



In Focus

With Carmel Meyer

David Adams

I was born in Melbourne in 1976, but up until I was ten years old I lived in Maryborough, Victoria. We moved several times back and forth between Perth and Maryborough, but I have lived full-time in Perth since I was sixteen years old.

I competed in Little Athletics in Maryborough from under 7s, 8s and 9s. I took part in my first fun run, the City to Surf, in 1993 but didn't really get into running until 2010 when I joined the WA Marathon Club (WAMC). At that time, I finished my first Half-Marathon in a time of 2:22.22, an easy time to remember! I joined Masters Athletics about two years later. Now, in the last three years I have become much faster, and I achieved many PBs in 2022, in every distance from 60m to the Marathon, which I finished in a time of 3 hours 9 minutes.

I enjoy running and bike riding and I'd like to do a Triathlon, but I can't swim very far; only about 25 metres. I have done several Duathlons, which doesn't have the swim element, but for now I am just sticking to running.

I broke my ankle doing Pole Vault at Strive in 2010. I have been back doing Pole Vault since then, but I am not sure when I will attempt it again competitively; maybe for the State champs in 2024.

I do interval training every Tuesday night and a long run on Wednesday evening. For a short time I did John Dennehy's and David Carr's training on a Saturday morning at the WA Athletic Stadium (WAAS). I have also trained with Jim Barnes and his Marathon training group early on a Saturday morning; just a small group around the Swan River.



On October 8th this year I will be doing my 10th Perth Marathon. Normally I build my long run to about 25 km with a good mix of speed work, long slow distance and maintaining pace, about four or five times a week, aiming for a total of 50-60km a week. After the Marathon is over my next focus will be getting ready for the 2024 MAWA State Championships.

I competed at the 2022 AMA Championships in Brisbane where I did a PB of 4:56.61 in the 1500ml must, at 75.44% age-graded, placing a very close fourth by about 0.5sec. I would like to do another National Championships - I found it more of a challenge because the best runners from each State are there. The other good thing is you get to meet new people and have fun too. On the track I am now focussing on the 800m and 1500m and would like to get my age-graded percentage to 80% and over before the next State champs.

A special moment in my athletics was when I was pacing David Carr in a record attempt in 800m and 1500m at Ern Clark Athletics Centre (ECAC). David said to keep close, let him keep pace and no talking! It felt great and I felt grateful to be his pacer when he got those records. That feeling gave me a reason to keep running.

I am currently going to ECAC every Thursday night and will start back at WAAS on a Tuesday evening once the summer programme starts. I also take part in the Strive competition on a Friday night at WAAS and always enjoy the Sunday run with Masters.

My favourite event is the Steeplechase. I tried the steeple for the first time in 2016 and like that you get to jump in water while running around the track! Often, I like to do all the events in the programme on the one night.

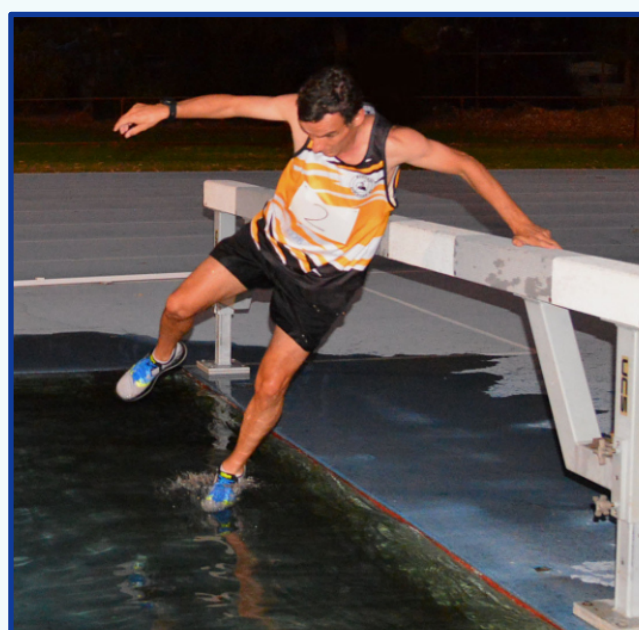
When I get older I would like to do some officiating. I helped Mark Dawson run the Tuesday evening Masters competition at WAAS in early 2022.



David pacing the great David Carr



David and Mark Dawson set up the lap clock at WAAS



David enjoying his favourite event