

Susie Power – Competitive Edge Interview Number 3

Biographical Information

Your full name?

Susie Power-Reeves

Date of Birth?

26th 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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