



# GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 32

Sept. 2003

## CLARKE, RAU AND ROOKE ALL RECORD FINE VICTORIES AT COBURG CROSS - COUNTRY

A small but determined group of Geelong athletes travelled to Coburg for race eight of the Athletics Victoria Winter Season. Awaiting them was cold, showery conditions and a difficult cross-country course that would test the heart, lungs and mental toughness of athletes.

However, in the opening 3 km. race, Kelsey Rau (Under 14) and Emily Rooke (Under 20) did not let the mud and biting wind deter them as they ran out comfortable winners. Kelsey's win also capped off an outstanding year by sealing first place as Champion Under 14 Winter Season Woman Athlete. Great work, Kelsey!

Another athlete running on strongly over 3 km. was Tom Allan, who has gone from strength to strength as the season has progressed. It also appears that Tom's fine second placing at Coburg may have elevated him to individual second placing for the winter season amongst the Under 14 Men - a wonderful effort in Tom's first season for Geelong.

Daniel Payne and Caleb Byrt rounded out the Under 14 team with excellent runs to finish 7th and 8th.

Fresh from her outstanding second placing in the Australian Cross - Country Championships two weeks ago, Georgie Clarke showed her class with an emphatic victory in the Women's Open 4 km. event despite choosing to wear racing flats over the varied and in places, slippery course. Ten weeks of solid training and racing overseas has Georgie very fit and focused and ready to run fast times on the track over the summer.

Fellow Geelong senior representatives, Emily Rooke (who showed great team spirit and excellent recovery powers by doubling-up for the senior women less than an hour after her Under 20 victory), Loretta McGrath and Pattie Galvin all ran very well to secure valuable team points in the highly competitive Division One Women's section.

The Open Men's 16 kilometre course was a true endurance test with athletes required to negotiate four laps of hills, mud, long grass and tight turns. However, Rowan Walker found the course ideal preparation for the up-coming Melbourne Marathon. Rowan's time of 55.50 also put him well inside the top 20 finishers. Next to finish was the evergreen Darren Riviere with Geoff Clark, Geoff Purnell and Paul Wilson following in quick succession. Another athlete planning to run the Melbourne Marathon was Andrew Chalmers who ran four evenly paced laps in a great marathon trial.

## COBURG CROSS - COUNTRY

(Saturday 30th August.)

### MENS OPEN 16 km.

Rowan Walker	17th	55.50
Darren Riviere	36th	59.20
Geoff Clark	60th	62.03
Geoffrey Purnell	64th	62.28
Paul Wilson	81st	64.04
Andrew Chalmers	121st	69.47
Neil MacDonald	136th	71.33

Fastest	- N Adkin (APS)	- 50.53
	- S Field (St. Kevins)	- 51.12
	- M Michelsson (Collingwood)	- 51.49
	- D Quin (Melb. Uni.)	- 52.32
	- M Chettle (Glenhuntly)	- 52.59
	- G Schmidlechner (Doncaster)	- 53.24
	- D Lane (Malvern)	- 53.45
	- T Wallace (Peninsula R.R.)	- 54.48
	- C Perrett (Sandringham)	- 54.48

### UNDER 20 MEN 6 km.

Fastest	- C Birmingham (Eureka)	- 19.20
	- C Appleby (Ringwood)	- 19.30
	- A White (Box Hill)	- 19.47

### UNDER 18 MEN 8 km.

Fastest	- D Saw (Diamond Valley)	- 27.20
	- S Ellis (Eureka)	- 28.29
	- S Daniluk (Keilor St. Bernards)	- 30.21

### UNDER 16 MEN 3 km.

Fastest	- M Pitisano (Keilor St. Bernards)	- 13.28
	- A Watson (Wendouree)	- 13.50
	- M Mullins (Traralgon)	- 14.32

### UNDER 14 MEN 3 km.

Tom Allan	2nd	10.52
Daniel Payne	7th	11.57
Caleb Byrt	8th	12.06

Fastest	- K Fitzgerald (Wendouree)	- 10.45
	- T Allan (Geelong)	- 10.52
	- J McVitty (Eureka)	- 11.06

### WOMENS OPEN 4 km.

Georgie Clarke	1st	13.15
Emily Rooke	13th	15.24
Loretta McGrath	18th	15.36
Patricia Galvin	37th	16.24

Fastest	- G Clarke (Geelong)	- 13.15
	- A Thompson (Glenhuntly)	- 13.22
	- K Seibold-Crosbie (Malvern)	- 13.56
	- K Thorpe (Sandringham)	- 14.00
	- V Mitchell (Eureka)	- 14.05
	- J Wilson (Malvern)	- 14.17
	- K Smyth (Glenhuntly)	- 14.30
	- S Wallace (Peninsula R.R.)	- 14.46
	- A Lord (Ringwood)	- 14.50
	- S Braakhuis (Melbourne Uni.)	- 14.52

### UNDER 20 WOMEN 4 km.

Emily Rooke	1st	11.08
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Fastest	- E Rooke (Geelong)	- 11.08
	- K Fry (Ringwood)	- 11.20
	- K McGuinness (Eureka)	- 11.35

### UNDER 18 WOMEN 6 km.

Taryn Rau	D.N.F.
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Fastest - F Nash (Doncaster) - 23.13  
 - A Uys (Frankston) - 23.46  
 - J Gillett (Eureka) - 25.01

#### UNDER 16 WOMEN 6 km.

Fastest - S Grahame (Frankston) - 23.13  
 - S Kondogonis (Keilor St. Bern.) - 24.01  
 - R Owen (Frankston) - 25.17

#### UNDER 14 WOMEN 3 km.

Kelsey Rau 1st 11.38

Fastest - K Rau (Geelong) - 11.38  
 - M Finlay (Wendouree) - 12.54  
 - A Uys (Frankston) - 13.15

### VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETES" AT THE COBURG CROSS-COUNTRY

#### Senior Men.

3. Rowan Walker  
 2. Darren Riviere  
 1. Geoff Clarke

#### Senior Women.

3. Georgie Clarke  
 3. Emily Rooke  
 2. Loretta McGrath  
 1. Pattie Galvin

#### Junior Men.

3. Tom Allan  
 2. Daniel Payne  
 1. Caleb Byrt

#### Junior Women.

3. Kelsey Rau  
 1. Taryn Rau

#### THE BUSH INN AWARD

The winner of the Bush Inn Award for the  
 Coburg Cross-Country is  
**Tom Allan**  
 for his outstanding running in his first  
 Winter Season for Geelong.

Well done, Tom.  
 Enjoy your meal and the  
 Bush Inn's famous hospitality.

### RUNNER PROFILE

This profile features Rowan Walker, a talented athlete who has returned to the Geelong Team after a few years interstate with the Royal Australian Navy. However, it's not just Rowan's running ability that is impressive but also the desire, commitment and time management he shows to do the training required to run at a high level while juggling the roles of husband, father, student and sailor.

#### Rowan Walker

**Occupation** Sub Lieutenant with the Royal Australian Navy.

Currently studying at Deakin University.

**Age** 33 **Date of Birth** 1 / 12 / 70

**Height** 167 cm. **Weight** 58 kg.

**Married / Single** Married to Yasmine. Father to Lachlan.

**Coach** Self

#### Personal Bests

**3000m.** 8:51  
**5000m.** 14:51  
**10000m.** 31:19 (road)  
**Half Marathon** 68:54  
**Marathon** 2:31.24

**Favourite Food** Pasta or chocolate

**Food Eaten Before a Race** Bananas, Sports Bars, toast and jam.

**Favourite Drink** Good coffee, good wine, Crown Lager, water.

**Favourite Movie** "Das Boot ("The Boat"), "Platoon", "Dumb and Dumber". (Ed. great to see you including the classics, Rowan!)

**Favourite Book** "Those Ragged Bloody Heroes" - about the Battle for Kokoda in World War Two.

**Favourite Music / Band** "KC and the Sunshine Band", "Faith No More", "Metallica", "Foo Fighters".

**Favourite TV Show** "The Sopranos" (although it's on too late!). Also, once a year, "The Tour de France" on SBS.

**Favourite Night Spot** "What's a night spot?"

**Favourite Holiday Spot** A Queensland resort with great beaches and golf courses. I've yet to go there - it's just a dream!

### A Recent Winter Training Week

Melbourne Marathon Preparation. (18/8 - 24/8)

**Mon.** pm. 65 minutes easy.

**Tues.** pm. Mona Fartlek. 75 minutes in total.

**Wed.** pm. 68 minutes easy.

**Thur.** pm. "Quarters" session at Landy Field.  
 6 x 400 metres with 200 metre 'float' between.

**Fri.** pm. 40 minutes easy.

**Sat.** am. Eastern Gardens hills session:  
 12 minutes 'threshold'  
 3 sets of ramps at Eastern Beach.  
 75 minutes total.

pm. 35 minutes easy.

**Sun.** am. 2 hours 35 minutes easy run.

#### Other Training / Recovery Sessions.

I try to have a massage every couple of weeks. I also wade in the '#@%&!#' freezing kid's pool at Eastern Beach. Then there's my hot / cold recovery technique - a hot spa and a cold beer!

**Favourite Training Session** Something hard enough to hold my interest.

**Favourite Race** Because it was such a great occasion - the Sydney Olympic Marathon Trial that covered the Olympic Course.

**Best Ever Performance** Considering the limits to my



Laura Stekelenburg - 3rd in the 13 year 5 x 1500m. 5.51  
 Kate Sly - 4th in the Composite Relay 6 x 1500m. 5.40

**Don't forget** - the last Athletics Victoria race for senior athletes is the Burnley Half Marathon on Sunday 14th September. The race begins at 8:00 am.

A small bus will be leaving Norlane Waterworld at 6:00 am sharp.

## GARRY HENRY. AUSTRALIA'S ENIGMATIC MARATHON MAN.

Australia has a long and proud history in the marathon producing World Record holders, Olympic, Commonwealth and Championship medallists and winners of many of the 'Big City' marathons around the world. And leading the Aussie charge in the ultimate test of athletic endurance and mental toughness have been runners such as: Derek Clayton, Rob de Castella, Steve Moneghetti, Lisa Ondieki, Kerryn McCann, Garry Henry ..... Garry who?

Many will not have heard of Garry Henry for he was a quiet achiever who did much of his best running overseas and rarely ran with the top Australian athletes of the time. However, he was highly talented and as tough and determined as they come. Those who do know of Garry Henry will probably have heard of his slightly eccentric ways, his bushranger looks and the awesome training sessions that have grown to 'legend status' over the years.

I was fortunate to catch up with the man Tim O'Shaughnessy once labelled, 'the real living legend' at Falls Creek for a chat about his amazing career.

**N.M. Garry, why have you travelled to Falls Creek?**

G.H. Mainly to catch up with some old friends that I haven't seen for just over four years.

**N.M. When you were running at your best, did you use Falls Creek as a training base over summer?**

G.H. No, I think I first came to Falls Creek in the mid eighties, probably 1985, and although I was fit then, I wasn't going as well as I was in 1980, for instance.

**N.M. In 1980 you were arguably Australia's best distance runner with a number of outstanding performances that culminated with your fantastic run at the Fukuoka Marathon. (Ed. Garry ran 2:10.09 which, at the time, lifted him to second on the All-Time Australian rankings list behind Derek Clayton's World Best of 2:08.33)**

G.H. I was going pretty well in 1980. I'd run a number of fairly decent marathons leading up to Fukuoka but nothing compared to my fourth placing in Fukuoka at the end of the year.

**N.M. You certainly were busy in 1980 with four marathons for the year.**

G.H. Actually, there were five marathons in the 13 months from late 1979 to the end of 1980. However, in 1980 I ran four marathons and averaged 2.12.

(Ed. In 1980 Garry ran the following marathons:)

6th April	Australian Olympic Trial	2:13.11 (4th)
4th May	Vancouver Marathon	2:13.14 (1st)
6th September	Montreal Marathon	2:11.37 (2nd)
7th December	Fukuoka Marathon	2:10.09 (4th)

**N.M. It must have been satisfying to finish first**

**Australian at Fukuoka and to beat a young Robert de Castella? (Ed. De Castella finished 8th in 2:10.44)**

G.H. Yes, but there were a number of other very good runners in that race too. My racing philosophy was just to run as well as I could and if I beat people, I beat people, and if I didn't, I was happy just as long as I ran well.

**N.M. At Fukuoka you finished fourth in 2:10.09. Who finished ahead of you?**

G.H. Ahead of me were three Japanese, Seko, Soh and Ito. It was a pretty close race - I think Seko ran 2:09.45, Soh was second in 2:09.49 and Ito finished in 2:10.05.

**N.M. When did the Japanese make their move to get away?**

G.H. At about 35 kilometres the three Japanese made a break and got away from all of us. From that stage on I was always either fourth or fifth, and was able to pass Cierpinski with just over 2 kilometres to go. (Ed. Waldemar Cierpinski of East Germany won Olympic Marathon Gold medals in 1976 and 1980) Interestingly, I found it tough from about the 10 kilometre mark on, which was a bit of a worry but I had run marathons before and I wasn't afraid of hurting myself, so I just 'gutsed it out'. But for some reason I felt bad early and didn't really recover. Luckily, I suppose, the 'bad' feeling didn't get any worse. However, even though I was so close to Ito and only 10 seconds off going under 2.10, there was no way I could have gone any faster at Fukuoka.

**N.M. Fukuoka is an out and back course and was probably the unofficial Marathon World Championship back then.**

G.H. Yes, I liked the out and back course and it still is a prestigious race to do well in. Even though many of the 'Big City' Marathons have superceded it as far as times go, I think it's a fast course where it would be possible to run the World Record if they assembled the right field. It was also a great thrill to start and finish in the stadium in front of such a passionate Japanese crowd.

**N.M. You are probably not a well known athlete in Australia because you were based overseas in your early years. The reason behind that?**

G.H. Mainly because I enjoyed the travel. I first went to an American University in 1976 when I was just a decent club runner. I really enjoyed the university scene in the U.S. because the competition was good and the study was OK. Also, if I made an Australian Cross - Country Team that was competing in Europe, I would tend to stay on in Europe for a year or so after the race.

**N.M. So, in many ways your running was a bit like a working holiday?**

G.H. Yes, that's right.

**N.M. I would imagine that you were one of the first Australian athletes to base themselves at an American University?**

G.H. A bloke named Rod Hill, a good miler from Traralgon, went over to the U.S. back in the late 60's, early 70's, so after talking to him I decided to give it a go as I wasn't doing much back here. Eventually, I wrote to a lot of universities in the U.S. and chose Pembroke University in North Carolina where I completed a Bachelor of Science Degree in Physical Education.

**N.M. Did you enjoy your time overseas?**

G.H. Yes, I always like to be travelling around and meeting up with old friends. Of course, it's always better if you're running well.

**N.M. Did you classify yourself as purely and simply a long-distance athlete back then?**

G.H. I just loved to get out there and run, whether it was cross - country, ten kilometres on the track or the marathon.

**N.M. What Australian Teams did you make?**

G.H. I made three Australian World Cross - Country Teams. The first one was in Portugal, then Switzerland and finally, France.

**N.M. You were a particularly strong cross - country runner, but you had to wait a while to win an Australian Title.**

G.H. Yes ..... Australia had some pretty good cross - country runners back then but I did win the Australian Cross - Country Title in Perth in 1984 which was a great thrill.

**N.M. Who were the outstanding cross - country runners back then?**

G.H. On the world scene, Carlos Lopes was still going well and of course, Deek was on the way up. I also think a young Steve Moneghetti was making his Australian Cross - Country Team debut in my last team.

**N.M. What was your best performance while running for Pembroke University?**

G.H. A couple of weeks before I ran Fukuoka in 1980 I finished 5th in the N.C.A.A. Division 1 Cross - Country Championships. It was over 10 km. and I ran 29.14.6. The field was very strong with Nyambui winning and a top Kenyan, Rotich also ahead of me. I was the first non - African to finish. (Ed. Suleiman Nyambui of Tanzania went on to win the silver medal at the 1980 Moscow Olympics in the 5000 metres behind the great Miruts Yifter.)

**N.M. What was your involvement in athletics as you were growing up?**

G.H. At school I did athletics with kids that I knew. Then, when I went to Tech. School a group of us heard about a trip to Melbourne for the Victorian School Boys Cross - Country Championships. That sounded pretty good, so off we went. I was able to win the Under 14 title at those championships and from then on, I just fell in love with running.

**N.M. Were you a promising junior or did you improve through perseverance and hard work?**

G.H. I guess I was pretty good as a junior although I wasn't running much back then. However, as I started to have a bit of success I started to run just about every day after school. Even so, I couldn't break five minutes for the mile while I was at school.

**N.M. I also understand that you ran a marathon at Point Cook when you were only 13.**

G.H. That's right - I ran 3 hours 10 minutes and 46 seconds in the Victorian Championships. A bloke by the name of Barry Sawyer from St. Stephens won. I'm not sure about his time that day but he was a pretty consistent 2 hour 22 minute runner.

**N.M. What sort of training did you do to prepare for your first marathon and what were your memories of the race?**

G.H. I was running every day with some friends but there weren't any special sessions. We basically just ran 5 - 15 miles (8 - 24 kms.) a day and we ran how we felt. As for the race, I remember having to have a physical exam before I could start. Because it was early days in mass participation marathoning, they were worried about people dropping dead so a doctor would check everyone out before the race. However, it was nothing too fancy, just checking your heart-rate and a few other quick tests. Actually, I didn't feel the race was too hard. A 15 year old friend and I ran along together at an even pace and we basically talked the whole 26 miles. I didn't hit the wall and finished feeling pretty fresh.

**N.M. Who were your early coaches and influences back then?**

G.H. My early coach was Martin Thompson and he was the club coach in Traralgon. Then, when I went to America I was coached by Ed Crane at Pembroke University and was doing what all his other cross - country and distance runners were doing. I was probably running about 85 - 105 miles (135 - 170 kms.) a week at Pembroke. A lot of our cross-country training was completed on a golf course and on the track we might do something like 5 x 800 metres.

Later on I was coached by Steve Miller, the track coach at Kansas State University. He was a real 'hands on' coach and he had us doing a fair bit of fartlek on dirt trails and golf courses. We would do something like 1 - 3 minutes hard with 1 - 2 minutes pretty steady recovery between. He also favoured ten week blocks of pretty hard training followed by two weeks easier to recover and re-build.

Influences .....? Geeh, I really liked Jim Ryun even though he was a miler. I just loved the way he trained and raced. Also, I remember watching Ron Clarke racing Kip Keino and that really inspired me when I was younger.

**N.M. What standard were you when you went to America?**

G.H. I was running about 14.15 - 14.20 for 5 km. and the best 10 k. I ran was at the 1976 Olympic Trials in Melbourne where I ran 29.22 for sixth place. That was the first time I'd broken 30 minutes. I really didn't improve a hell of a lot in America but I was very rarely injured over there and was able to get in a lot of running and create a great base. However, Pembroke wasn't a great place to be a distance runner as it was fairly flat and really hot in the summer but we had a great team and that made up for the not so good physical environment.

**N.M. Did any of your Pembroke team mates go on to bigger things?**

G.H. No. A few had the potential to but in America a lot of athletes decided to settle down after university and didn't really pursue running.

**N.M. Did you get to meet Ron Clarke or any of the other champion senior Australian athletes as you were coming up through the ranks as a junior?**

G.H. I met Ron later on although I think I did a fun run in Horsham where he was competing. I also got to meet Derek Clayton. Both Clarke and Clayton were influences on me as a junior.

**N.M. Was it Clayton's training regime that appealed to you?**

G.H. Yes, a little, but it was more his no-fuss attitude to the marathon - just get out there and do it!

**N.M. Did you ever attempt any of Clayton's awesome training weeks?**

(Ed. Clayton was known to average 260 km. / week, with a large proportion of his training at a fast pace. He once ran an unbelievable 370 kilometres in a week by running three times a day. Not surprisingly, Clayton suffered frequently from knee and achilles injuries.)

G.H. No. I was not really sure of what he was doing so I didn't sit down and say, I'll do what Derek did.

**N.M. You may have been lucky, as those who attempted to train like Clayton did not last too long! Were you always going to head towards the longer races?**

G.H. I always enjoyed the longer runs but as I said before, I enjoyed all sorts of running. But in the end, the marathons that I ran were probably of a higher standard, time wise. However, I think I could have run a much better 10 k. if I had settled down a bit and completed some specific training for the event.

**N.M. What was your P.B. for 10 000 metres on the track?**

G.H. I ran 28.18.2 early in 1980 at the State Insurance 10 km. behind Rono and Scotty. (Ed. The great Henry Rono of Kenya won in 27.31.68 with Bill Scott running second in 27:46.71). That wasn't too bad, but back then you had to run in the 27.40's to be up there in Europe whereas the marathon was usually won anywhere from 2.09 to 2.12 so I was a more realistic chance over the longer distance. However, I often think that I may have run faster over 10 km. if I had eased off a little in my training leading up to races. When I ran the 28.18.2 in 1980, I ran a 26 mile day (42 kms.) just three days beforehand.

**N.M. What were your other track P.B.'s?**

G.H. I think I ran 3:50.7 for 1500 metres and 13.50 for 5000 metres. I also ran about 63 minutes for the Half Marathon although I did run 63.54 for the second half at Fukuoka.

**N.M. How many marathons did you run?**

G.H. Seventeen. My best time was the 2:10.09 at Fukuoka, plus I ran 2:11.37 in Montreal and a couple of 2.13's.

**N.M. What was your favourite marathon?**

G.H. It would have to be the fastest one, at Fukuoka. The Japanese were great and it was an awesome race even though I only knew I was going a few weeks before the race. However, my training was going really well so I was pretty confident of running a good race in Japan.

**N.M. I understand that you had a few problems actually getting to the race?**

G.H. Yes. Pembroke, where I was studying in America, was only a little town and it was difficult to get a visa. And nobody asked to see a visa when I got on the plane to fly to Japan. Then, when I got to Japan the airport officials told me I had to fly straight out again. However, when I mentioned that I was going to run the Fukuoka Marathon, everything was cleared up really quickly.

**N.M. You didn't get to represent Australia at an Olympic Games although you were close in 1980. That must have been a disappointment?**

G.H. I was a little disappointed but in 1980 we had a great team. In a hot Olympic 10 000 metre trial in Sydney I ran pretty well to finish third and beat all the top runners apart from Bill Scott and Steve Austin but was not selected. Then, two weeks later in the Marathon Trial there were half a dozen guys who could have made the team. I finished fourth and three blokes beat me - Gerard Barrett, Rob de Castella and Chris Wardlaw - so you can't argue with that.

**N.M. Chris Wardlaw was third and made the Olympic Team for Moscow. How far ahead of you did he finish?**

G.H. I think he ran 2:12.47 and I ran 2:13.11. However, that was about six minutes faster than I'd ever run at that stage so I can't be too disappointed because I'd run as well as I could on the day. Also, from that performance, I was invited to run the Vancouver Marathon, which was the Canadian Olympic Trial, a month later. I was able to win that in 2:13.14. However, I was pretty sore after Vancouver so I took five weeks off to recover.

**N.M. And then in 1984 you were one of the favourites to win the Olympic Marathon Trial in Adelaide. What happened?**

G.H. For a long time I wasn't injured but in 1981 I had chronic bursitis in my heel and that was pretty bad. Eventually I had an operation in 1982 that enabled me to run freely again and it's been good ever since. However, after the operation on my heel I had about six months off and by the end of 1983 I was running well again. Then I got a back injury that stopped me running for about seven weeks. When I started running again I was back to 100 miles a week (160 kms.) in just a couple of weeks, which was probably too soon. Even so, I won the National Half Marathon Championship at Lane Cove in 1:04.42 over a really

tough, hilly course but I still wasn't sure of my fitness for running the Marathon Trial. Unfortunately, probably due to me rushing back to full training and the fact that I ran my guts out in the Half Marathon, I had nothing left three weeks later for the Adelaide Olympic Trial on a tough, windy course. (Ed. Garry needed to run under 2.14 to qualify) I ended up running 2.27 and that was as hard as I could go on the day!

**N.M. What was an average Garry Henry running week when you were at your best? There have been many stories of the unbelievable training sessions you once completed.**

G.H. I didn't really have an average week ..... Geeh, that's a fair way back to really tell you what I did. However, I think many of the sessions and weeks I once did have become a little exaggerated over the years.

**N.M. What about your daily training and a few specific sessions?**

G.H. No, I didn't have specific sessions. However, I would often run three times a day, sometimes four times. Then, occasionally, I would run 13 miles (21 km.) in the morning and another 13 miles that night. For some faster reps I would often run 1000 metre reps at around 3 minute pace with 500 metre recoveries in about 2 minutes.

**N.M. What would be a big session of 1km. reps?**

G.H. I think the most I completed in one hit was 12 x 1000 metres but I would sometimes run six in the morning and another six that night or eight in the morning and another four that night. but it wasn't a session I did every week as my training was pretty varied.

**N.M. Did you complete the 1 km. reps on the track?**

G.H. No, I did those on an old velodrome at the Traralgon Show Grounds. It was 500 metres around so it was two laps 'on', one lap 'off' which seemed to work pretty well.

**N.M. How often would you run three times a day?**

G.H. I didn't run three times every day but I did it quite often. I also occasionally ran four times a day with four lots of 5 miles (8 km.) or three lots of 5 miles and a 10 miler (16 km.). However, that was only a few times during the year.

**N.M. What sort of pace would you run when you were training three and four times a day? Also, at what times did you run to fit in four sessions?**

G.H. My training pace varied but it was probably anywhere from 27 and a half minutes (3.26 min. km. pace) to 32 minute pace (4.00 min. km.) for the five milers. However, the pace depended on how I felt. When I ran four times a day I would usually run at 7:30 am. 11:00 am. 3:30 pm. and 7:30 pm.

**N.M. And what about your long run?**

G.H. I didn't actually run long every Sunday. For my longest single training run I would not usually run longer than about 17 miles (27.2 km.). Occasionally, I might run 21 miles (33.6 km.).

**N.M. What sort of pace would you do for your long runs?**

G.H. It varied and depended on how I felt. I might run sub six minute mile pace (3.43 km. pace) up to 6 minute 30 pace (4.02 km. pace).

**N.M. How many kilometres or miles would you cover in a standard week?**

G.H. Ummmm ..... Probably anywhere between 120 and 140 miles. (192 - 224 km.) Sometimes more.

**N.M. Did you train with a group?**

G.H. I had a group of four to five guys that I'd train with in Traralgon. However, the harder stuff was a bit different and I'd usually do that by myself.

**N.M. What were your dietary habits when you were training hard?**

G.H. I'd just eat anything that I felt like. There was nothing special that I used to eat or drink.

**N.M. And what about drinks during the marathon?**

G.H. I usually just drank water. However, at Fukuoka I drank Staminade for the first time - maybe that's why I felt 'sh#@&\*\$%#! for a large part of that marathon!

**N.M. The drinks have certainly come a long way since your day with all the special concoctions that the athletes now drink. Perhaps that's one reason why they're running the marathon so much quicker?**

G.H. I also think they're training a bit better and I think they're also better athletes, certainly better than I was.

**N.M. Let's talk about some of the Australian athletes from your era - runners like Rob de Castella, Gerard Barrett, Chris Wardlaw, Bill Scott and a host of other top performers.**

G.H. Unfortunately, I didn't get to know most of those blokes until after I finished running internationally. However, I can remember travelling down to Melbourne and running track races and cross - country against those guys. Deek was always a tough man to compete against, just a hard man who was a great competitor. As for the other guys you mentioned, they were also great athletes but I didn't have much to do with them as I'd travel down from Traralgon, race them, congratulate them, then travel straight back home. Then, obviously, when I went to America I didn't see them. I just wish I had known the runners you mentioned much earlier and sat down and chatted to them.

**N.M. They certainly raced aggressively?**

G.H. Yes, they did and they were all just great to race against. I remember one day I turned up to Inter - Club and they were talking about Scotty running an Australian Record. I just thought, "Heck, why are they telling this to me? I'm just battling!" Sure enough, Scotty went out and ran great - something like 13.23 for 5000 metres.

**N.M. That's a pretty fair run for Inter - Club! What did you run?**

G.H. I think I might have just got under 14 minutes and finished fifth behind Scotty, Steve Austin and 'Rab' was up there too, I think.

**N.M. You didn't consider moving down to Melbourne to train with them?**

G.H. No, Traralgon was a good place to train and moving to the city didn't appeal. Melbourne's all-right but I didn't want to spend a lot of time there.

**N.M. Did you have anything to do with the top overseas athletes - people like marathoners, Frank Shorter or Bill Rodgers of the U.S.?**

G.H. No, Shorter had finished by the time I was on the scene although I've met him since then and found him really easy to talk to - distance runners always seem to get along well together. As for Rodgers, I didn't have anything to do with him. At the time I was in college and wasn't on the marathon scene. I was basically running cross - country and some track races. At that stage road - running had not really caught on and it probably wasn't until the late 70's that it was really popular and by then I was back in Australia training.

For me, I liked the Poms better. I got on really well with some of their distance runners - people like Dave Clark and Barry Knight who were both top English cross - country representatives. Then going back a little, even though I had not met him at the time, I remember reading Brendan Foster's book. I just found his attitude so inspirational. He was down to earth but a tough, tough competitor and trainer. When he competed he would plan his tactics and even if he didn't feel good, he would do it - he was just mentally so tough!

**N.M. After running 2:10.09 at Fukuoka in 1980 you must have thought that sub 2:10 was very possible. However, you did not run any faster. Why?**

G.H. I think I just trained too hard with too much intensity. Over time my body slowly broke down. Even though I was later able to run a few 10 k's in around 28:20, my legs could no longer consistently handle the longer stuff on the roads.

**N.M. How old were you when you stopped competing seriously?**

G.H. Ummm ..... Probably my early thirties. I still kept running but I wasn't that competitive once I got into my thirties. Then, when I turned forty, I decided to go back to America and run the Masters circuit.

**N.M. How was the experience of running on the U.S. Masters circuit and who were some of the better known athletes?**

G.H. The Masters circuit was good. As for the runners, most of them weren't that well known. The best of them was a Mexican named Martin Mondragon. At the time he was 41 and he was still competitive with the open athletes. He would go out with the leaders whereas my strategy was to run even pace whether it was ten kilometres or ten miles.

**N.M. Did you compete against England's, Nick Rose?**

G.H. Yes, Nick was a couple of years older than I was but he still ran well and was another really top bloke. Like all the Poms, he was just a really good bloke to go out with to have a few beers.

**N.M. What sort of times were you running when you were in your 40's?**

G.H. Just under 5 minute mile pace was what I aimed at.

**N.M. And was that competitive?**

G.H. Yes, it was back then but now I probably wouldn't be. Mondragon used to beat me in everything, I'd get second and Nick would sometimes get third. And if Mondragon didn't show up, I'd 'luck out' and win.

**N.M. I guess that with a lot of those races you'd stand on the starting line, look around to see who was there, and work out your finishing position?**

G.H. Yes, for many races that was right.

**N.M. In 1996 you made a come back to the marathon. How did that happen and how did you go?**

G.H. At the time I was just running about an hour a day with Nic Bideau when we heard about the running of a centenary marathon to commemorate the hundred years since the marathon at the first Modern Olympic Games in Athens. It was to be over the original course, with a little bit tacked on to the start to make the correct distance.

(Ed. the 1896 Olympic Marathon was run over 40 kilometres) Anyway, the organisers were looking for a representative from each the competing countries from 1896 and Nic suggested that I should have a go. So I increased my training a little and did a few longer runs with Steve Moneghetti. I wasn't really sure how I would go but Mona said he thought I could run about 2 hours 25 minutes. I ended up winning in 2 hours 25.46 so Mona was a pretty good judge! For winning I was presented with a replica of the bronze medal given to the winners at the first Olympics and had a laurel wreath placed on my head so that was pretty special.

(Ed. One year later Steve Moneghetti won a bronze medal in the marathon at the World Championships over the same course.)

**N.M. You were famous for the Quaker beard and the long pony - tail. In fact, you were almost a cult figure around athletic circles. Were they a fashion statement? (Ed. Garry still has the pony - tail.)**

G.H. The beard was there basically because I didn't want to shave, I think. I just preferred it and in the heat, the beard

didn't effect me.

**N.M.** I suppose if you're running three or four times a day, something has to give and perhaps it was shaving?

G.H. Maybe?

**N.M.** How long has it been since you had the Quaker beard?

G.H. I think I had it 1979, 80 and 81, then I shaved it off for a number of years then grew it back. I probably haven't had a beard for twelve years or more.

**N.M.** You were also well known for your breathing pattern. In fact, you were known as "Essex" because of the strange two - syllable sound you made when you sucked in air while running hard. Was the breathing something that was natural for you?

G.H. Yeah. Even when I was younger I breathed that way. I'm not really sure if it was a pattern of breathing to help with my stride but looking back now I can see how people may have thought, "shit, this guy's dying and he can't be hanging on too much longer!" It just felt comfortable for me.

**N.M.** I guess the pack would know that you were off the back when they couldn't hear you?

G.H. Yeah, I suppose.

**N.M.** You have said that you love to travel and I hear that you're just back from the Ukraine. Why the Ukraine?

G.H. Well, the last four and a half years I have been either in Europe, mainly in the Ukraine, or America. I have been going out with a girl from the Ukraine named Elena Viazova and she's been running a few races on the U.S. Road Circuit. So it's been the U.S. for six months and the Ukraine for six months.

**N.M.** It's the Ukraine in the summer, I hope?

G.H. No, actually we're in the Ukraine during the winter.

**N.M.** What's the Ukraine like in the winter?

G.H. Pretty bleak. Basically cold and a bit depressing with the temperature anywhere from zero to minus 30.

**N.M.** Can you run in those conditions?

G.H. Well, you rug up and where we were staying has in-door facilities. However, you can't run in-doors everyday as it would bore you senseless.

**N.M.** What sort of a runner is Elena?

G.H. A pretty good distance runner. In 1987 at the World Championships she was a silver medallist at 10 000 metres and at the '88 Olympics she won the bronze medal. For 3000 metres she's run 8.39 and for 10 000 metres 31.09.

**N.M.** So she is a quality runner. You'd be struggling to keep up?

G.H. Yes, I was!

**N.M.** The marathon and athletics has changed a lot since you were competing at the elite level. What do you think when you see Khannouchi running 2:05.38?

G.H. Well, I've never actually seen Khannouchi run but I'd love to see his London or Chicago runs on video. But it seems like another world - a phenomenal run. But then you've got a couple of blokes like Tergat and Gebrselassie not too far behind him. Sub three minute k's for the marathon is just an unbelievable run.

**N.M.** It would have been a little different in your day. Did you have pace-makers in your marathons?

G.H. I don't remember anyone designated to take us through ten miles in a certain time. The gun just went, the pack formed out the front and we raced. Looking back on Fukuoka, although I wasn't feeling good, we didn't get to half way until 66.15 so on the way back I ran 63.54 and Seko ran 63.30 to win. So the pacing in that race wasn't too even.

**N.M.** Could you make any money from running back then? I understand that there was your 'amateur status' to protect but were there 'under the table payments' going on and what did you get for your

fourth at Fukuoka?

G.H. Am I allowed to tell you about Fukuoka? .....

**N.M.** Yes ..... I don't think you're going to be retrospectively stripped of your amateur status.

G.H. I got nothing ..... absolutely nothing! However, the Japanese organisers could set you up with some female company after the race if you wished.

**N.M.** Do you look back and think you competed at the wrong time?

G.H. No, not really. I was happy to travel the world and run the races I did. Without running I would not have seen the world and met a lot of great people. The money side of things didn't really come into calculations.

**N.M.** Did you pay for your own shoes back then?

G.H. No. Nike looked after me with shoes and gear. But that wasn't until 1979. Up until then I had to buy my own shoes.

**N.M.** Apart from Fukuoka, what races really stick out in your memory?

G.H. The World Cross - Countries are always a great event. Team wise, I've always had a great time with guys like Deek, Mona, Peter Brett, Adam Hoyle and a number of others.

Then you had all the best international runners turning up, some awesome talent from the best milers to the best marathoners and everyone in between. Also, I really enjoyed the British Cross -Country Championships. That was run over 9 miles (14.4 km.) and had huge fields. I also ran the Cinque Mulini (Five Mills) Race that was run just after the World Cross - Country and finished 6th one year.

**N.M.** Are there any runners competing today that you really admire?

G.H. Not really, although there are a number of runners that I love to watch - guys like Gebrselassie are awesome. Anyone who can run as quick as he does has to have your respect. Under 27 minutes for 10 kilometres is really motoring.

**N.M.** And Gebrselassie's 26:22.75 World Record is unbelievable - it doesn't seem possible that someone can run that fast for 10 000 metres.

G.H. No, it doesn't but when you see him run it with his smooth, powerful rhythm and wonderful stride, you can see why he's the best. Coe, Ovett, Walker - all those blokes were smooth and fluid too and were able to run really fast.

**N.M.** Did you have anything to do with the New Zealanders like John Walker?

G.H. Yes, I met John Walker through Nic Bideau. Actually, through Nic I've got to know Rab, Deek, Scotty and a lot of the others.

**N.M.** Do you wish you'd known those guys earlier in your career?

G.H. Yes, without a doubt. Just being associated with them gets you going. They're good, funny blokes to be around and I'm sure I would have run better training with them and they may have run just a little bit better as well.

**N.M.** I understand that your hitch-hiking skills have been put to good use in order to travel to many of the major athletic championships.

G.H. Yeah. Peter Brett (Australian Cross - Country representative), Nic Bideau (when he was working for the Herald / Sun) and I used to have a competition to see who could travel around to the various overseas meets spending the least amount of money. We had some great times in lots of different countries. I particularly remember Peter Brett and I were picked up by a rich guy in a Porsche and ended up staying at his castle on the way to the Edinburgh Commonwealth Games. Nic was rather annoyed that he was left behind because there was no more room in the Porsche.

**N.M. And you have been a training partner for a few top runners as they've prepared for races.**

G.H. Yes, I've been fortunate to run with Mona in the last few weeks before a few of his big races, which was a great experience. I also lived and trained with Alberto Salazar as he prepared for the Comrades Marathon in South Africa in 1994. (Ed. The Comrades Marathon covers 86 km. and is run from Durban to Pietermaritzburg one year, then the opposite direction the next. Alberto Salazar, who was one of the great marathoners of the early 1980's, overcame health problems to win the Comrades Marathon in 1994.)

**N.M. Generally, what is Garry Henry doing with himself these days?**

G.H. Well, I've just got back from overseas and I'm still relaxing.

**N.M. Is there anything work wise that you've got in the pipe-line?**

G.H. No.

(Ed. Garry is an easy going person who once stated: "there are people around supporting families that need a job more than me!")

**N.M. Is there any more world travelling planned?**

G.H. No. I might remain in Australia for a little while but I'd like to maybe get involved with helping some of the younger athletes.

**N.M. Which overseas country have you enjoyed the most?**

G.H. I like Ireland. I think the humour in Ireland is much the same as in Australia. I've just really enjoyed the Irish people and the Irish country-side the times I've been there. And with Sonia and John Treacy and Ron Delany, they have a fine running tradition.

**N.M. Are you still having a run?**

G.H. I'm trying to up here. I feel that if you come to Falls Creek, you've got to have a run. A few months ago I was running an hour at a time but I've been having a bit of trouble with my calf. I haven't been able to run for about three months so I am unfit but, up here it feels pretty good.

**N.M. You had a run this morning along the aqueduct towards Fitzzy's hut. Could you explain what you did?**

G.H. Well, I thought I'd get ahead of the pack so I left early and walked for ten minutes until the pack caught me, then I tacked onto the rear and ran for twenty minutes. After that I turned around and walk / jogged back. I enjoyed it - it's always nice to run the aqueducts.

**N.M. Do you have a current running goal?**

G.H. I'd just like to get out and run every day. I just love running, whether it's by myself or with a group. If I could do an hour a day at 7 minute mile pace (4.20 km. pace) it would be OK - if I could do 6 minute mile pace (3.43 km. pace) it would be even better so that I could run with a few others.

**N.M. Did you see Mona running 28.33 at the Zatopek a few weeks ago?**

G.H. Yes. It was a great run. He should be an inspiration to a lot of people. He does the training and if you do that, enjoy what you're doing, and have a good group around you - the results will come.

**N.M. OK Garry, thank you very much for your time. I hope you enjoy your stay at Falls Creek and all the best for your return to full running fitness.**

G.H. Thank you very much, Neil.

## A PEAK INSIDE GARRY HENRY'S 1980 TRAINING DIARY

In 1980 Garry Henry was at the peak of his running powers with a

training and racing schedule that was quite astounding. So, just what did Garry do? Well, here's a few extracts from his 1980 diary showing some of his training and racing. Most distances remain in miles, as Garry recorded them.

(to convert to kilometres: divide by 5 then multiply by 8.  
ie. 5 miles = approximately 8 kilometres).

Jan 7	9 am.	5 miles
	2 pm.	9 miles
	8 pm.	4 x 1000 m. (2.55) Recovery 500 m. (2 min.) Rest 8 mins. 4 x 500 m. (1.23) Recovery 500 m. (2 min.) Rest 6 mins. 4 x 1000 m. (2.57) Recovery 500 m. (2 min.)
Jan 8	8 am.	8 miles
	5:30 pm.	9 miles (50.18)
Jan 9	9 am.	13 miles
	3 pm.	6 x 1000 m. (2.56) Recovery 500 m. slow jog.
	8 pm.	5 miles
Jan 10	8:30 am.	5 miles
	11 am.	5 miles
	3 pm.	5 miles
	6:30 pm.	4.5 miles (22.11)
Jan 11	8:30 am.	8 miles
	2:30 pm.	9 miles
Jan 12	10 am.	10 miles
	3 pm.	10 x 600 m. (1.42) Recovery 400 m. (1.40)
	8 pm.	8 miles
Jan 13	8 am.	5 miles
	11 am.	14 miles
	8 pm.	6 x 1000 m. (3.00) Recovery 500 m. (2.15 min.) 2 x 500 m. (1.29) Recovery 500 m. (2.25 min.)
-----		
Jan 17	11 am.	6 miles
	9 pm.	10 000 metres (Olympic Park) 28:33.7 (3rd)
Jan 19	1 pm.	1500 metres (Victoria v N.S.W. in Sydney) 3:50.8 (3rd)
	7 pm.	5 miles 8 miles
Jan 20	9 am.	4 miles
	4 pm.	5000 metres (Sydney) 14.17.1 (2nd) 4 miles
Jan 23	8 am.	7 miles
	3 pm.	5000 metres (Olympic Park) 13.57 (5th)

Jan 25	9 am. 8 pm.	5 miles 5000 metres (Adelaide) 13:58.2 (1st)
-----		
Feb 3	9 am. 11:30 am. 8:30 pm.	5 x 600 m. Hill Reps. Recovery 600 m.jog. 14 miles 3 x 1.25 miles (5.53) Recovery 5 mins.
Feb 4	9 am. 4 pm. 8 pm.	5 miles 10 x 300 m. (46 secs) Recovery 60 - 90 secs. 5 miles
Feb 5	10 am. 4 pm.	8 miles 8 miles (49.10)
Feb 6	9:30 am. 9 pm.	6 miles 10 000 m. (Olympic Park) 28:18.2 (5th)
-----		
Mar 31	9 am. 3:30 pm.	10 x 1000 m. (3.00) Recovery 2 mins. 21 miles (2:15.30)
Apr 1	8 am. 12 M.D. 4 pm. 7 pm.	5 miles 5 miles 5 miles 5 miles
Apr 2	8 am. 7 pm.	9 miles 8 miles
Apr 3	8:30 am.	6 miles
Apr 4	5 pm.	6 miles
Apr 5	5 pm.	5 miles
Apr 6	9 am.	Olympic Trial Marathon. 2:13.14 (4th)
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Nov 24	11 am. 5 pm.	N.C.A.A. Division 1 Cross - Country 10 000 m. 29:14.6 (5th) 8 miles
Nov 25	8 am.	6 miles
Nov 26	7:30 am. 1:30 pm. 5:15 pm.	8 miles 5 miles (28.38) 7 miles
Nov 27	9:00 am. 1 pm. 5:15 pm.	5 miles 10 miles (54.26) 7 miles
Nov 28	8:30 am. 3:30 pm.	7 miles 17 miles (1:35.05)

Nov 29	8 am. 12 M.D. 4:15 pm. 7:30 pm.	5 miles 5 miles 5 miles 5 miles
Nov 30	9:15 am. 5 pm.	12 miles (66.10) 8 x 1000 m. (2.53) Recovery 400 m. slow jog.
Dec 1	7 am. 4 pm.	13 miles 13 miles
Dec 2	6:15 am.	3 miles
Dec 3		- Travel to Japan
Dec 4		- Travel to Japan
Dec 5	2 pm.	5 miles
Dec 6	9 am.	5 miles
Dec 7	12 M.D.	Fukuoka Marathon 2:10.09 (4th)

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