

In Focus
with
Carmel Meyer



Glenn Rogers



IMAGE: Graeme Dahl

I was born and brought up in Melbourne. I'm a mechanical engineer and for the past 25+ years I've been running my own business, training engineers and trades people on Pumps and Pumping Systems. For twenty years this took me all around Australia and to New Zealand, South East Asia and East Africa. Since 2020, I've been working from home and doing everything online.

I moved to Perth in January 2000, just looking for a change, and met my wife Lesley twenty years ago.

Growing up I went to Little Athletics every summer up until the under 12s, where it stopped back then. I didn't have any favourite events and was middle of the pack in everything, but I enjoyed the participation. After the under 12s, I didn't run as a sport until I was in my forties. As a kid/teenager my passion was football, the AFL type. So, I was always running, but with the aim to get the ball first, not to win a race.

I stopped playing football when I was about twenty. At various times since then I've been into golf, sea kayaking, white water kayaking, trekking, skiing, cycling and mountain biking. We also travel often and holidays have usually included one or more of these activities, more recently, cycle tours in South East Asia and Europe.

But back to the running. In 2008 my wife joined me up at a gym. On my first visit I started with ten minutes running on the treadmill. At about the age of 44 that was my first run for about 24 years. I must have enjoyed it, as I kept that up and gradually increased the time and distance. I can still remember what an achievement it felt, when I first ran 4km on the treadmill.

For about the next nine years, my running was a slow 4-5 km, up the coast when home, or a new location when travelling with work.



IMAGE: Supplied



Late 2016 / early 2017, I was home for a couple of months and decided to run every second day and properly build some fitness. I gradually built up my distance and for the first time started to think about running in a big event. When I told my wife that I might run the 12 km at the 2017 HBF (at that stage I'd never run 12 km), her response was, *Why don't you do the Half Marathon...* I replied, *Because I don't think I can run that far.* 21.1 km seemed totally unobtainable. But I gradually built up the distance once a week and when I got up to 18 km, I decided that I could run 21.1 km.

Over the next few months, I read everything I could find about running a Half and ran every second day. Over those months I learnt how to run, not just jog. Doing regular sprint sessions changed my running completely. I ran a 1:38, which was a lot quicker than I thought I could run and after that I was buzzing for the next two weeks and totally hooked on running.

In 2018 I ran the Half in the City to Surf and the Perth Running Festival, and then decided to run the Singapore Marathon at the end of that year. That was an unbelievably tough run and probably a poor choice for a first marathon, but I still loved having done it. I finished in 3:51 which was 386th out of about 9,500 finishers.



IMAGE: Graeme Dahl

When Covid arrived in early 2020, I had to cancel all my upcoming work. Running was a great outlet for me at that time. I ran the Busselton Marathon that year and despite it being a very windy, cold day, it was still ten times easier, and 25 minutes quicker, than Singapore.

I joined Masters Athletics at the start of 2021, looking for some variety. I liked the idea of running in different locations and the challenge of different distances. Up until then I'd only run Half Marathons and Marathons as a timed race. I started running Sundays and also went along to WAAS on Tuesday nights and tried out some different distances.

My main event is probably the 10 km these days, but I also enjoy the 3000m and 5000m on the track. On the track I like getting into a groove and just holding a constant pace for kilometres. It's quite different to the road with no u-turns, right angle bends or changing surfaces to deal with. I've also found that running shorter distances faster, sped up my pace over the longer distances.

In the last few years I've got my Half down to 1:28, have run one sub-40 10,000m and at last year's States, at the tender age of sixty, ran a PB of 19:14 in the 5000m.

I love the Sunday runs and also the State Championships on the track. Last year I went to the Nationals in Adelaide and am currently training for this year's in Canberra. I've had the odd win on a Sunday (when the really good runners don't turn up) and a few medals in the Championships, but probably my greatest achievement is just to be out there running.



IMAGE: Graeme Dahl