hang out with in the afterlife?**

My mate and hilarious stand-up comedian Luke Heggie. He'd greet me the usual way with a long, drawn out “G'daaayyy, f—khead.” I'd return the greeting and then we'd have a beer while making fun of the place and the other people in it.

**What are your beliefs on the supernatural?**

It would be excellent to see a ghost, but I'm not going out of my way to find one.

**What's the worst joke you've ever heard during your time on Earth?**

Any joke that someone decides to tell me after they find out I'm a stand-up. Never good.

**What's the dumbest thing you ever did on Earth?**

Booked an AirAsia flight.

**Name one thing you're glad you'll never have to do again.**

Go on an AirAsia flight.

**What are your mates saying over your casket?**

“Not a bad innings.” They're not talking about me, of course, they'll be watching sports on their phones.

**What's written on your tombstone?**

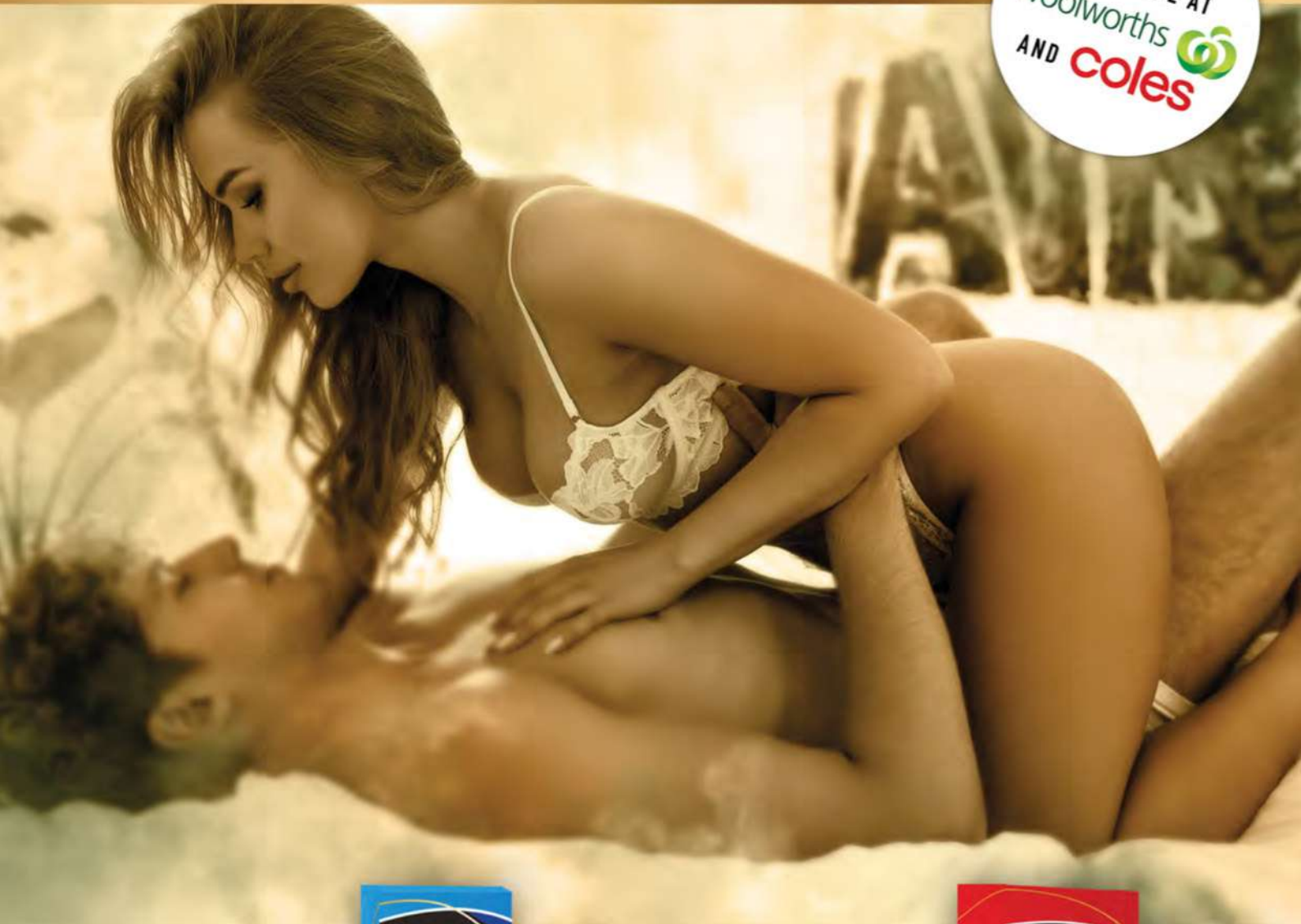
“WHY ARE YOU READING THIS? GO AND ENJOY YOURSELF!”

**Got any last words?**

See you at the pub. ■

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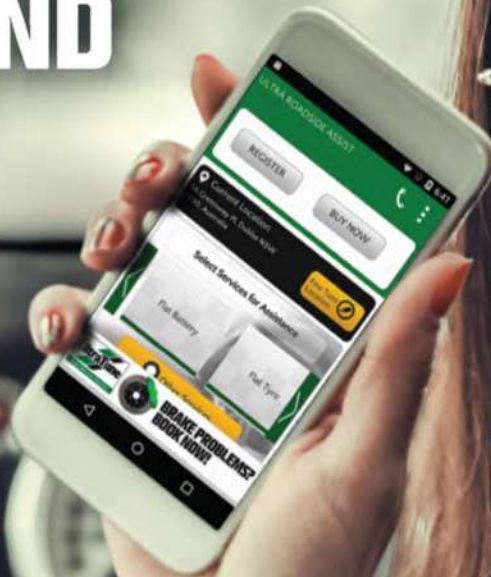
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100

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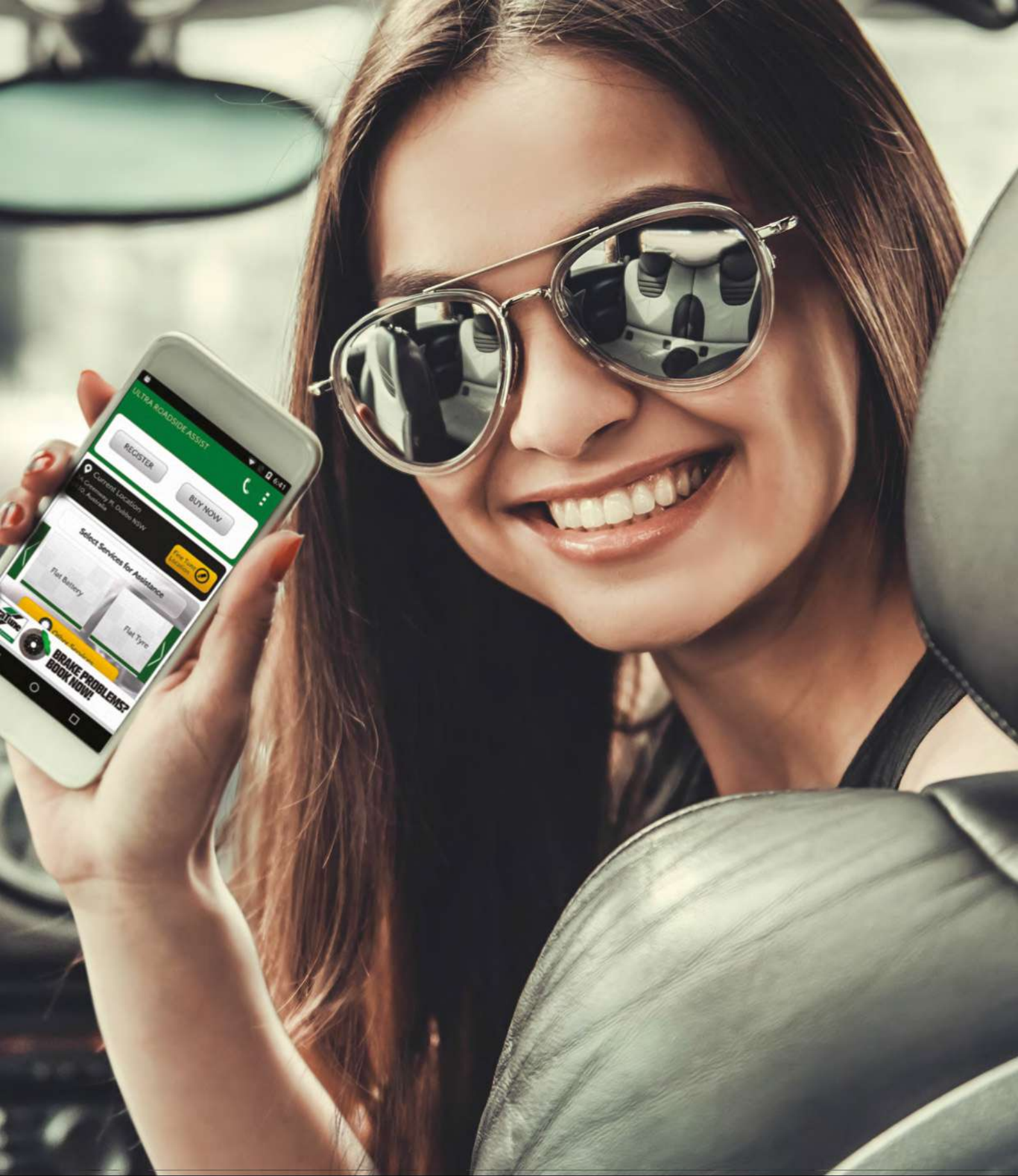
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# MAXIM HOT 2024 100 AUSTRALIA

By SANTI PINTADO & REILLY SULLIVAN

THE DEFINITIVE LIST OF AUSTRALIA'S MOST INFLUENTIAL, POWERFUL, TALENTED, NEWSWORTHY, SUCCESSFUL AND BEAUTIFUL WOMEN THIS YEAR, STARRING NINA KENNEDY, MARGOT ROBBIE, JESSICA FOX, DELTA GOODREM, MARY FOWLER, ELIZABETH DEBICKI, KYLIE MINOGUE, SAM KERR, RAYGUN AND HEAPS MORE...

**W**omen. Influential women, empowering women, Olympic women, talented women, movie women, impressive women, political women, amazing women, model women, funny women, commercial women, beautiful women, pop star women, artistic women, reality TV women, newsworthy women, incredible women, wonderful women, soap star women, brilliant women, TV presenter women, extraordinary women, fitspo women, awesome women, gutsy women, cool women, Australian women - HOT women.

Yes, welcome to the 2024 Ultra Tune MAXIM HOT 100 - our annual, eclectic and definitive list of Australian women who have impressed, made headlines or simply had a huge year. The past 12 months saw an abundance of fine and fierce femmes who have wowed us with their aptitude, intellect, humour, attributes and overall incredible talents. None more so than this year's winner, Olympic pole vault champion Nina Kennedy, whose record-breaking, history-making 18th gold medal at the Paris 2024 games landed Australia its greatest ever Olympics.

Nina has overcome many demons on her way to the top and lifted Australian sport to heights it has never seen. She is the embodiment of true Aussie spirit and an absolute legend. But she's not the only amazing woman in our HOT 100 - there's many, many more. So, sit back and enjoy this super-sizzling special edition of MAXIM Australia.

Cheers,  
*Santi Pintado*  
EDITOR-IN-CHIEF



100

*Michele Bullock*

Being RBA governor during a cost-of-living crisis isn't for the faint-hearted, but Bullock's kinda got it covered. She's keeping rates steady for now but won't flinch at hiking them up again if Albo and Chalmers can't get inflation under control. Having our wallets by the balls is one thing, but being described as the most powerful person in the country is another.



99

*Jodie Haydon*

As PM Albo's approval ratings nosedived in the polls, his partner Jodie Haydon stayed as grounded as a backyard Hills Hoist, keeping him somewhat relatable to the Aussie public. The couple also took a big leap in their personal lives, announcing their engagement in February. To mark the occasion, Albo sold off one of his investment properties and evicted his tenant. Romance is not dead!



98

*Erin Ford*

An ambitious up and comer, Erin's place on this list represents all aspiring models taking the leap into the industry. The nature lover and creative artist has slowly built her modelling portfolio and relationships over the past year and is a true believer that big things are coming her way. For more Erin, check out page 48.



97

*Penny Wong*

Penny's title as Australia's most trusted politician took a hit this year as she tried to juggle ceasefire talks in Gaza without fully backing the left's push to recognise Palestine. Amid global chaos and multiple wars, she's become the government's voice of reason, while racking up serious frequent flyer miles. Still, she managed to squeeze in a wedding to longtime love Sophie Allouache. Busy year!



96

*Chloe Logarzo & Emily Gielnik*

Our Matildas are national treasures and this year Channel 10 struck casting gold after securing midfielder Chloe Logarzo and striker Emily Gielnik as contestants on *The Amazing Race*. Despite being eliminated sixth in Namibia, the former Tokyo Olympians were a highlight of the series thanks to their never say die attitude. When they're not racing around the world or playing in the A-League, the pals are also partners in the women's football organisation Future Baller.

95

*Rachael Gunn*

Love her or loathe her, no one split opinions at the 2024 Paris Olympics quite like Macquarie Uni lecturer and B-Girl, Rachael 'Raygun' Gunn. As breakdancing made its first, and likely last, appearance, Gunn's routine was a mix of Kangaroo hops and floor flops that both mesmerised viewers around the world and confirmed why the sport was on thin ice. Scoring

a grand total of zero points in both battles, Raygun did it all in her now-iconic green-and-gold get-up, proving some moves are better left in the lecture hall.



94

*Fatima Payman*

Little-known WA Labor Senator Fatima Payman made headlines by crossing the floor to support the Greens' call for immediate recognition of Palestinian statehood. While Labor loyalists slammed her for disloyalty, the 29-year-old stood her ground and resigned to sit as an Independent in June. With young voters growing disenchanted with both parties, Fatima is leading a new wave of conviction politicians.

PHOTOS: (96) COURTESY OF NETWORK 10; (95) ZUMA PRESS, INC. / ALAMY STOCK PHOTO; (94) INSTAGRAM



93

**Lexie Dyer**

The ladies of reality TV show *Aussie Shore* are Australia's latest pop culture sensations after their controversial debut last month. While Lily is the firecracker, it's pansexual pocket rocket Lexie who brings the heat. She can burp and fart on cue, loves a nude run and lives by her "f—k it" motto. What's not to love about a girl who does what she wants and deals with the fallout later?

92

**Lisa McCune**

The best part of *Dancing with the Stars*? Watching celebs like legendary actress Lisa McClune and the criminally underrated Samantha Jade duke it out for the Mirror Ball trophy. After weeks of cha-chaing and foxtrotting, four-time gold Logie winner Lisa left the dance floor with \$20,000 for charity and an even bigger winner in our eyes.



91

**Natalie Barr**

In an era where holding politicians accountable is like herding cats, *Sunrise* host Nat Barr has become an unlikely hero for grilling both sides daily. Whether she's cornering Albo over negative gearing or calling out Peter Dutton for his outrageous comments linking pro-Palestine protests to the Port Arthur massacre, Barr slices and dices politicians like she's whipping up a brekky wrap!



90

**Sarah Harris**

No MAXIM HOT 100 list would be complete without *The Project's* beautiful (inside and outside) co-host, Sarah Harris. Her superpower? Mixing light-hearted banter with serious topics while staying authentically warm and relatable to the audience. It's like a cozy blanket that also gives you the news. We simply can't get enough of you, Sarah!



89

**Georgie Tunny**

As another cute and quirky co-host of *The Project* (and Rob Mills' better half), Georgie has firmly cemented her place in Aussie TV's new guard. Honestly, after Carrie Bickmore left the show, we thought nobody could fill that funny, witty and lovable void – but Georgie has slid right in and stolen our hearts.



88

**Natalie Bassingthwaight**

Multihyphenate singer, actor and dancer, Nat Bass shocked fans this year by ending her 20-year relationship with Rogue Traders' Cameron McGlinchey and falling head over heels for new partner Pip Loth. Now living her "truest self", Nat also joined sister Melinda on *The Amazing Race* only to be hilariously booted in episode two on the streets of Argentina.

PHOTOS: (93) COURTESY OF PARAMOUNT+; (92) COURTESY OF SEVEN NETWORK; (91,90,89) INSTAGRAM; (88) COURTESY OF NETWORK 10; (87) NEIL DIXON



# 87

## *Heather McCartney*

Scottish-Aussie bombshell McCartney lit up MAXIM's October cover with her steamiest shoot yet! While building her Saltire Swimwear empire this year, she also marked a decade since going viral for that cheeky nude moment at the 2014 AFL Grand Final. Classic Heather!



## 86

### *Sandra Sully*

The iconic Sandra, host of *Ten First* news, keeps breaking the big stories with style, grace and attention to detail that's almost too perfect. In short, she's an Aussie TV legend who remains a rare bright spot for the troubled Ten network. This list simply isn't complete with you, Sandra.

## 85

### *Professor Georgina Long AO*

Earlier this year professor Georgina Long AO was a top choice for Australian of the Year. As co-director of the Melanoma Institute Australia alongside pathologist Richard Scolyer (with whom she shares the honour), she's helped pioneer immunotherapy for melanoma, then adapted it for brain cancer when Scolyer was diagnosed in June 2023. Truly inspiring.



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# 84

## Liz Kirkness

The stunning Liz Kirkness became a reader favourite after her sizzling debut on both our Aussie and NZ covers in May. A veteran on the international beauty pageant circuit and runner-up in Miss Swimsuit USA, Liz has since launched her own pageant — Australian Swimsuit International. For more, check out page 30 of this very issue.



## 83

### Majella Davis

The stunning Majella Davis had her breakout moment this year as Krista Sinclair on *Neighbours*, helping revive the soap for a whole new audience. Fun fact: Krista was the third role Majella auditioned for before finally landing it. Playing the onscreen sister to Mischa Barton's character (yes, that Mischa Barton), we're tipping Davis as the next Aussie soap star to try their hand at Hollywood. Watch this space!



## 82

### Emily Weir

The captivating Emily Weir has become a *Home and Away* staple after five years in Summer Bay. As the tough, independent Mackenzie Booth, she's as vital to the show as Alf or shirtless gronks flexing on the beach. However, the actress still found time to also stun audiences with a series of jaw-dropping performances on *Dancing with the Stars*.



## 81

### Sarah Abo

As the better half of the *Today Show* panel, Sarah does more than just try and bounce off the always chaotic Karl Stefanovic. She keeps Aussies hooked in the mornings – whether she's grilling foreign leaders, bantering with celebs or presenting an epic Olympic Games in Paris.

PHOTOS: (84) CHADI SABSABI; (83) COURTESY OF NETWORK 10; (82) COURTESY OF NETWORK 10; (81) COURTESY OF SEVEN NETWORK; (81,79,77,6) INSTAGRAM

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80

*Allison Langdon*

It was a big year for Allie, who was not only a host for Nine's Paris Olympics, but she also nabbed the best news and public current affairs presenter Logie for her work on *A Current Affair*. Remarkably, the award marked Langdon's first ever Logie, after almost two decades in the industry. Well played, Allie!



78

*Tina Arena*

Proving once again that all you need is one killer song, Tina belted out her iconic hit "Chains" at Katy Perry's AFL Grand Final pre-game show. This legendary moment was a refreshing win for Tina, who raised eyebrows with her COVID comments back in the lockdown days, and sent her music flying back up the streaming charts.



79

*Emma McKeon*

Emma called time on her legendary swimming career after winning a remarkable sixth gold medal in Paris this year in the 4 x 100 freestyle final. In that moment, Emma surpassed Ian

Thorpe's five golds and officially became Australia's most-decorated Olympian in history. A sporting legend at just 30, Emma McKeon AM was the 2024 Young Australian of the Year and also recently had an entire promenade in her hometown of Wollongong named in her honour.



77

*Carrie Bickmore*

The beloved Bickmore received a well-earned Order of Australia medal this year in honour of her groundbreaking work raising awareness for brain cancer. She also continued to balance hosting radio duties with co-host (and rumoured beau) Tommy Little. You're a class act, Carrie!



76

*Samantha Jade*

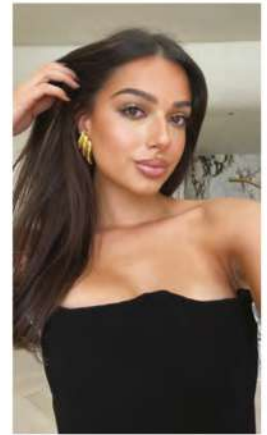
While she narrowly missed the trophy on *Dancing with the Stars*, Sammy had plenty to celebrate with her new EP, *Love.Sick Vol 2*. More than a decade after winning *X Factor*, this firestarter is still the go-to for singing, songwriting and acting. Who needs mirror balls when you've got all that talent?



# 75

### *Paris Raine*

When you're named after the City of Lights, you know how to shine! Model and influencer, Ms Raine is a regular in MAXIM, gracing our sun-soaked August cover, leading globe-trotting trips for Destination MAXIM and managing a crew of beauties from around the world – because who doesn't want to travel with a name like Paris?



### 74

### *Costeen Hatzl*

The stunning partner Nick Kyrgios, Costeen needs no introduction. As an in-demand influencer, she's part of a new generation of tennis "WAGS" who are watched almost as closely as their pro-athlete partners. A psych graduate, she can also take credit for transforming Nick into one of Australia's most admired sporting heroes.



### 73

### *Chrissie Swan*

Swannie expanded her media empire this year with the launch of her podcast, *The Chrissie Chat*, while juggling her gigs on Nova and *The Project*. Chrissie's also a bankable Priceline spokesperson, making picking up prescriptions look glamorous – who knew meds could be so chic? And she does it all with a larf!

PHOTOS: (75) CORRINA LOUISE; (74, 73) INSTAGRAM; (72) ZUMA PRESS, INC.; (71) COURTESY OF NETWORK 10; (70) COURTESY OF ABC; (69) COURTESY OF NETWORK 10

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**Melissa Tracina**

Nova radio arvo announcer and TV presenter Mel is rising fast in Aussie media. With regular spots on *The Cheap Seats* and *Have You Been Paying Attention?*, she's now set to host the revival of *Big Brother* when the OG reality show returns in 2025. She can call a double eviction on us anytime!



**71**

**Melissa Leong**

She may have waved goodbye to *MasterChef*, but brilliant Melissa is hotter than ever. Now starring in the thought-provoking SBS series *The Hospital: In the Deep End*, she's also branching out as a UFC host for Fox Sports. Who knew food critics could throw down in the octagon? Keep it up, Melly Mel.



**70**

**Kate Ritchie**

The stunning Kate Ritchie must be exhausted from all the chatter about a possible return to *Home and Away*, even though she happily ditched the soap over 15 years ago. Whether she sticks with Nova's *Fitzy & Wippa* or graces our screens again, we'll always be enchanted by the sophisticated Ms. Ritchie – talk about a timeless classic.



**Julia Morris**

Logies fave J-Mo proved her mettle this year, surviving Chris Brown's defection to Seven and a new co-host on *I'm A Celebrity... Get Me Out Of Here!* Luckily for viewers (and new sidekick Robert Irwin), Morris is a class act whose unique blend of comedy, glamour and spunk makes everyone else look like they just rolled out of bed. We love you, Jules.



# 68

**Natalie Roser**

As a three-time MAXIM cover girl, stunning Natalie is a clear fan fave amongst our audience. When she's not posing up a storm as one of Australia's most in-demand swimwear models, Roser is gracing covers for *Women's Fitness* and building up her ever-growing underwear business aptly-titled *Rose and Bare*. Love it, Nat.



**67**

**Ricki-Lee Coulter**

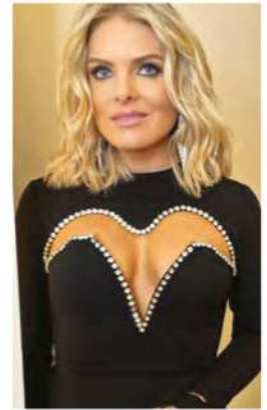
The beautiful Ricki-Lee had a full-circle moment this year, returning to host *Australian Idol*, the show that launched her career over two decades ago. Remarkably, she looks even better than when she first graced our screens in 2004 — back when flip phones and low-rise jeans ruled and we had only five channels to choose from! How does she do it?



# 65

**Havana Brown**

The iconic musician, international DJ and MAXIM cover girl was a favourite on the latest season of *The Amazing Race Australia: Celebrity Edition* with her bestie, Stephanie Wood. Even though they landed a slightly disappointing seventh in South Africa, DJ Havana still proved she can Run The Night, just maybe not the race.



**66**

**Erin Molan**

Erin faced some big changes this year after her radio gig with Dave Hughes and Ed Kavalee on 2DayFM suddenly ended. But she bounced back, keeping her weekly spot on Sky News Australia and scoring a world exclusive sit-down with the Trump family. Make Erin Great Again!



**64**

**Bianca Censori**

Kanye's stunning Aussie wife has been setting the internet on fire with her barely-there outfits while running errands with her famous husband. An architect by trade, Censori has built a legion of fans captivated by her daring looks and legendary curves. Despite flashing her fabulousness, BC keeps it mysterious — no social media, no interviews. We're totally under her spell!

PHOTOS: (68) NEIL DIXON; (67/66/64) INSTAGRAM; (65) COURTESY OF NETWORK 10

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**63**

*Jasmine Garner*

North Melbourne star Jasmine Garner is often heralded as one of the AFLW's greatest talents. A six-time All-Australian, two-time AFLPA MVP, three-time AFLCA champion player of the year and four-time club champion, Garner is the hot favourite to win this year's Best and Fairest award. You've got our vote, Jas!



*Isabelle Kelly*

The freshly minted 2024 NRLW Player's Champion is enjoying a victory lap after leading the Sydney Roosters to the grand final and, let's be honest, she's earned it! Now strutting her stuff as a Puma ambassador, Kelly is part of the new generation of stars supercharging the NRLW – because who doesn't want to tackle the competition in style?



*Kitty Flanagan*

Kitty is hands down one of the funniest women in Australia. Whether she's leaving us in stitches on her hit ABC series *Fisk* or popping out killer one-liners on *Have You Been Paying Attention?*, we can't get enough of the Logie-winning funny girl. A hustler from way back who has found success on her own terms, Flanagan is the heart and soul of Aussie comedy.



**60**

*Kiera Austin*

Diamonds star Kiera Austin makes her much-anticipated UltraTune MAXIM Hot 100 debut this year after clinching the tournament MVP award in the thrilling netball series against England. The GA (goal attack) was on fire all season, playing nearly every minute of every test in the England series, showcasing her awesome skillset. Kiera proves she's not just a player, but a game-changer.



*Celia Pacquola*

It's no secret we adore Celia. This hilarious star was everywhere this year, thanks to the revival of *Thank God You're Here*, her regular spots on *Have You Been Paying Attention?* and her rise as one of Australia's top touring female stand-up comedians. And who could forget her epic viral moment when she accidentally dropped an F-bomb on stage at the Logies? Classic stuff.



*Tones & I*

The uber-talented Tones & I just about broke the internet earlier this year after revealing her jaw-dropping makeover. She also dropped her long-awaited second album which zoomed straight to No. 1 and snagged her two ARIA nominations. We see the way you shine, Tones!



56

57

**Skylar Wheatley**

Influencer and reality TV queen Skylar Wheatley snagged the title of "Queen of the Jungle" after winning *I'm A Celebrity... Get Me Out Of Here!* this year. Whether she was throwing shade at Candace Warner or spilling the tea on her plastic surgery, Skylar did it all with her tongue firmly in cheek. The Skylar really is the limit.

**Kate Miller-Heidke**

Classically trained Kate is considered one of the country's most esteemed musical talents, but we got to see her fun side this year as an ultra-competitive coach on *The Voice*. Joining an eclectic judging panel that randomly includes country star LeAnn Rimes, Miller-Heidke is a fan favourite and tipped to return to the show in 2025.



54

**Isla Fisher**

Isla wrapped up her two-decade relationship with Sasha Baron Cohen this year, and in true comedic style they announced their divorce with a cheery Instagram post as tennis players declaring the match over. But don't worry about Ms Fisher; she's bouncing back with a major role alongside Renée Zellweger in the upcoming fourth *Bridget Jones* film. Game, set and match, bitches!



**Ayesha Madon**

You may know Ayesha as the mysterious Amerie Wadia in Netflix's drama series *Heartbreak High*, but this year the rising star showed off a whole new talent by debuting her first single, "Eulogy". Beloved on social media for her baddie energy and epic style, Ayesha is redefining Aussie cool.



**Rose Byrne**

Rose has been getting rave reviews this year for her role in the hilarious Apple TV series *Platonic* alongside Seth Rogen, which is gearing up for a second season. Who knew beauty and humour could make such a cute couple? Bet it all on Rose!



**Sophie Wilde**

Actress Sophie is well on her way to Hollywood stardom after her breakout roles in *Boy Swallows Universe* and the horror flick *Talk to Me*. Next, she's teaming up with Nicole Kidman in the erotic thriller *Babygirl*. Get set for some seriously steamy scenes.

PHOTOS: (57) COURTESY OF NETWORK 10; (55,54,52) SHUTTERSTOCK; (53) COURTESY OF NETFLIX; (48) TPC/CS...



51

*Katherine Bennell-Pegg*

Katherine made history this year as Australia's first qualified female astronaut after graduating from the European Space Agency training camp in April. Now eligible for a gig at the International Space Station, her achievements have reignited the debate about launching our own national human spaceflight program – because the world needs more Aussies in space.



50

*Lauren Jackson*

Possibly the greatest Aussie female basketballer of all time, Lauren smashed all preconceived ideas of an athlete's "prime" to help the Opals secure bronze at the Paris Games and bag her fifth Olympic medal – more than two decades after her first Olympics in Sydney 2000. Her remarkable second act came almost a decade after she first retired before the Rio games in 2016. Legend.



*Alexa Toxersey*

MAXIM's fitness guru, Alexa, has been helping readers shape up for nearly 100 issues. This year, she took her talents to the Colombian jungle for reality TV series *Naked and Afraid* (turn to page 20 for more), surviving 21 days in the wild. Now, she's even more determined to whip Aussies into shape – one squat at a time!



*Katija Cortez*

A Sydney-based international model, content creator and podcaster, Katija traded spreadsheets for runways. Formerly crunching numbers as a chartered accountant, she's now winning awards and hosting the Australian Adult Industry Awards. Tune into her award-winning podcast, *The Kat & Mark Show*, for tales of her glamorous, jet-setting life. Who needs regrets when you have glitter?

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# 47

## Casey Boonstra

The swimwear model, social media sensation, TV host and five-time MAXIM cover girl has added actress and stunt performer to her rising Hollywood status. Part of the MAXIM Australia family since forever, Boonie is blazing a trail for models looking to turn brains and beauty into a personal brand. Go get it, CB.



46

## Jackie O

Jackie O and Kyle Sandilands took their KIISFM show national this year, winning over Melbourne after Lauren Phillips' celeb name-dropping wore thin. Jackie also bagged a hosting gig on Seven's new dating show *Stranded on Honeymoon Island* and is writing her memoir *The Whole Truth*. Just another day for the talented blonde bombshell.



45

## Sonia Kruger

TV shows come and go, but Sonia Kruger is forever. This year, she juggled *The Voice* and *Dancing with the Stars*, proving she's TV's hardest working (and positively ageless) talent. No wonder Channel Nine wants to nab the gold Logie winner to host *The Golden Bachelorette* next year, because... who else?

PHOTOS: (47) MADDIE YOUNG MEDIA; (46/42,40) INSTAGRAM; (45) COURTESY OF SEVEN NETWORK; (43) PIERRE TOUSSAINT

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*Caitlin Parker*

Amateur boxer and total badass Caitlin Parker became the first female boxer from Oz to win an Olympic medal, after taking out the bronze at the 2024 Paris Games in the 75kg division. Her record-breaking win broke the sport's stronghold by former communist nations, proving Aussies can dominate outside the pool, too.



43

*Jennifer Hawkins*

It's hard to believe Hawko helped launch MAXIM Australia way back in 2011 with one of our best photo shoots ever (see below pic for proof). It's also hard to believe two years later she was numero uno in the 2013 MAXIM HOT 100. Since then, Jen has continued

to blaze the trail for many budding models while becoming one of the savviest property investors in the country. You'll always be No.1 in our eyes, Jen.



42

*Miranda Kerr*

Supermodel, mum and skincare maven Miranda welcomed her fourth son this year (third with Snapchat hubby Evan Spiegel) while still running her Kora Organics empire like a boss. The Kerr-ster was in the beauty biz before it was cool - take note, Selena and Kylie.



41

*Kylie Minogue*

It's been a massive year for Kylie! She finally won a second Grammy for "Padam Padam," crushed a Vegas residency and is already back in the studio. Oh, and she's gearing up for a 2025 global tour, proving once again that our pop princess has more energy than your average human. Yes, she's finally bringing it back to Aussie shores after five years, too. Hooray!



40

*Ellie Cole*

Our 2021 Ultra Tune MAXIM HOT 100 winner, Ellie, hasn't slowed down since leaving the pool. This year she almost won *I'm A Celeb...*, then jetted to Paris to cover the Olympics and Paralympics for Nine. With her star rising in sports commentary, Ellie Cole Inc. is just getting warmed up!



# 39

## Valeria Sizova

Russian-born Aussie beauty Valeria has been part of the MAXIM Australia family for yonks and she wowed readers with her first-ever cover for our March issue, instantly becoming a classic. The model, dancer and entrepreneur then flexed her skills on *Survivor: Titans vs Rebels* in her prime-time TV debut. While the tribe voted to eliminate her on Day 37, she left Samoa an audience favourite. Well played, Val!

# 38

## Amanda Keller

The better half of WFSM show, *Jonesy & Amanda*, legend AK has captivated breakfast audiences for nearly two decades with her hilarious wit. While she keeps the laughs coming on her *Double A Chatterly* podcast with buddy Anita McGregor, she'll soon reunite with Dr. Chris Brown for his new show *Once in a Lifetime*. All this and she's still managed to carry the load for Jonesy all these years. You're a real-life action figure, Ms Keller.



# 37

## Zoe Creed

This blonde Brisbane beauty is your new Miss Universe Australia. After taking out the national title in September, she's off to Mexico City to compete for the big title – exactly 20 years after Jen Hawkins made history in 2004. Can Zoe bring home the crown... or at least a coupla tacos for us.

PHOTOS (39) CORRINA LOUISE; (37) INSTAGRAM (34-33-32) SHUTTERSTOCK

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# 36



### Angourie Rice

Actress Angourie continued to build her Hollywood career in 2024 with a starring role as Cady Heron (Lindsay Lohan for the millennials) in this year's *Mean Girls* remake. She's also returning for season two of Apple TV's *The Last Thing He Told Me* and even found time to write the young adult novel *Stuck Up & Stupid* with her mum Kate. Whoa, talk about multitasking!



### 33

### Sarah Snook

After her Emmy-winning role as Shiv Roy on *Succession*, Sarah Snook returned to her theatre roots with a West End revival of *The Picture of Dorian Gray*, winning the Laurence Olivier Award for Best Actress. Now she's Broadway-bound in 2025, one step closer to that elusive EGOT status. Watch out, Tony Awards – here comes the Snooky!

# 35



### Jessica Mauboy

Gorgeous Jess was back doing what she does best this year after dropping a brand-new album *Yours Forever* which was chock full of bangers. Mauboy also teamed up with good mate Guy Sebastian for a touching tribute to John Farnham at the ARIAs but to cap it off, Jess confirmed she is expecting her first child in 2025 with longtime love Themeli Magripilis. Congrats, Jess!



# 34

### Cate Blanchett

Legendary two-time Oscar winner Cate caused a stir by calling herself "middle class," but then quickly redeemed it with her new Apple series *Disclaimer*. On a serious note, she's been busy advocating for refugees as a UNHCR ambassador and even used the Cannes red carpet to subtly support Palestine.



### 32

### Nicole Kidman

Nicole Kidman solidified her Hollywood icon status this year with the American Film Institute Lifetime Achievement Award for her 40-year career. At 57, she's hotter than ever, juggling sexy arthouse films like *Babygirl* and classy TV miniseries like *The Perfect Couple* and *Prime's Expats*. Who knew balance could look so glamorous? Keep on keeping on, Nic.





# 28

## *Madison de Rozario*

The legendary Madison was in fine form in Paris where she competed in her fifth consecutive Paralympic Games. She added to her impressive total of medals with a silver in the marathon T 54 and a bronze in the 5000 metre T 54, boosting her all-time medal tally to eight. Befitting her icon status, Maddie was also chosen as the opening ceremony flag bearer alongside Brendan Hall. Congratulations, Maddie!

## 27

### *Sports Presenters*

From the Paris 2024 Olympics to the NRL, AFL, A-League and every track, field, pool and court in between, Australia's female sports presenters are there for each amazing moment. The likes of Tara Rushton (Network 10 Sport Football) and the dynamic duo Yvonne Sampson and Lara Pitt (NRL Fox Sports) continued to shine. In the AFL, seasoned campaigner Abbey Holmes led the way, while Nine's Danika Mason and Allana Ferguson were across all the action in the NRL. In Paris, Sylvia Jeffries, Roz Kelly, Giaan Rooney and Ellie Cole were highlights as we witnessed our greatest Olympics on record.



PHOTOS: (31) COURTESY OF ADIDAS; (29) DPA PICTURE ALLIANCE / ALAMY STOCK PHOTO; (30) VITALII KLUIEV / ALAMY STOCK PHOTO; (28) PA IMAGES / ALAMY STOCK PHOTO

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26

*Grace Tame*

Three years after rising to national prominence as Australian of the Year, Grace has continued to speak up for abuse survivors and push for legal reforms. The fierce campaigner, advocate, author, artist and critical thinker added ultramarathon runner to her impressive achievements this year and is currently touring Australia to packed houses with her *Lightening the Load* shows. What can't she do?!



25

*Rebel Wilson*

Rebel is living her best life after marrying long time love Ramona Agruma in a fairy tale wedding in Italy and releasing one of the juiciest Hollywood tell-all books in years. When pages are redacted because the memoir is so scandalous you know the story is gonna be good. She's also still headlining comedy flicks and calling out industry bullshit. Just like Sinatra, she's doing it her way!



24

*Sophie Monk*

The legendary model, actress, singer and former Ultra Tune MAXIM HOT 100 winner has been as busy as ever hosting cult favourite Love Island Australia while also cashing cheques as a paid spokesperson for brands ranging from Yellow Tail to Rexona. Soph is clearly the hostess with the mostess.



23

*Celeste Barber*

From her early viral fame to an established career as one of the entertainment industry's hottest names, Celeste Barber is going the distance. Our first lady of comedy, this year she took the show on the road with her sold-out *Backup Dancer* tour and also continued to grow her acting career in the movie *Runt*.

PHOTOS: (26,25) INSTAGRAM; (24) COURTESY OF 9NOW; (17) NEIL DIXON

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**22**

*Caitlin Foord*

Arsenal forward and Matildas veteran Caitlin Foord played in her third Olympics in Paris this year. She also continued her work as an Adidas ambassador and saw her Instagram account surpass a whopping 300,000 followers. Part of the legendary 2023 FIFA Women's World Cup line up, Caitlin remains a major drawcard for the national squad.



**21**

*Cortnee Vine*

The legend who scored that winning penalty kick in the Matildas' 7-6 shootout win over France at the World Cup last year was an obvious choice for the Matildas 2024 Paris squad – her first ever Olympics selection. Now signed to American side North Carolina Courage, Cortnee is set to be living stateside for the next three years. And with the Olympics set to return to Los Angeles in 2028, there's already talk of Vine helping the Matildas win that long elusive medal.



**20**

*Mackenzie Arnold*

Matildas goalkeeper and national hero Mackenzie Arnold bared all this year in her memoir My Story So Far. For fans still hungry for more detail about the Matildas' historic penalty shootout against France last year, Arnold devotes 18 pages to reliving one of the most memorable moments in Aussie sporting history. Now signed to American side Portland Thorns FC, Macca is riding a golden wave of success in and out of the six-yard box.



**19**

*Ellie Carpenter*

After rocketing to fame at last year's FIFA Women's World Cup, Matildas defender Ellie Carpenter is still on fire. Playing for French club Lyon, she didn't have to travel far to join the Matildas for her third Olympics. A marketer's dream, Ellie's bagging sponsorships from Nike, Visa, Coke, Rebel Sport and Xbox. Basically, she's winning everywhere.



**18**

*Hayley Raso*

The legendary winger said adios to Real Madrid this year and signed to English club Tottenham Hotspur as part of a new two-year contract. She also joined the Matildas for her second Olympics appearance in Paris and while the side was unable to replicate their fourth-place finish in Tokyo, superstars like Raso massively boosted Nine's Olympics ratings.



**17**

*Kodi Buckley*

The stunning Kodi made her MAXIM cover debut on our February issue in a red-hot shoot. As the daughter of Ultra Tune mogul Sean Buckley, success clearly runs in the family. Now a Women's Fitness ambassador, this rising model is just getting started! We can't wait to see what's next.

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# 16

### *Saya Sakakibara*

Saya raced into the history books this year at the Paris Olympics after taking out the gold medal in BMX racing. The Gold Coast native, who is in a relationship with fellow BMX racer Romain Mahieu, was easily one of the breakout stars of Games on social media. Her emotional victory was made even more special when she dedicated her epic win to her bro Kai, a former BMX champ who suffered a life-changing brain injury in 2020. You go girl!



### 15

### *Alexa Leary*

In less than four years, Alexa Leary has overcome amazing adversity to create history following a life changing injury during a cycling accident in 2021. After switching to para-athletics, Alexa forged a new pathway to success in Paris and took out three medals in total, including two golds in the S9 category for the 100-metre freestyle and the mixed 4 x 100 metre medley, as well as silver in the 4 x 100 metre freestyle medley. Who knew flipping the script could be so rewarding? Go, Alexa!



### 14

### *Delta Goodrem*

Delta rebooted her international music career this year with her own label ATLED Records and dropped two brand new singles, "Hearts On The Run" and "Back To Your Heart". Goodrem then hit the road to tour the USA and Europe as a support act for the Backstreet Boys and Shania Twain. Can you believe it's been 20 years since she first burst onto the scene with *Born To Try?* Talk about a glow-up. You've most certainly still got it, Deltas!

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# 12

## *Lauren Parker*

Para triathlete and para cyclist Lauren Parker supercharged Australia's impressive gold rush at the 2024 Summer Paralympics. First, the Newcastle native took the gold in the Para triathlon event, levelling up from her silver in Tokyo, then won another gold in the cycling road race h1 to h4 and picked up a bonus silver in the road Time Trial, h1 to h3, leaving the French capital as our official MVP.

# 13



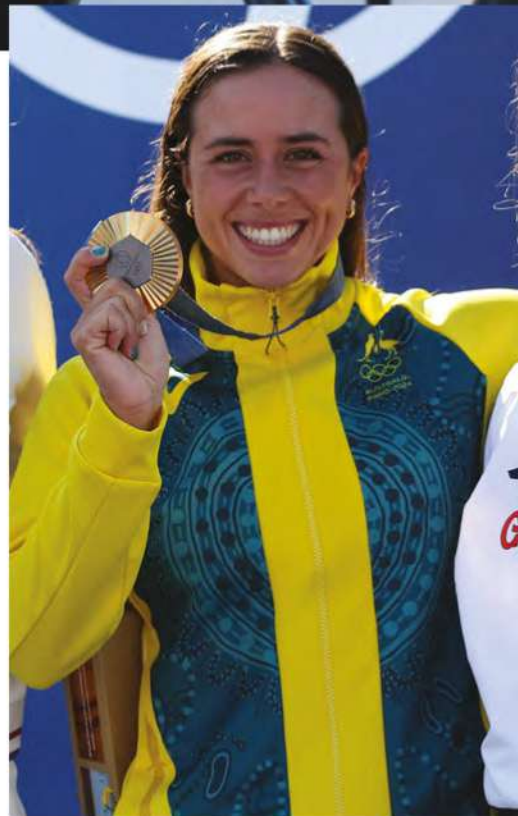
## *Narelle Maree*

The gorgeous model, MAXIM cover girl has continued to make headlines and build her brand this year. Proving once again that Gold Coast girls do it better, Maree is a beauty with a big heart. Here's to even more Narelle Maree in your life come 2025.

# 11

## *Noemie Fox*

From the Minogues to Campbells, Aussies love a sister act. For slalom canoeist Noemie Fox, the Paris Olympics were not only a chance to compete alongside big sis Jess, but the siblings made history after both winning gold medals at the Games. Taking out the top spot in the Women's slalom kayak cross, Noemie's gold helped the country paddle pass Athens on the way to achieving our best Olympics ever. Who needs a sibling rivalry when you can have a gold medal party?



PHOTOS: (16) BRETT HEMMINGS / RED BULL CONTENT POOL; (14) INSTAGRAM; (13) CORRINA LOUISE; (12) MARCO CICCOLELLA / ALAMY STOCK PHOTO; (11) CRAIG MERCER / ALAMY STOCK PHOTO

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# 10

## Abbie Chatfield

As host of her chart-topping *It's A Lot* podcast and Binge's *FBoy Island*, Abbie continues to do it her way or no way. This year, she hard-launched a romance with Adam Hyde from *Peking Duk*, creating a Zillennial power couple that even the internet can't handle. Now, she's packing up her *Trauma Dump Tour* for a regional road trip around Australia. With nearly half a million followers on Instagram and TikTok, she's basically the Swiss Army knife of entertainment – TV star, host, influencer, podcaster, entrepreneur – you name it! At this rate, the only thing she won't conquer is a five-star rating for her love life!



PHOTOS: (9) SIPA USA / ALAMY STOCK PHOTO

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# 9

## *Mary Fowler*

After stealing the spotlight at last year's FIFA Women's World Cup, Mary has continued her rise at Manchester City and playing for Australia at the Paris Olympics. Now, she's also part of a sporting power couple with NRL star Nathan Cleary, making headlines and breaking the internet. But even with her fame skyrocketing, Mary stays as down-to-earth as a grass-stained soccer ball. With her charm and skills, she's like the human version of a double rainbow – rare and totally uplifting!

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8

## Ariarne Titmus

If swimming hero Ariarne Titmus was feeling the pressure to replicate her Tokyo Olympics success at this year's Paris Games, the Launceston legend sure had us fooled. The dynamo defended her gold in her pet event the 400m freestyle and continued the gold rush in the 4 x 200 freestyle relay. Now an eight-time Olympic medallist, Ariarne has taken her place as one of the icons of the sport in and out of the pool, adding official Melbourne Cup Carnival 2024 ambassador to her list of accomplishments. We love her fierce determination, killer speed and that infectious smile that could probably light up an entire aquatic centre.



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# 7

## Elizabeth Debicki

Libby took a bow after stealing the show as Princess Diana in *The Crown*, earning a second consecutive Emmy nomination and first win – talk about a royal flush! As if that wasn't enough, she graced the big screen in *MaXXXine* and became the official ambassador for Dior, because why just slay one role when you can slay them all? Next, she's swapping tiaras for tiaras of the jewel kind, as she dives into the role of organised crime "godmother" and jewel thief Joan Hannington in the upcoming miniseries *Joan*.

There's no stopping her range, ability to rock any role and reminding us that being fabulous isn't just a job – it's a lifestyle.

PHOTOS: (8) DPA PICTURE ALLIANCE / ALAMY STOCK PHOTO, (7) SHUTTERSTOCK

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# 6

## Sam Kerr

Despite being sidelined for much of the year with an ACL injury, Sam continued to make headlines after an unfortunate incident with a London cop came to light. While she awaits trial, the Chelsea striker's loyal fans have stuck by the legend's side throughout months of media intrusion. But it wasn't all controversial news for our star Matilda; in a shining moment of celebration, WA named its new state football facility the Sam Kerr Football Centre. Sammy's unapologetic spirit and ability to keep us entertained proves that even when life throws you a curveball, you can still kick it.



PHOTOS: (6) ZUMA PRESS, INC. / ALAMY STOCK PHOTO;  
(5) INSIDE FOTO DI ANDREA STACCIOLI / ALAMY STOCK PHOTO

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# 5

## *Mollie O'Callaghan*

Every Olympics, Australia's legendary Dolphins churn out a swimming superstar, and this year it was Mollie O'Callaghan making waves in Paris. With a jaw-dropping haul of three gold medals, plus a silver and a bronze, she basically swam her way to an Olympic buffet as Australia's most successful athlete. And as the reigning world champion in the 200m freestyle, her victories are the stuff of legends. Thanks for making it look so easy while showing us that hard work really does pay off, Mollie.

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# 4 Kaylee McKeown

McKeown's five medal haul in Paris will go down in history as one of the most remarkable fortnights of any Australian swimmer. Making it even more special, Kaylee broke several Olympic records, which was miraculous, considering it was supposed to be a slow pool. Among her latest world records, Kaylee is now the first woman in history to win both the 100 metre and 200 metre backstroke events at two consecutive Olympic Games and is only the second person to ever achieve the feat. Suffice to say, these records are almost as awesome as her post-swim poolside interviews. We swear on it.

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PHOTOS: (4) UPI / ALAMY STOCK PHOTO; (3) SPORT IN PICTURES / ALAMY STOCK PHOTO

# 3

## Jessica Fox

If there's a bright star in the Australian Olympic sky, it's definitely Jess Fox. At Paris 2024, she didn't just shine, she practically lit up the whole city. Kicking things off as the Aussie opening ceremony flag bearer, Jess then paddled her way to two gold medals in the C1 and K1 canoe slalom events, proving she's not just a one-trick pony but a full-on water wizard. The feat officially made Fox the most decorated athlete in canoe slalom history at the Olympics and added to her tally of six medals across four separate Games.

Incredible.

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# 2

## Margot Robbie

Our leading lady, and a four-time MAXIM HOT 100 winner, Margot officially claimed the throne as Hollywood's highest-paid actress of the last year after saving the movie biz with 2023's smash hit *Barbie*, which she also helped produce through her LuckyChap production company. Befitting her icon status, Robbie was announced as the new face of the legendary Chanel No.5 in July and, just to keep things interesting, she's also expecting her first child with husband Tom Ackerley. Buckle up, Margot, your world is about to get even more chaotic – Barbie's definitely gonna need a mini-me!



PHOTO: (C) SHUTTERSTOCK

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# 1

## *Nina Kennedy*

Our high-flying Olympic pole vaulter, Nina Kennedy was the cherry on top at the Paris 2024 games. After missing the finals in Tokyo due to injury, Nina is now the world's top-ranked female pole vaulter and reigning world champion. Her journey to the top hasn't been easy – she's battled physical challenges and mental health issues, openly discussing her struggles with depression that kept her from training for months. She conquered these demons in Paris and absolutely

nailed the most important vault of her life, winning her event and in the process securing that record-breaking 18th gold medal for Australia.

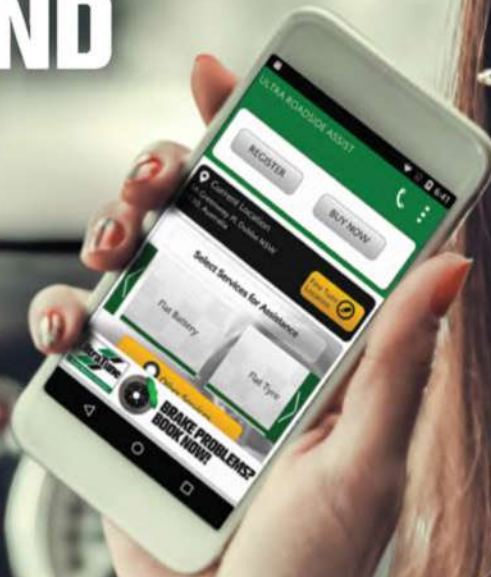
Having fought for every inch of her career and overcoming many struggles, Nina conquered the world, raced over to her family and coach in the stands and screamed her lungs out, releasing a triumphant roar. Her story speaks to the overall success of the entire Aussie Olympic team. You'll find no better role model than Nina Kennedy. It's only fitting that she became the first person to get the 18th gold and for Australia to reach its greatest ever Olympic heights. And it's only natural that Nina sits at the summit of the 2024 Ultra Tune MAXIM HOT 100, an issue destined to immortalise the Paris Olympic and Paralympic Games in all their glory.

PHOTO: (1) SPP SPORT PRESS PHOTO. / ALAMY STOCK PHOTO

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