Mike Meredith

ATHLETE PROFILE

I grew up in the United States. I was born in Michigan in 1960 and lived there until I finished High School. I moved to Missouri to go to uni and lived there for twelve years before moving to Australia in 1990. I have been married to Debbie for 40 years and we have three children. I started a church in Australind before moving to Mandurah in 2003 to start Berean Baptist church which I still pastor.

I began running in middle school but got more serious while in high school. I ran both cross country and track at uni as well. I also started running road races (fun runs) while in high school and even ran my first marathon while still in high school - something I would not recommend to others as I was too young.

When we moved to the Bunbury area, I contacted Brian Kennedy and began running with the Bunbury Runners Club on Thursday nights. To be honest I am not sure when I first ran with Masters, but guess it just eventuated with running as I got older! After moving to Mandurah, I was about as close to Perth as Bunbury and found I enjoyed the camaraderie at ECAC in Perth so have continued to run with the club.

Not being a sprinter, my favourite event is the 5000m. I usually only run the 3000m on Thursday at ECAC in a vain attempt to improve my speed. In terms of trying different events; I have never run a steeple in my life but am 'toying' with the idea of attempting one.

I had coaching in high school and uni, but none since. I SHOULD be running track sessions (repeat 400 metres etc.) but seldom do. I am mainly a fun runner and will go 8-12 kms most mornings.

My main aim this season is to try and drop some weight! I would also like to get my 3000m time back under 14 minutes.

I haven't competed in the State championships . Sadly, I am only a so-so runner now, but I am enjoying the fact that I am still able to run when many of my running friends from years gone by are now retired for health reasons. With that in mind, I hope to keep going as long as possible.

I severely banged my shin in a freak accident one year. I knew I should take some time off but was leading in the Bunbury Runners Club Championship series, so I pushed on. I managed to win the championship that year (I still have the medal) but did damage to my legs and went from running 17 minutes for 5000m to not being able to break 20 minutes. I ended up having to take over a year off which I could have avoided if I had taken two weeks off when it first happened! Thankfully, other than that, nothing major has happened on the injury front.

Mike is part of a colourful group as the field sets off in the 3000m

Enjoying the camaraderie of running with all ages at ECAC, Mike rounds the bend with fellow runners

As much as I enjoy running, my greatest joy in life is to know Jesus Christ as my Lord and Saviour.

One of the most memorable runs I ever did was in the Rocky Mountains in Colorado. It was winter and a cold, crisp day, but no wind. I was running by myself along a mountain trail, and it started to snow. The flakes just sort of drifted slowly down and they were some of the largest I had ever seen, probably the size of an Australian fifty cent coin. It was a surreal day and one I will never forget! I managed to go ten miles that day and enjoyed every minute.

Image: Pixabay