

## **Susie Power – Competitive Edge Interview Number 3**

### **Biographical Information**

**Your full name?**

Susie Power-Reeves

**Date of Birth?**

26<sup>th</sup> March 1975

**Place of Birth?**

Ferntree Gully, Victoria

**Currently Living?**

Mornington, Victoria

**Marital Status (name of your partner if you have one)?**

Married to Anthony Reeves. Have two boys, Jai aged 4 and Shay aged 9months

**Pets (names – write as above if same as your partner)?**

Pippen and Tyson, two Border-Collie dogs.

**Occupation (if you are unlucky enough to have one)?**

I don't get paid to hold up a household of boys! So no occupation!

**Height?**

175cm

**Weight?**

Are you kidding! I haven't run in 2 years!!!

**Shoe Size?**

About a 10 in training shoes.... Women size of course!

**Hair colour (currently and/or naturally)?**

A little bit of dark brown and a little bit of blonde. Bit of the funky skunk look!

**Favourite shoe colour?**

Oh got to be clean white! Makes legs look tanned!

**Most loved pair of runners you have ever had (brand and style)?**

You know, I can't say I've ever found a favourite!

**Favourite Race?**

The City to Surf and Great North Run. The atmosphere is a winner!

**Your top 3 running experiences/performances?**

I can't remember

**Personal Bests for your favourite distances?**

67.56 - Half marathon, 31.26 – 10000m track.



### **Competitive Edge Interview**

**CE - Susie, the last time we saw you competing was 2003? You completely dominated the domestic winter with record runs in the City to Surf and Vic 15k champs to name but a few. What have you been up to since that incredible period of running?**

SP - I had a major change in coaching and management in early 2003. I really didn't want to do it. It was a big change and really affected me. I'd been suffering from long-term achillies pain and decided it was time to get them both operated on. Due to a long layoff, I talked my husband into having another baby and got pregnant straight away! I attempted to get back to jogging later in the pregnancy but one of my knee's must not of liked my extra weight! I ended up having the baby in May 2004, built a house and moved further away! I ended up getting a knee operation in July 2004, getting married in December before having another operation (to remove a big lump behind the knee) a week before Christmas.... And you know, I am still struggling to jog!

**CE - So you still have a desire to represent Australia in distance running?**

SP - I'm not sure if there is a huge desire to run for Australia anymore although I would like to return for the Commonwealth Games in Melbourne. I'd like to run for myself. For my own pleasure and rewards.

**CE - You and your brother, Mike, have often been considered loners amongst the distance running community – why do you think this is and does it bother you?**

SP - I don't know. Mike has really grown a lot and become more independent since he's travelled and lived 'everywhere' over the years. I don't think we've meant to be loners, I think it's just happened that we do our own thing.

**CE - Do you still train/plan to train with your father Greg and or brother Mike?**

SP - I'm really not sure what's going to happen with my running and training now.

**CE - Are any of your other siblings following in their big sister's footsteps?**

SP - Definitely not!!! My brother is great on computers and tech stuff and my sister is very different to me – she loves to party!

**CE - You have had an injury-plagued career spiked with periods of brilliance. Is there anything you would have done differently which you think may have reduced your time on the sidelines?**

SP - Many things I guess. I wish I could have had a straight swing at it when I was in my early 20's... but I guess I had my chance and there were always issues I held against myself.

**CE – You have tried a number of different training programs and different training locations over the years. You have had stints with your father, Dick Telford in Canberra, Robert de Castella, Chris Wardlaw, Nick Bideau – which periods of training have you enjoyed the most or learnt the most from?**

SP - I have learnt from all of these people as they have all offered so much to me in different stages of my life. I loved training with my dad and uncle when I was young- dad taught me from the start and has always been an influence in my running career. I loved it with 'Dicks group' up in Canberra with all the guys. There was great support and great training if only I didn't suffer from so much injury! Rab (Chris Wardlaw) and Nic (Nick Bideau) tried really hard to get me to the next level and there was a lot of things going on in my life at that time so I probably made it difficult for Nic to fully take control, but Nic continued to stick by me and we gave it a big shot in 2002 after the commonwealth games and I trained regularly with Sonia (Sonia O'Sullivan), Benita (Benita Johnson) and Craig (Craig Mottram). I had the opportunity to kick forward but there were major issues I had to take into consideration and unfortunately for my running, it didn't happen. Deek has been another great support but unfortunately with all my injuries and living in a different state, things haven't really been given a chance so with all that experience, the circle has made a full turn and I am back where I started from!

**CE - So what is a typical week of training like for a fully fit Susie Power these days?**

SP - Physio, chasing after the boys, massage, driving Jai to and from kinder, a little walking and more chasing after the boys!!! Um... so I'm not really what you'd call fit!!!

**CE - And what sort of rehabilitation program will you follow to get back to this level of training – how long do you think it will take?**

SP - I think its going to take most of this year to get myself back into pain free regular running but I'd love it so much if I could get back to be competitive again one day!

**CE - Finally Susie, you are known to be very fashionable around the running circles. Once and for all, should the girls be wearing shorts or the brief?**

SP - Well, you know the brief shows a bit too much..... the bikini line factor, the tan line factor, the weight factor..... so I think unless you are trim, taught, tanned and have a tight butt..... the shorts are the go!

**Thanks from The Competitive Edge**

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