

PENNY MALLORY

**FORMER NATIONAL LADIES RALLY DRIVING CHAMPION
& PRESENTER OF CHANNEL 4 DRIVEN**

- **World Class Thinking: World Class Behaviour**
- **Take control of your life: nine steps to achieving transformation and success**
- **Put yourself in the driving seat: how to be happy**
- **The psychology of weight loss; secrets revealed**

Penny Mallory is one of the most successful women Rally Drivers and is the first woman in the world to compete in a World Rally Car (the Formula One of Rallying). She is one of the few women in the motoring industry that is respected as a genuine expert, and now leads a successful career as a television presenter. Penny currently presents ITV's 'The Used Car Roadshow' and consumer reports for Daybreak and BBC Breakfast. Previously, Penny presented 5 series of Channel 4's 'Driven', one TV's most popular and successful car programmes and has fronted Channel 4's 'World Rally Championship', 'Accident Blackspots' and Discovery's 'Classic Car Club', amongst many others.

She has an unusual and inspirational story, leaving home at just fourteen years of age and never returning. After finding herself in London to seek a better life, she spent nearly 2 years in homeless hostels. She realised that to change her situation, she

would have to take control of her life, and in time worked her way to becoming a sound engineer and a graphic artist. A chance event allowed her to realise a childhood dream of driving a rally car and she was hooked. Despite being told she was the 'wrong sex' and 'too old' to rally, she became a Rally Champion, and had a long career of 12 years of competition. Her unique and inspirational story shows there is no limit to what you can achieve with will determination, focus and commitment.

Despite being nearly 16 stone at one point in her life, Penny now takes her physical fitness very seriously and is currently training for her first Triathlon. She is also a boxer, polo player and mountaineer - recently completing a successful ascent of the tough North face of Europe's highest mountain, Mount Elbrus. Penny is also an entrepreneur and in 2013, she launched her innovative weight loss product, the Malory Band, which is a runaway global success.