

ROAR



Sydney Uni
SPORT & FITNESS

RIO EDITION | PART 2



5 AUGUST - 21 AUGUST, 2016. RIO DE JANEIRO.

28 The number of **SPORTS** that will take place at Rio in 2016.

306 The number of **EVENTS** that will take place at Rio in 2016.

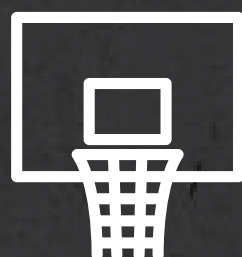
38 The amount of **VENUES** needed for Rio in 2016.



\$200 – The minimum Brazilian price for Opening Ceremony tickets in Rio (**\$79.75AUD**).



22° The average temperature in degrees Celsius for **RIO DE JANEIRO** in August.



425 The number of points **KATIE-RAE EBZERY** recorded in her most recent year with the Sydney Uni Flames.



45,045, the estimated amount of steps **Brendon Reading** will take to complete the 50 km Men's Road Walk in Rio.

Only **FIVE COUNTRIES** have been represented at all Summer Olympic Games since the modern games began in 1896. They are:



Greece



Australia



France



Great Britain



Switzerland

3 The number of times the **SUMMER GAMES** will have been held in the Southern Hemisphere since the Games began in 1896. The other two times were both in Australia, Melbourne 1956 and Sydney 2000.



18 The record number of gold medals that **MICHAEL PHELPS** has won.



12.93 The time that **MICHELLE JENNEKE** clocked in the 2016 National Championship 100 metre hurdle final to win the event and qualify for Rio, 2016.



19.7 The amount of points that Australian basketball legend **ANDREW GAZE** averaged over the five Olympics he competed in.



FROM THE EDITOR



FOR MOST STUDENTS, MONDAY THE 25TH OF JULY MARKS THE COMMENCEMENT OF SEMESTER TWO. HOWEVER, FOR A SMALL MINORITY OF UP TO THIRTY SYDNEY UNI REPRESENTATIVES, THIS DATE SYMBOLISES ELEVEN DAYS UNTIL THEY BEGIN COMPETITION IN THE 2016 RIO GAMES.

For many however, the wait might have been significantly longer than that. A lot of athletes have dedicated the majority of their lives to realise this goal. Take Anneliese Rubie for example, a Sydney Uni 400m runner, who after watching Cathy Freeman in the 2000 Games, made it her mission to make the Green and Gold team.

This certainly puts personal goals into perspective. Things worth having, take time. We too, need to demonstrate a little bit of dedication and perseverance in everything that we do. If Rubie or any other athlete can dedicate their lives to reaching their goals, then surely we cannot expect to see changes to our physical composition in a matter of days or weeks. As Semester Two at Sydney University commences, stay true to the goals that you promised yourself. Avoid skipping tutes, keep up on those lecture notes and commit to that gym session in-between classes. You might not win a gold medal but then again yours is just a thirteen week commitment, but one which will likely provide future dividends.

In part two of our special Rio edition, we focus on many more triumphant stories of selected athletes striving toward the Games. Angie Ballard is of particular significance as one of a handful of athletes competing in the Paralympic Games. Ballard is a T53 athletics competitor with a trophy cabinet that would arguably be the envy of any sportsperson. She's collected five medals in her time representing Australia on the world stage, but is yet to secure the illustrious gold!

Another of our athletes seeking more than just selection, or a spot in the final, is Jessica Fox, an SUSF Elite Athlete

Program alumna who is competing in the Women's Kayak Slalom event. Fox, like Ballard, reached amazing heights in the London 2012 Games but fell just short of ultimate glory, receiving a silver medal in her Olympic debut. She too will be seeking to go one better when August rolls around.

The ROAR to RIO campaign and its content has highlighted the tremendous number of past and present student athletes who have walked our hallways on campus. We are incredibly proud of their successes and achievements to make it to the main stage and are equally delighted with those competitors who may have been in contention for selection. We wish everyone the best of luck and hope to celebrate with them upon their safe return!

Kristen Barnes
Editor

ROAR 32 EDITIONS
MAGAZINE YOUNG

ROAR



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RIO RADAR

Sporting SCHEDULE

Opening CEREMONY

Saturday, August 6:
starting 9:00am AEST.

ATHLETICS

AMELIA (MILLY) CLARK

Sunday, August 14:
Women's marathon,
starting 10:30pm AEST.

JOSHUA (JOSH) CLARKE

Saturday, August 13:
Men's 100m Preliminary Rd,
starting 10:30pm AEST.

Sunday, August 14:
Men's 100m R1,
starting at 1:00am AEST.

Monday, August 15:
Men's 100m semi-finals, starting
at 10:00am AEST.

Monday, August 15:
Men's 100m final,
starting at 11:25am AEST.

MADELINE HILLS

Saturday, August 13:
Women's 3000m steeplechase,
R1, starting 11:05pm AEST.

Tuesday, August 16:
Women's 3000m steeplechase,
final, starting 12:15am AEST.

MICHELLE (SHELLY) JENNEKE

Wednesday, August 17:
Women's 100m hurdles,
R1, starting 12:05am AEST.

Thursday, August 18:
Women's 100m hurdles,
semi-finals, starting 9:45am AEST.

Thursday, August 18:
Women's 100m hurdles,
final, starting 11:55am AEST.

ELLA NELSON

Monday, August 15:
Women's 200m sprint,
R1, starting 10:35pm AEST.

Wednesday, August 17:
Women's 200m sprint,
semi-finals, starting 11:00am AEST.

Thursday, August 18:
Women's 200m sprint,
finals, starting 11:30am AEST.

BRENDON READING

Friday, August 19:
Men's 50km walk,
final, starting 9:00pm AEST.

ANNELIESE (ANNIE) RUBIE:

Saturday, August 14:
Women's 400m R1,
starting 12:00 midnight AEST.

Monday, August 15:
Women's 400m semi-final,
starting 9:35am AEST.

Tuesday, August 16:
Women's 400m final,
11:45am AEST.

Saturday, August 20:
Women's 4x400m relay R1,
starting 9:40am AEST.

Sunday, August 21:
Women's 4x400m relay final,
starting 11:00am AEST.

BASKETBALL: WOMEN'S

KATIE EBZERY

Sunday, August 7:
Group Phase, Australia v. Brazil,
6:30am AEST.

Monday, August 8:
Group Phase, Australia v. Turkey,
6:30am AEST.

Wednesday, August 10:
Group Phase, Australia v. France,
1:15am AEST.

Friday, August 12:
Group Phase, Australia v. Japan,
6:45am AEST.

Sunday, August 14:
Group Phase, Australia v. Belarus,
1:15am AEST.

Wednesday, August 17:
Quarter Finals, 1st game
start 12:00 midnight,
last game start 11:15am AEST.

Friday, August 19:
Semi- Finals, 1st game start 4:00am,
2nd game start 8:00am AEST.

Sunday, August 21:
Bronze Medal Game, 12:30am AEST.

Sunday, August 21:
Gold Medal Game, 4:30am AEST.

CANOE SLALOM

JESSICA (JESS) FOX

Tuesday, August 9:
Women's Kayak (K1), heats (1st run),
1:30am-5:00am AEST.

Tuesday, August 9:
Women's Kayak (K1) heats (2nd run),
1:30am-5:00am AEST.

Friday, August 12:
Women's Kayak (K1) semi-finals,
1:30am-5:10am AEST.

Friday, August 12:
Women's Kayak (K1) final,
1:30am-5:10am AEST.

CANOE/KAYAK

MURRAY STEWART

Friday, August 19:
Men's Kayak (K4) heats, semi-finals,
10:00pm-11:45pm AEST.

Saturday, August 20:
Men's Kayak (K4) final,
10:00pm-11:20pm AEST.

RUGBY SEVENS: WOMEN'S

Saturday, August 6:
Pool Matches, 12:00am-3:00am
& 5:00am-8:00am AEST.

Sunday, August 7:
Pool Match, 12:00am-3:00am AEST.

Sunday, August 7:
Quarter Finals, 5:00am-8:00am AEST.

Monday, August 8:
Semi Finals, 1:30am-4:30am AEST.

Monday, August 8:
Finals, 6:30am-9:00am AEST.

RUGBY SEVENS: MEN'S

Tuesday, August 9:
Pool Matches, 12:00am-3:00am
& 5:00am-8:00am AEST.

Wednesday, August 10:
Pool Match, 12:00am-3:00am AEST.

Wednesday, August 10:
Quarter Finals, 5:00am-8:00am AEST.

Thursday, August 11:
Semi Finals, 1:30am-4:30am AEST.

Thursday, August, 11:
Finals, 6:30am-9:00am AEST.

SAILING

JAIME RYAN

Thursday, August 11:
Women's 470, heat, 2:00am-6:30am AEST.

Friday, August 12:
Women's 470, heat, 2:00am-6:30am AEST.

Saturday, August 13:
Women's 470, heat, 2:00am-6:30am AEST.

Sunday, August 14:
Reserve Day (times as above if required).

Monday, August 15:
Women's 470, 2:00am-6:30am AEST.

Tuesday, August 16:
Women's 470, 2:00am-6:30am AEST.

Wednesday, August 17:
Reserve Day (times as above if required).

Thursday, August 18:
Women's 470, Medal Race,
2:00am-6:30am AEST.

Friday, August 19:
Reserve Day (times as above if required).

WILLIAM (WILL) RYAN

Thursday, August 11:
Men's 470, heat, 2:00am-6:30am AEST.

Friday, August 12:
Men's 470, heat, 2:00am-6:30am AEST.

Saturday, August 13:
Men's 470, heat, 2:00am-6:30am AEST.

Sunday, August 14:
Reserve Day (times as above if required).

Monday, August 15:
Men's 470, 2:00am-6:30am AEST.

Tuesday, August 16:
Men's 470, 2:00am-6:30am AEST.

Wednesday, August 17:
Reserve Day (times as above if required).

Thursday, August 18:
Men's 470, Medal Race,
2:00am-6:30am AEST.

Friday, August 19:
Reserve Day (times as above if required).

WATER POLO: WOMEN'S

ISOBEL BISHOP, HANNAH BUCKLING, KEESJA GOFERS, LEA YANITSAS & NICOLA ZAGAME

Tuesday, August 9:
Australia v. Russian Federation,
Prelim. Rd., 10:00pm-3:20am AEST.

Thursday, August 11:
Australia v. Italy, Prelim. Rd.,
10:00pm-3:20am AEST.

Saturday, August 13:
Australia v. Brazil, Prelim. Rd.,
10:00pm-3:20am AEST.

Tuesday, August 16:
Quarter Finals, 3:10am-5:50am AEST.

Tuesday, August 16:
Quarter Finals, 7:20am-10:00am AEST.

Thursday, August 18:
Semi Final, 12:00am-2:40am AEST.

Thursday, August 18:
Semi Final, 3:10am-5:50am AEST.

Friday, August 19:
Bronze Medal Match,
11:00pm-1:40am AEST.

Saturday, August 20:
Gold Medal Match, 3:10am-6:20am AEST.

WATER POLO: MEN'S

JOHN (JOHNNO) COTTERILL

Sunday, August 7:
Australia v. Brazil, Prelim. Rd.,
starting 8:30am AEST.

Monday, August 8:
Australia v. Hungary, Prelim Rd.,
starting 10:00pm AEST.

Wednesday, August 10:
Australia v. Japan, Prelim. Rd.,
starting 10:00pm AEST.

Saturday, August 13:
Australia v. Serbia, Prelim. Rd.,
starting 8:30am AEST.

Monday, August 15:
Australia v. Greece, Prelim. Rd.,
starting 1:50am AEST.

Wednesday, August 17:
Quarter Finals, 12:00am-2:40am AEST.

Wednesday, August 17:
Quarter Finals, 4:10am-6:50am AEST.

Friday, August 19:
Semi Final, 12:00am-2:40am AEST.

Friday, August 19:
Semi Final, 4:10am-6:50am AEST.

Sunday, August 21:
Bronze Medal Match, 12:40am-3:20am AEST.

Sunday, August 21:
Gold Medal Match, 5:30am-8:40am AEST.

Closing CEREMONY

Monday, August 22:
starting 9:00am AEST.

CONVERSION QUEEN

Sydney Uni student and Elite Athlete Program member Chloe Dalton has been kicking goals since her switch to Rugby 7s only 18 months ago. The north shore talent came from a basketball background, having played professionally with the Sydney Uni Flames, but her agility and enviable ball skills transferred seamlessly to 7s which will for the first time be contested at the Olympics. Editor, Kristen Barnes spoke to Chloe Dalton recently, who explained her love of the new game, her journey back from injury and the team's final Rio preparations.

KB: Being relatively new to the game, how did you first get involved in Rugby 7s?

CD: I was playing basketball for the Sydney Uni Flames, and just felt like I wanted to try something new. My first ever session was with the NSW 7s squad and I had absolutely no idea what I was doing, but I absolutely loved it. I guess it kept on going from there.

KB: Tell us about the six game tournament you just played against Japan. How do you feel the team is performing and yourself personally?

CD: The recent tournament against Japan was used to prepare us for the Olympic format of competition (6 games over 3 days). As a team we performed well and executed our game plan effectively. It was nice to play locally in Narrabeen, meaning friends and family could come to watch.

KB: What did it feel like to be named a World Champion after winning the HSBC World Women's Rugby 7s series in France earlier this year?

CD: I still don't think it has sunk in.

Being crowned champions of the series was a surreal experience and to achieve that with such a good group of girls is something I'll hold onto forever.

KB: Tell us about your arm injury, how are you recovering from that? Is there still much rehabilitation to be done?

CD: In my short rugby career, I've managed to fracture my left ulna 3 times. In December last year I had a new plate and screws fixed to my ulna, and they will stay in there until I finish playing rugby. All the hours of rehab are out of the way, which has been really good as I got some solid playing time this season ahead of Rio selections.

KB: What's your training schedule like at the moment? Do you have many events left in the lead up to the Games?

CD: The training schedule has been intense. We train full-time at the Academy of Sport in Narrabeen, with different sessions every day. We've also just finished an intense training camp up in sweaty Darwin.

KB: You're studying a Bachelor of Physiotherapy whilst simultaneously pursuing your sporting dreams. What made you choose Sydney University?

CD: Growing up playing basketball, a big dream of mine was to play for the Sydney Uni Flames. To have the opportunity to do that whilst enrolling in a renowned Physiotherapy program was awesome.

KB: How has the Elite Athlete Program assisted you in your journey thus far as a student athlete?

CD: Whether it's needing to reschedule an exam due to travel

commitments, or just having a chat when things are getting a bit stressful, the Elite Athlete Program have been invaluable throughout my degree.

KB: What are your thoughts on the Australian Olympic uniform and Opening Ceremony outfits?

CD: I love it. Honestly, I think I would love it no matter what it looked like; to have the opportunity to even put those colours on is something I have dreamed of since I was seven years old.

KB: What other sports or events are you most hoping to catch if you make it to Rio?

CD: It would be amazing to check out the Opals, and hopefully see my old Flames teammate Katie-Rae Ebzery out there!

KB: Who would you most like to meet in the Olympic Village?

CD: I would love to chow down a few chicken nuggets with Usain Bolt.

KB: There's quite a big cohort of Sydney Uni athletes heading over to the games, will you be supporting each other when you compete?

CD: For sure, it's been awesome to meet a few Sydney Uni athletes at different events throughout the year. I'm really looking forward to catching up with them over there.

KB: When the Games are complete, what's the one thing you're looking forward to doing?

CD: Not doing exercise for at least a week/year.

KB: When does the Rio Rugby 7s team get announced?

CD: Thursday July 14th!

"BEING CROWNED WORLD CHAMPIONS OF THE SERIES WAS A SURREAL EXPERIENCE AND TO ACHIEVE THAT WITH SUCH A GOOD GROUP OF GIRLS IS SOMETHING I'LL HOLD ONTO FOREVER"

Chloe Dalton



NOTHING COMES EASY

MOTIVATION – HOW DO YOU FIND IT, HOW DO YOU KEEP IT AND WHAT IS THE SECRET TO KEEPING IT GOING? UNFORTUNATELY, THERE IS NO EASY ANSWER. MOTIVATION IS COMPLICATED, WRITES DIETICIAN, SUSIE BURRELL.

Ultimately it is about finding a reason to do something because you really want to or because you even like doing it. No one can give it to you, nor are you likely to wake up with it randomly one morning. Rather, it will come when something is really important to you and you start to make positive food decisions and move your body because you want to. It shouldn't be because you have to; because you think you should or because you're pleasing someone else.

Personally I feel motivated to eat well, control my weight and move my body every day as I know I am at my best when I am lean, fit and energised. I never feel good when I am not eating well, or when I am feeling heavy. When I look in the mirror and feel good, I know I am at my best to deal with whatever life throws at me. So when I am feeling down, the easiest thing for me to do in order to feel better is to prepare some healthy food and go for a big walk. Nothing makes me feel as good as this does. So, if you are looking for that elusive dose of motivation, here are some things you can actually DO to move forward.

1. STOP FEELING SORRY FOR YOURSELF

No one is blessed with a natural hit of motivation. Individuals who are motivated work at it constantly and consider what they need to do to be at their best, not what someone else can do for them.

2. DO SOMETHING POSITIVE

The simple act of thinking positively or even better; doing something that makes you feel positive – going for a walk, buying some flowers or catching up with a friend can be the easiest way to help you open your mind to opportunities. In the case of diet and exercise motivation this can mean just getting started, as the positive feelings that come from that are likely to help you keep motivated and press on.

3. ACCEPT

Keeping motivated to eat well and exercise has a lot to do with accepting this is something most of us need to do on most days for the rest of our lives. The belief that things are easy for some or that it's not fair are ultimately just excuses that give us a reason to not doing anything, yet they are not really true.

4. STOP THINKING

Motivation has a lot to do with putting a stop to the self-talk that keeps holding you back. Simple acts such as cooking a healthy meal or catching up with a friend over a walk are small but powerful actions that will help you to move forward with minimal commitment.

5. DO THINGS YOU LIKE

One of the biggest mistakes we make when it comes to lifestyle change is that we try and make ourselves do things we don't want to do. We join a gym even though we hate it; or follow a diet that includes foods that we don't like eating. Motivation will come a lot more readily when you actually like your diet and exercise regime.



Angie's

EYES ON GOLD

WHEELCHAIR RACER ANGELA BALLARD IS HOPING FOR A FAST TRACK AT THE RIO DE JANEIRO PARALYMPIC GAMES IN SEPTEMBER TO BOOST HER CHANCES OF WINNING AN ELUSIVE GOLD MEDAL, WRITES GRAHAM CROKER.

The 32-year-old Sydney University Athletics Club member will be competing at her fifth Paralympics in a career stretching back to the 2000 Games in Sydney, but her five medals to date in the T53 category have been of the bronze and silver variety.

Angie's three silver medals came in the 4x100m at Beijing in 2008 and the individual 200m and 400m at the 2012 London Games.

She won bronze medals in the 100m at the 2004 Athens Games and the 100m at the London Games.

She also won the women's wheelchair 1500m gold medal at the 2014 Commonwealth Games in Glasgow, clocking 3:59.20 to finish ahead of Canada's Diane Roy and England's Jade Jones.

"I definitely knew I could probably outdo most of the girls to get a position to finish but I was a little worried because I was boxed in," she said. "It came good because the way was cleared for me. It was a very technical race because not many others had very good grip. It was challenging to keep the speed as it was."

But having set world records in her 'pet event', the individual 400m, at international grand prix meets in Switzerland last year, she has firmed to gold medal favourite on a good track in Rio.

Angie stole the show on the opening day of competition on May 26, 2015, at Nottwil, Switzerland, when she stopped the clock at 54.73sec, edging out a quality field including Chelsea McClammer (USA, second, 56.45) and her training partner Madison de Rozario (Western Australia, third, 57.31) in the 400m. Angie lowered the mark of American Jessica Galli, who had set the standard at 54.88sec when she won the gold medal at the 2008 Beijing Paralympic Games.

She then bettered the time again 10 days later at the Daniela Jutzeler Memorial meet at nearby Arbon, Switzerland, when she lowered her 400m mark to 54.70sec.

The Commonwealth champion backed that up later in the day by setting a new world record in the T53 800m, completing two circuits of the track in 1:47.48, which bettered the eight-year-old mark of 1:49.82, also held by Galli.

The Daniela Jutzeler Memorial carnival was followed by the Swiss Open Nationals, where Ballard was once again in the medals, claiming gold in the 200m and 400m, and silver in the 100m.

The Swiss program put 32-year-old Ballard in the form of her life for the 2015 IPC Athletics World Championships in Doha where she won golds in the 400m and 200m and bronze in the 800m to take her medal tally at World Championships to 10.





"The (world) record
has given me a lot
of confidence"

But it was the elusive 400m title that pleased her the most when she clocked 57.47 to defeat Chinese pair Hongzhuan Zhou and Lisha Huang. After eight previous attempts at claiming the title, she was one very relieved athlete. "That was the one I wanted," she said. "I was so nervous going in, you try and tell yourself that the worst thing that can happen is a loss and starting again tomorrow, but the reality is that this matters so much.

"I was so scared before the race, perhaps it gave me the adrenalin to get it done. I had worked so hard for this for so long."

Angie said the 400m was her favourite distance to race.

"A lot of people hate the 400m, but it is something I have learned to love," she said. "The (world) record has given me a lot of confidence."

Coached by Paralympic legend Louise Savage, Angie said she had been hoping to do well in the 2015 grand prix series.

"Before last year I was a little bit under the radar. I didn't expect to break a world record at Nottwil even though that was the goal," she said.

"That was a huge confidence boost for me. It wasn't just that I had this awesome race where I pulled something completely surprising out of the bag. It was actually a reflection of where we had got to in training. I was actually at this new level.

"The turning point for me was actually quite a few years ago and I feel like the world record is kind of the success at the end. It was the culmination of all that had happened behind the scenes that came to that public moment that everyone witnessed."

Continuing her preparation for Rio, Angie carried her world-beating form from 2015 into the new year with a strong showing at the recent IPC Athletics Grand Prix in Canberra.

The former SUSF Elite Athlete Program scholarship holder dominated day one of competition winning gold in the 100m, 400m and 1500m events.

Angie made a clean sweep of her events when she returned on day two to take honours in the 200m and 800m events.

"It's just good to get some good racing done on a fast track, and to come away with a few wins is a great thing too," Ballard told Athletics Australia. "It's awesome to know that I am faster

now than at the same time in 2015. I broke two world records last year off a slower preparation so that's exciting. If this is an indication of how the Paralympic year will go it is a great place to be."

Canberra-born Angie's will to succeed and overcome hurdles were called on at age seven when she was involved in a car accident and spent the next three months in hospital. Her back and spinal chord were broken, she lost her right kidney, and was resigned to life in a wheelchair. She started competing in wheelchair racing as a teenager in 1994 and first represented Australia in 1998.

Angie came to the University of Sydney in 2001 to study and train with the Elite Athlete Program. She started studying economics, but switched to science (psychology) and has since completed her undergraduate degree with honours and a PhD in the discipline.

Off the campus she was named 1999 Athlete of the Year in the Disabled Category at the ACT Academy of Sport, Female Para-Athlete of the Year by Athletics Australia in 2013 and 2014, and awarded the 2014 Nigel C. Barker Grade Medal for Sporting Achievement by the University of Sydney.

"People think because you end up in a chair that is it; but it is not," Angie said in 2000 when selected for the Sydney Games. "It's human nature, plain and simple, to better yourself. My sport has helped me get over the fact that I will never walk again.

"People face and overcome different sorts of pitfalls in life. Sport has opened up a lot of opportunities for me; I meet a lot of different people, travel overseas a lot and have great things to look forward to."

Wheelchair athletes are graded in four categories – T51, T52, T53 and T54 – the lower the number the more extensive the disability. Angie competes as a T53. "T54 athletes have more abdominal muscles and are able to lift up in the chair to push forward," she said. "Once we get going there's not a lot of difference in the times. Over 100m the T54s are .02sec faster. In fact we race together in the 1500m."

Before her record-breaking 2015 season, Angie's career highlights had been her first individual medal at Athens 2004 and winning gold in 100m at the 2002 World Championships. She's now hoping to add another highlight with gold in the 400m at Rio.

Miles don't always win medals

When you think of an elite athlete training I bet you picture a lot of high intensity speed work - the athletes dripping in sweat, working at their maximal effort until they're completely gassed. So if the best in the business are training with high intensity, why are you still running for an hour straight with no change of pace? Strength and Conditioning Coach to some of Sydney Uni's best athletes, Nicolai Morris gives us every day gym aficionados some tips to train like the elite.

Anaerobic training is when the body's demand for oxygen exceeds the supply of oxygen available. It is high intensity and short lasting, and relies on the muscles' energy sources unlike aerobic exercise which is dependent on oxygen. Anaerobic training can come in many forms and can be used in many sports, including, strength training, interval training, circuits and sprints (E.g. running, swimming and cycling).

Anaerobic training pushes the cardiovascular system to capacity with a brief recovery, before more efforts. It allows a steep oxygen debt which forces the body to cope and adapt. This adaptation increases the use of stored body fat as well as increasing the basal metabolic rate for an extended period post training, thus increasing weight loss. The benefits to this type of training are numerous, and include:

- An increase in strength (through an influx in the human growth hormone which has a beneficial effect on body composition, boosting lean muscle mass production and burning body fat)
- An increase in VO2 max and cardio-respiratory fitness (so you can train harder)
- A decrease in the onset of fatigue (through better removal of metabolic waste from the body)

- A residual excess post exercise oxygen consumption
- An efficient use of time
- A decrease in body fat
- Improved insulin sensitivity (decreasing the risk of type 2 diabetes and hypertension)
- A boost in exercise capacity
- Improved endurance, muscular fitness and speed

Many people still believe the once popularised statement of, "miles win medals" still holds true, fortunately for us, science has caught up. We now know that it is possible to perform and improve without doing hours of continuous training. Instead we can improve our capacity in as little as 10 minutes of training daily.

Interval training is one such technique that's often employed to train athletes. It is characterised by exercise that includes periods of high and low intensity activity. Quality over quantity is simple, but is often an ignored theory, however when you get down to it, it's what training is all about. Getting the best use of your time and energy and the most bang for your buck! Another popularised form of anaerobic training is known as High Intensity Interval Training (or HIIT), which allows you to be time efficient with an effective session in 10 minutes. In the strength and conditioning department we often use it as a top up to the conditioning the athletes are already doing outside the gym and cardio room.

No matter what the sport- strength, speed and endurance all play important roles in determining the success of the team or athlete. Team sports such as Rugby Union, League, Soccer, AFL, Netball, Hockey etc. all are linked by the necessity to be able to perform repeat sprints interspersed with submaximal running and strength elements.

Now you may be asking, how do I train

all these qualities while still getting the best out of myself? When combining these abilities your training needs to have intensity, specificity, variety and consistency. Working in Rugby we need to ensure that the players can quickly recover and perform explosive movements, and thus we often use forms of anaerobic training to condition athletes.

Frequently in training we will add anaerobic efforts interspersed with our skills and team training. We might add a cross training element at the end of a weights session to make sure that the athletes can handle the demand of their sport. A few examples of this type of training are listed below, and everyone should try them.

- 6-10 x 100m sprints running
- 2 x (8 x 20s on/10s off) on any cross training machine- bike, rower, ski ergo or grinder.
- 30s max 1.30mins medium pace on any cross training machine- bike, rower, ski ergo or grinder
- 10 x 25m swimming on 60s
- A circuit using weights or body weight exercises (e.g. 10 burpees, 10 push ups, 10 horizontal pull ups and 10 squat jumps as many times as possible in 3 mins with 2mins rest x 3)
- Sled push 20m with 40s rest x 10

*Note: Our athletes will always perform a 10 minute movement preparation warm up as well as a gradual build up to their top speed efforts for maximum efficiency and injury prevention.

Interval training can be done in many ways, including circuits, machines (rowing, cycling etc.), running or swimming, it is only limited by your own creativity. You will however need to work at a high intensity for all work efforts to get the best out of your training.

Remember, if you train long and slow you will race long and slow.



THE ROAD

to green and gold

IT'S BEEN A LONG AND CHALLENGING JOURNEY FOR THE SOFT SPOKEN
26 YEAR OLD NEWCASTLE NATIVE, BUT KATIE-RAE EBZERY IS AS CLOSE
AS EVER TO REACHING HER ULTIMATE GOAL OF COMPETING AT RIO.

Katie got her first taste of wearing the green and gold at the senior level when she played with the Opals (the Australian women's national team) in a two-game series against New Zealand in August last year which served as qualifying games for Rio 2016. The Opals qualified by winning both games in which Katie averaged 6 points in 19 minutes of play.

Katie speaks about how this experience has helped her game. "Getting exposure in international games definitely makes you a better player. It's always a bit quicker, tougher and means a little more when playing in the green and gold."

The Opals have undoubtedly one of the most talented and experienced squads in international basketball, with solid depth in every position. They are currently placed number 2 in the world according to the International Basketball Federation (FIBA); however the Opals have never managed to win an Olympic gold. Claiming silver in 2000, 2004 and 2008, and bronzes at the 1996 and 2012 Olympics. The team's best result came in 2006 when they won the World Championships.

Under returning Head Coach Brendan Joyce, the Opals have had a series of selection camps across Australia spanning from March through to July in preparation to pick their final squad of 12 for Rio. Katie has been right in the thick of the selection process, vying for her spot on the final team. "Opals camps are very busy. It ranges from on court training to weights, meetings, and film sessions. There is very little down time which definitely makes the time go quickly" she said.

Considering she is a fairly new member of the Opals squad, Katie has leant on Opals veteran Suzy Batkovic to help her find her feet on the international stage. "Suzy has been a really great influence and friend since my inclusion in the squad in 2014. We are both from Newcastle so that is

something our friendship on and off the court stems from. She is an extremely successful Opal and someone I look up to." Batkovic has represented the Opals at the last three Olympics, won last year's WNBL title with the Townsville Fire where she was also awarded the season MVP (in which Katie finished runner-up) and is considered a very strong chance to make the final team for Rio.

Representing Australia at the Games has been a goal for Katie for over a decade now, but the road to get to where she is now has not been without challenges. "It's always been a dream of mine to compete at an Olympics. I think I first realised or thought that it might be possible when I was offered a scholarship to the AIS." After dominating the junior ranks through Newcastle and NSW, it was clear that Katie's natural athleticism and feel for the game would allow her to go to a higher level.

As a 15 year old she was offered a scholarship to the Australian Institute of Sport (AIS) based in Canberra, where she would train every day, play in the Women's National Basketball League (WNBL) and attend Lake Ginninderra College.

Though shining at the AIS, Ebzery found the 24/7 focus on basketball to be too much. "It was tough; it was very difficult. I was a baby, pretty much," she says.

It was at this time that the then 18 year old stepped away from the game. "I'd just gotten to a point where basketball wasn't fun for me anymore. I was burnt out; I was over it. I just wanted some normalcy in my life."

Ebzery did just this; she moved out of home and took up a full-time job in an office junior role at a Newcastle based law firm, Harris Wheeler Lawyers. She didn't touch a basketball at all.

However her competitive urge and love of the game never wavered. "Ultimately,

what I was hoping would happen is that I would miss basketball," she says. "And that's exactly what happened. I'd hoped the break would rekindle my love of the game and reinforce in me that basketball was something I really wanted to do."

The journey has been long and arduous but Katie is in as good a place as ever. After her 12 month hiatus from the game, Katie began a 6 year stint at the Flames and Sydney University.

Last year with the Flames she had career highs in points, rebounds, assists and steals. She was also fifth in the league in scoring at 17.7ppg and in assists at 4apg, while leading the league in free throws made with 97. To add to her personal accolades for the season she received the Flames' Most Valuable Player award for a second straight year and was named in the WNBL All-Star Five.

Off court however, Katie has made big strides as well. In semester one this year, she took on a full time study load on top of playing for the Flames; powering through her Human Movement and Health Education degree at Sydney Uni. She only has one more year to go on her degree and hopes to teach in the future.

Katie is now ready to embark on a new chapter in her life and basketball career. After her successful tenure with the Flames, Katie has decided to pursue an opportunity to play in the world renowned Russian Premier League with Dynamo Moscow. Katie is one of the team's international imports and will be expected to be a big contributor to the team and their success. She will start her time in Moscow following the Olympics.

While Katie will be sorely missed at the Flames, we wish her all the best with her new team. With the final Opals team being chosen over the next few weeks, the whole SUSF family has their fingers crossed for Katie's selection.





DUBBED THE 'SILVER FOX' AFTER HER LONDON 2012 DEBUT, BESTING MORE EXPERIENCED RIVALS TO CLAIM SECOND, JESSICA FOX IS HOPING GOLD WILL BE HER NEW COLOUR AS AUSTRALIA'S SOLE RIO REPRESENTATIVE IN THE WOMEN'S K1 SLALOM, WRITES LAURA HANLON.

Fox won the imagination of the Australian public with her feat in London, who warmed to her unbridled excitement in capturing silver unexpectedly. Now aged 22 years, Fox will give her all in Rio as she knows no other way to compete. The Women's single-kayak slalom will be contested on a tight, 250 metre long man-made, white-water course in Rio. Competitors have to navigate through 18 to 25 gates (hanging poles suspended over the water from wires) and avoid obstacles, all in the quickest time possible.

While being ranked World No. 1 in May helps, there are no certainties for Fox - anything can happen in one of the most thrilling and captivating of sports. Paddlers will be battling each other for supremacy but also pitting their skills against the course.

The story of Fox's rise as a paddling sensation in both kayak and canoe is all about family and what a story it is.

Both her parents are Olympians. Her father, Richard Fox, is a legend of the sport, winning five World K1 individual titles for Great Britain and that many again in K1 teams. Richard came fourth for Great Britain at Barcelona 1992, when the sport returned to the Games. Post competitor, Richard has etched a distinguished career as a coach and administrator in the sport and is the current Australian National Performance Director.

Her mother, Miriam Fox-Jerusalmi, represented France at the 1992 Barcelona and 1996 Atlanta Games, where she secured the bronze in the K1. A multiple World Champion too, Miriam is our Senior National Coach in Canoe Slalom, including coaching her daughter. If that isn't enough of a family pedigree, Fox had the difficult challenge of beating younger sister Noemie, in the Oceania Championships at Penrith earlier this year, in a cut-throat selection contest to win the sole female K1 spot for Rio.

Despite being on-water opponents, Fox radiates a close bond with her sister and expresses genuine pride in her achievements including when Noemie won her first ever World Cup medal, a bronze in Spain.

With a happy, family-first outlook on life, Fox is refreshingly candid on having her Mum as her coach. It is how it has always been for Fox and she can't imagine it any other way, nor would she want it to be. The pair have proven what a great team they make even if 'The Coach' always knows when her star athlete arrives home late, the night before an early-morning training session.

While no assistance is needed, it certainly didn't hurt their relationship that Fox beat 44-year-old Czech paddler, Stepanka

Hilgertova, on her way to claiming the silver medal in London. This was a sweet victory as Hilgertova had defeated Fox's mother to win gold at Atlanta 1996, sixteen years earlier.

Born in Marseille, France, the bilingual Fox (French and English), migrated to Australia with her family at age 4. Growing up watching and playing on the riverbank as her mother competed and then began coaching, Fox was absorbing a lot about white-water slalom from an early age. A broken arm at age 11 prompted more canoeing as a form of rehabilitation. It certainly helped that her home was next door to the Penrith Whitewater Stadium, competition venue for kayak slalom events at the Sydney 2000 Games.

The Sydney Uni Sport & Fitness (SUSF), 2012 Sportswoman of the Year has made every post a winner since, with a career highlight being awarded double World Championship crowns in Kayak and Canoe Slalom in 2014. It's just a pity that the Women's Canoe Slalom won't be added to the Games programme until Tokyo 2020 as Fox has a real passion for canoe.

The main differences between the two are that kayak uses a double-bladed paddle while C1 canoeing is in the kneeling position with a single-blade paddle.

The likeable Fox is no slouch out of the water either, achieving dux of Blaxland High School in 2011 as well as topping the state in Personal Development, Health and Physical Education (PDHPE), as part of her H.S.C.

Joining Fox in Rio, as part of our Canoe/Kayak team, are Lucien Delfour in the Men's K1 Slalom and Ian Borrows in the Men's C1 Slalom.

An Alumna of our SUSF Elite Athlete Program, we sincerely wish Jess the very best in Rio and will be cheering for her every time she is on the water.

>> Tune In



TUESDAY, AUGUST 9:

Women's Kayak (K1), heats (1st run), 1:30am-5:00am AEST.



TUESDAY, AUGUST 9:

Women's Kayak (K1) heats (2nd run), 1:30am-5:00am AEST.



FRIDAY, AUGUST 12:

Women's Kayak (K1) semi-finals, 1:30am-5:10am AEST.



FRIDAY, AUGUST 12:

Women's Kayak (K1) final, 1:30am-5:10am AEST.



ON TRACK

For Rio

Nicholas Hough and Michelle Jenneke are fast, flexible and fearless. Without these traits it would be impossible to compete in the hurdles at the Olympics. While the 100 metre sprint and grueling long distance races steal the limelight, the hurdles are the track event that arguably requires the greatest combination of athleticism and technique from its competing athletes, writes Pat Emery.

The hurdles are one of the most technical events in track and field. Competitors must first figure out which are their lead and trail legs, with the lead extending over the hurdle before your body. To maximise their strides, athletes at the highest level also have to count and know the steps they need to take between each hurdle. However, the most important trait any great hurdler must have is fearlessness. If you do not attack the hurdle, you will not go at the fastest pace possible. Even the greatest hurdlers embrace a good crash. The mentality of attacking the hurdles to ensure you go as quickly as you can is what separates the good from the great.

Nick Hough is the ultimate example of an all-rounder. He is in the race to

qualify for Rio, and is currently studying a combined degree of Information Technology and Laws at Sydney Uni, while on the side managing a promising career as an entrepreneur. It's clear Hough mastered the art of time management from a young age. Prior to commencing his tertiary education, Hough juggled his sporting career with the leadership role of School Captain at the prestigious King's School in Parramatta where he finished equal fifth in the state in Software Development.

Nick channeled his interest in Information Technology to create an app called 'GradeProof' which is available on iPhones and iPads. GradeProof is a proofreading app for students and businesses and has the potential to blossom in the digital marketplace. It helps users advance all aspects of their writing with inbuilt plagiarism checking, grammar analysis and sentence rephrasing.

The 22 year old has secured two National Championships in the 110 metre hurdles, winning in 2014 and then in 2015 where he set a personal best time of 13.42, making him Australia's second fastest man ever in the event. He was also a

gold medalist at the inaugural 2010 Summer Youth Olympics in Singapore and was a member of the Australian Commonwealth Games team in Glasgow where he placed 4th in the final. After finishing sixth in his heat while getting his first taste of senior World Championship competition in Beijing last year, Nick is primed to achieve a Rio qualifying time in the coming weeks.

Hurdling is believed to have originated in England in the early 19th century. Initially competitors simply ran and jumped over each hurdle one at a time, often landing and jumping off two feet. However, the foundation of the modern day hurdling technique came from A.C.M. Croome of Oxford University when he hurdled with a forward lunge motion with one leg extended straight, which is what you see from today's athletes.

A further breakthrough for the sport was the enhanced technology behind the design of the hurdles themselves. Initially heavy wooden hurdles were used, which were soon replaced by lighter T-shaped hurdles that runners could knock over. However, it wasn't until the invention of the L-shaped hurdle in 1935 that the

sport really transformed. The L-shaped hurdle easily falls forward if bumped into, therefore reducing the chance of injury. Prior to this invention, athletes were disqualified if they knocked down more than three hurdles and records only stood if all hurdles remained standing. While it is still disadvantageous to hit the hurdles, the rules were subsequently altered to there being no consequences should an athlete make contact with the hurdle.

Like Nick, Michelle Jenneke is a star performer on and off the track. The 23 year old Elite Athlete Program member is currently undertaking a Bachelor of Engineering in Mechatronics at Sydney Uni while also competing for the Sydney Uni Athletics Club. Michelle has received plenty of attention since bursting onto the athletics scene. A video of Michelle's pre-race dance routine (which she has been doing since 2009) went viral after it was filmed at the 2012 Junior World Championships, receiving over 19 million views after only a week on YouTube. Michelle's bubbly personality, talent and good looks earned her appearances on many popular television talk shows since. Jenneke was able to leverage these opportunities to become an Ambassador

for the NSW Cancer Council's March Charge campaign which was hugely successful.

Michelle booked her ticket to Rio by winning the 2016 National Championship final in an Olympic qualifying time of 12.93. The year before at the 2015 National Championships, Jenneke ran a personal best time of 12.82 seconds to make her the second fastest Australian of all-time in the 100 metre hurdles. The fastest ever Australian woman in the 100 metre hurdles is London Olympic gold medalist Sally Pearson. A competitor and friend of Jenneke, Pearson recently announced she will not compete in Rio due to a hamstring injury she sustained during training just one month out from competition. Given this tragic announcement Jenneke will be Australia's sole hope in the women's hurdles event.

In her illustrious athletics career, Michelle has claimed numerous titles. She won a bronze at the 2015 World University Games in Korea, was a semi-finalist at the 2015 World Championships in Beijing, claimed a silver medal at the 2010 Youth Olympic Games in Singapore, and placed fifth at the 2014

Commonwealth Games in Glasgow. With this list of achievements to her name, Jenneke goes into the Olympic Games confident and at her best.

The first women's hurdle races were run over a distance of 80 metres in 1926, shortly before the event was picked up for the 1932 Los Angeles Games. The distance was then extended to 100 metres in 1966, which is where it still stands today. The International Association of Athletics Federations (IAAF), rules that the men's 110 metre race includes 10 hurdles at 1.067 metres high, spaced out 9.14 metres apart. The women's 100 metre hurdles also feature 10 hurdles, yet the hurdles are 84cm's high and spaced out over 8.5 metres. The 400 metre hurdles is the only other hurdling event at the Olympics for men and women.

With fierce and talented competitors racing in both the men's and women's hurdle events, Nick Hough and Michelle Jenneke must be at their technical best in the coming weeks to propel themselves across the arduous hurdles course. We wish them both the best of luck in achieving their personal goals.

READING

ALL ABOUT IT

READING WALKS EVERYWHERE AND HIS SECOND PLACE AT THE AUSTRALIAN 50KM SELECTION TRIALS LAST DECEMBER, WITH A WHOPPING 24 MINUTE PERSONAL BEST AND RIO QUALIFYING TIME, MEANS HE'S NOT ABOUT TO STOP WALKING ANYTIME SOON, WRITES LAURA HANLON.

It's no exaggeration to say that 'everything is within walking distance' when you are Brendon Reading, one of Australia's three representatives in the Rio, 50 kilometre Men's Race Walk.

It can take years for a top racewalker to perfect the technique required to succeed at the highest level and Reading hasn't cut any corners in his quest to be the best, starting way back in the under 6's Little Athletics. Reading liked to keep busy, having a go at just about everything.

"I enjoyed competing in the jumps and longer distances and would often compete in long jump, high jump, triple jump, the 1500m run and 1500m walk once I started going to State Championships. In the 2002 titles I came last in the High Jump and 1500m run, but 5th in the walk. Later that same year at the All Schools National Championships, a career highlight was winning my first National athletics medal with silver in the U14 Men's 1500m race walk," Reading said.

Reading continued with both high jump and race walking until U18's when he ultimately made the decision to focus solely on the walk, where he consistently medalled.

Born and bred in Canberra, Reading combines training with part-time work and is a proud member of the Sydney Uni Athletics Club.

"I was first approached a couple of years ago by some race walking friends who compete for Sydney Uni. They were looking for another team member to race for them at the NSW Teams Walks Championships. I was more than happy to help out... and we managed to win the Teams title that year. I have continued with the Sydney Uni team since as it is a great club with a strong history," Reading said.

In an unusual twist, Reading's coach, Chris Erickson, will join him on the start line in Rio, also being selected for Australia in the 50km walk, his third Olympics. Their paths crossed when Erickson was training with the Australian Institute of Sport in Canberra and became a scholarship coach. Erickson moved to Melbourne but trains Reading by correspondence, writing his programmes and they communicate regularly via telephone. While Erickson is the more experienced international competitor, Reading isn't far from his heels, finishing just 53 seconds adrift in the selection trial. While being coached remotely must have its challenges, Reading has some more than capable family support.

"I am really lucky in that my father, who is a race walking judge, is able to come out each morning with me on the bike and give me drinks during my sessions and technical advice," Reading said.

Race walking is renowned for the camaraderie among competitors, and proving just that, Reading was invited to train with the Canadian team in Canada in the lead up to the Olympics. The Canadian team came second at the recent IAAF World Race Walking Team Championships in Rome, May 2016, where Reading also competed for Australia. Reading told ROAR from Canada that he is thoroughly enjoying this opportunity.

"We get along really well and the training environment is great so when they suggested I come to Canada I took it. It also meant I could avoid the cold Canberra mornings," Reading quipped.

For July, Reading will head to another altitude training camp in St. Moritz, Switzerland. There, he will link up with his Coach and the rest of the Australian race walkers, including newly crowned London 2012, 50km Men's Gold medallist, Jared Tallent.

A staunch advocate for drug testing in sport, especially out of competition testing, Reading was recently tested in Canada, by drug testers acting on behalf of ASADA.

"If an athlete knows when they are going to be tested they are able to employ measures that increase their chances of passing the test. However, the out of competition testing allows testers to be proactive and try and catch the cheating athlete unawares," said Reading.

Without any doubt the 50 km Road Walk is one of the most physically and mentally taxing Olympic events, the equivalent of 125 laps of a 400m athletic track, all the while being scrutinised by race judges.

Reading is ready though.

"The course in Rio looks really nice. It's down by the beach and one of the few free events for spectators, so I am hoping for large crowds and a great atmosphere. We generally race on a flat, 2km loop for the 50km event and Rio is no different," Reading said.

It's estimated that Brendon will take approximately 45,045 steps to complete the course and Sydney Uni Sport & Fitness will be cheering him on the whole way.

The Men's 50km Race Walk is scheduled to start on Friday August 19, at 9:00pm AEST.

Editor's Note: Brendon Reading is a real champion and kindly found time in his busy training schedule in Canada to give ROAR an update on his Rio preparations.

READING ALWAYS MAKES PLENTY OF ROOM IN HIS LUGGAGE FOR SHOES, WITH THREE PAIRS ON THE GO AT ANY ONE TIME.



GENERAL WALKING SHOES



A LIGHTER PAIR FOR SPEED SESSIONS AND RACES



ANOTHER FOR RUNNING, WHICH HE USES AS A FORM OF CROSS TRAINING





BACK WITH A SPRING IN HER STEP

Sporting comebacks don't come any better than the effort of this former SUAC sports scholar, writes Graham Croker.

Madeline Heiner could have rested on her laurels and retired from athletics in 2006 with a wonderful career behind her and fruitful days ahead, but in a comeback of all comebacks, the former SUSF Elite Athlete Program alumna started training again in 2013. Three years on, she has been selected to compete at the 2016 Olympic Games in Rio de Janeiro.

She'll be contesting that unusual track event, the 3000m women's steeplechase, which combines running and jumping obstacles, including water. "You have three kilometres to go over 35 barriers, with seven going over water jumps, where the idea is to jump as much water as you can," Madeline says. "It's about keeping in a rhythm and not being too distracted by the barriers when they come along and to keep the momentum going. But the main skill is running."

Having married during her eight-year hiatus from the sport and now competing as Madeline Hills, her Olympic qualifier came at the 2006 Australian Athletic Championships at Sydney Olympic Park in April. Madeline powered away in the 3000m steeplechase to take line honours by a massive 10sec in 9:38.63 in front of Genevieve Lacaze (9:49.41) and Victoria Mitchell (9:52.99).

Her winning time was well inside the Games qualifying mark of 9:45.00, justifying her decision to take up training again after a long break from the track. It also franked her stellar 2015 season by cementing her place as the second fastest female Australian steeplechaser in history, behind Donna McFarlane.

Yet another sporting product from Wollongong, Madeline started competing in junior athletics with the Kembla Joggers in the mid-1990s, when two things became apparent: she had a big motor and the build for distance running.

She made her first impression on the international athletics track in 2003, when she finished third in the 1500m at the Australian Youth Olympic festival. Madeline made the 2004 World Junior Championships at Grosseto, Italy, as a 17-year-old 1500m runner, but was eliminated in the heats.

She won gold in the 3000m and

bronze in the 1500m at the 2004 Commonwealth Youth Games and the following year was the Australian Under 20 cross country champion and placed 16th at the World Cross Country Championships in Saint-Galmier, France.

Madeline came to Sydney University in 2006 to study pharmacy, a career two of her siblings had chosen.

"There were so many elements of the degree that interested me, from the facilities to the academic staff, right through to the placements, which were a real highlight," she said.

"For me, I feel like I got to experience the whole package of University life. I lived on campus, which had a positive social and academic focus, making me feel like I was part of a united community of people with likeminded goals."

Madeline also joined SU Athletics Club. She competed in the 2006 World Cross Country Championships, placing 18th in the junior race, but a nagging knee injury ruled her out of the World Junior team and she decided to put study ahead of athletics and concentrate on completing her degree.

"It was just a stubborn pain and by the time it did come good I wasn't as keen and my passion for running had gone," Madeline said. "I was studying pharmacy and I got the travel bug. It was nice to visit places and not have to worry about a training session later that afternoon."

During her retirement she completed her undergraduate degree, began a career as a pharmacist and completed her Masters on International Public Health.

And all the while the travel bug had to be satiated. It was during a trip to Africa and a white water rafting expedition down the Nile in 2010 that she met Chris Hills. The pair married at the end of 2015.

After seven years off the track, Madeline took her first tentative steps back with a jogging group in Adelaide and the competitive juices began to kick.

Then, while working in Launceston in 2014, she entered Tasmania's major race, the Oceania 10km – and won in the respectable time of 32.50. The field included Commonwealth Games marathoners Jess Trengove and Sarah Klein.

Soon after she moved back to her hometown of Wollongong and rejoined the Kembla Joggers.

"I started running regularly and things just kept improving for me," she said. "I decided to have a go at the steeple at the Hunter Classic and won that and then I ran a Commonwealth Games qualifier and a big PB in the 5000m at the Sydney Track Classic."

Those two runs created a conundrum: she then had to choose which event to compete in at the nationals. She decided to go for the one that came first on the program. It was the steeplechase.

"I'd dabbled in the steeple in 2006 and I did run a qualifier back then but I think I'm just a more mature runner now," she said at the time. "I think my time away put things more in perspective."

So, just three months after returning to the track she ran a PB at the nationals and that put her on the team for the 2014 Commonwealth Games in Glasgow – an amazing effort after such a lengthy lay-off and a short preparation. She finished fourth at the Games in a personal best time of 9:34.01, and her comeback gained momentum.

"It was a very unintentional comeback," she said. "I started to enjoy running again and got involved in some fun runs with my club. I got better, and when you see improvement, you're happy to put a bit more effort into it and it's developed a long way in three years."

Since then, she has been building towards Rio. She trains every day and runs 90km per week.

"I love the 3km steeplechase distance, so having 35 barriers in the middle is just an extra challenge for me," she said. "I'm built to jump over things – I'm tall and long."

"(Being selected for Rio) the feeling is bigger than you can possibly imagine. I'm especially excited and honoured to be representing Australia through the track and field team. It still feels very surreal."

And post-Rio? "I can confidently compete knowing that employment opportunities and jobs will still be in high demand on my return from Rio," she says.

But in Madeline's world, she can cross those hurdles as they pop up.

INNOVATION BEATS INJURY

IT'S EASY TO TAKE FOR GRANTED THE AVAILABILITY AND WIDE SPREAD KNOWLEDGE OF THE APPROPRIATE TREATMENT OF SPORTING INJURIES; HOWEVER SPORTS MEDICINE IS A RELATIVELY NEW FIELD OF STUDY. THE SPECIALISATION HAS MADE SIGNIFICANT ADVANCEMENTS IN RECENT TIMES, REDUCING THE FREQUENCY OF INJURY AND IMPROVING THE SPEED AT WHICH WE GET ATHLETES BACK ON THE FIELD, WRITES KRISTEN BARNES.

Since the inception of sport in ancient Greek history, man has endeavoured to understand and develop methods of injury prevention and treatment. The first known sporting injuries were mentioned in approximately 850BC, where men attained injuries through the sports of boxing and chariot racing which were contested for the purposes of egotism and fame.

As sports have become popularised in the modern age due to the known health benefits which prevail, more people are exercising regularly and as such the number of reported injuries has skyrocketed. Most commonly, injuries sustained during contests include ankle sprains, shin splints, anterior cruciate ligament (ACL) tears, other knee injuries and strains to the hamstring or groin.

Of these sporting injuries, ACL tears are among the longest lasting in terms of time taken until full recovery (should the person wish to return to high intensity exercise). Most other common conditions can also

be treated with less invasive procedures.

The anterior cruciate ligament is located inside the knee joint and it plays an important role in the stability of the knee. In 2014, approximately 1 in 3,000 people were reported to have damaged their ACL in America. Given its prominence worldwide and the severity of the injury, it is a good one to report on in order to understand the significance of medical advancements to date.

The historical treatment of an ACL rupture has improved considerably in the last decade, with the first known procedure being documented in 1900 and having positive results for the patient after six years of rehabilitation. This is a significant period of time to have elapsed, considering the career length for most healthy athletes is on average around 5 years at the professional level. Take American sports for example, where the career length for contact sports is even lower with the NFL being 3.5 years

and the NBA being 4.8 years, according to 2014 data.

A breakthrough in ACL repair was made in 1916 by R. Jones who published in the British Medical Journal that the ACL could not just be stitched back together. Instead Jones suggested, "that natural tissue is the only reliable means of repair." From this point onwards many different types of graft were contested as being the best for the repair of the ACL, with the hamstring graft being one of the first in 1934. Following the hamstring, were grafts that used the patellar tendon and the quadriceps tendon; for which all of these procedures had a healing time of around 18 months.

Flash forward seventy years and the same tendon grafts are still being utilised in ACL procedures around the world; however the documented recovery time is substantially less than those completed in the 20th century. Recent studies have shown that majority of athletes make a return to sport

within 9 to 12 months after surgery (though it can be more if you're not a professional athlete).

Hamstring and patella tendons have been noted as the most effective human tissues to be used, though other techniques are continually being tested, for example, allografts. Specialists from the Sports Clinic at Sydney University stated, "Occasionally an allograft (a donor from a source other than the patient) may be used. This could be in the form of another individual's tendon (usually hamstring), or a cadaver tendon (usually from the achilles). An allograft may be considered in patients who may not have tendons of sufficient strength."

Intensive research has also led to the implementation and use of synthetic grafts in the last few years. This type of procedure would be known to many as a LARS ligament reconstruction. Despite this treatment having an extremely rapid recovery time of approximately 4 to 6 months before the athlete returns to sport, there is a lack of substantiated

evidence as to the longevity of the repair compared with natural grafts. There are also other potential associated side effects with this type of surgery including inflammation of the knee joint lining.

There have been many other improvements in sports medicine of late which are resulting in the reduced frequency of knee injuries and better treatment. The Sports Clinic acknowledged, "Perhaps the most significant medical advancement in the management of musculoskeletal injuries is medical imaging. A thorough history and clinical examination remains the cornerstone of any diagnosis, but imaging has the ability to confirm the primary diagnosis or assess for alternative (differential) diagnoses."

Complementing imaging, technological advances are also improving the way an athlete recovers post-surgery. For example, smart phones which have an array of built-in features that are incredibly useful in tracking an athlete's progression and behaviour. This includes

built-in GPS which is found in most phones and some watches; helpful in measuring distance and speed, as well as video functions which allow an athlete to film exercise technique. Furthermore, training equipment like the AlterG (Anti-Gravity) treadmill assists athletes to return to normal function and commence conditioning earlier than normal. This is due to the treadmills ability to restrict the weight an athlete carries, putting less pressure on the injured site.

The field of sports medicine is growing rapidly, especially in Australia, where much more research is being conducted to ensure that diagnosis and treatment are as thorough and efficient as possible. In addition, the area of strength and conditioning continues to flourish with athletes extremely knowledgeable on the muscle groups they must train to ensure injury prevention. Given these factors, sportsmen and women are now able to spend less time off the field nursing injuries than ever before.

Every single SECOND COUNTS

HAVING GROWN UP COMPETING AGAINST ELITE CALIBRE ATHLETES, IT WOULD BE EASY FOR HUMBLE JENNY BLUNDELL TO TURN AWAY FROM THE SPOTLIGHT; HOWEVER, THE 22 YEAR OLD RUNNER IS MAKING A NAME FOR HERSELF AS SHE STRIDES TOWARDS RIO, WRITES KRISTEN BARNES.

Quiet achieving Blundell, grew up participating in cross country meets before she found her knack in middle distance running. She competed for Cherrybrook, a club located close to where the teen grew up in the northern suburbs of Sydney. Competing alongside with her, were familiar names Michelle Jenneke and Jin Su Jung, both Commonwealth Games athletes. Jin also attended Cherrybrook Technical High School with Blundell, making a formidable pair to face in any school athletics carnival; they dominated the field from an early age.

Now, many years on, Blundell still competes with Jenneke and Su Jung, all three are current University of Sydney students and members of the Sydney University Athletics Club (SUAC). A club which has dominated competition for a number of years, and is it any wonder with athletes like those. In 2015 alone, SUAC won every senior competition in Australia. A backbone for many athletes, SUAC offers a home for elite level track and field stars to compete in regular competition. Coming to SUAC in 2013, Blundell chose to focus on the 1500m event after she represented Australia at the Youth Olympics in the 800m.

In 2014, Blundell competed in the Australian Athletics Championships in Melbourne posting an impressive time of 4:12:00 in the 1500m, placing her third behind rival competitors. Less than two

years later, Blundell has now achieved a time of 4:04:62 which she posted at the IAAF World Challenge in Beijing only a few months ago. This quick time made her the fifth fastest Australian woman of all time at the 1500m event.

Blundell stripped an impressive 5:05 seconds off her previous personal best time in her IAAF World race, qualifying her for the Games in Rio. The selection race is still at play however with only three positions available for Australian female track athletes in the 1500m event, with one of these spots already secured by Victorian, Melissa Duncan. Interestingly, Duncan was selected in the Australian team in June 2015, with a then time of 4:05:56 which is notably slower than the time Blundell recently posted. Blundell is one of three further athletes who have made the qualifying time, chasing the dream with her are fellow competitors Linden Hall and Zoe Buckman, as well young guns Bridey Delaney and Katelyn Simpson. Blundell should be feeling confident however, after beating out both Hall and Duncan in a recent Hunter Track Classic meet with a then personal best time.

Though having some setbacks in 2015 after suffering from a torn calf muscle, Jenny is making strides at just the right time. With impressive form in 2016 she keeps inching closer and closer to her goal. Her cross country roots have played a big part in her success; she continues

to compete in longer distance events to improve her endurance and leg strength.

The female world record holder in the 1500m event will be competing at this year's Rio Games. Genzebe Dibaba is an Ethiopian middle and long distance runner who astonishingly clocked a 1500m time of 3:50:07 in a Monaco based competition in July 2015. Dibaba holds the world record in five events and has been noted as the athlete of an entire generation and one to watch at the Rio Games. Given Dibaba's impressive speed, all three selected Australian athletes will have their work cut out for them on the world stage. Despite this, the strength of our nation is very much evident in the sheer number of representatives we will have in the 1500m event come August.

Blundell, like many Sydney Uni athletes is juggling her studies while competing at the highest level; Jenny is completing a Bachelor of Applied Science, while also a member of the Sydney Uni Sport & Fitness Elite Athlete Program. Though the talented runner has plenty on her plate she remains level headed about the coming selection announcement. "It's an Olympic year; you've just got to run as fast as you can. 4:04 is quick, but it might not be fast enough," Blundell expressed to Athletics Australia. Blundell's fate will be determined by the time of this publications release.



- > THE 1500M EVENT WAS FIRST CONTESTED IN THE 1896 GAMES BY MEN.
- > THE FIRST GOLD MEDALLIST IN THE 1500M EVENT WAS AUSTRALIAN, EDWIN FLACK.
- > IN 1972, THE 1500M EVENT WAS FIRST CONTESTED BY WOMEN IN MUNICH, GERMANY.



BLUE & GOLD

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY

By Rodney Tubbs

2016 'BLUE & GOLD' SOCCER FOOTBALL DINNER

On the evening of Friday 3rd June, approximately 170 Sydney Uni Soccer Football Club (SUSFC) players, past players, parents of junior players and supporters assembled for the first ever sit down meal in the SUSFC Dining Room of the TAG Family Foundation Grandstand overlooking the reconfigured Sydney Uni Football Ground.

As always, Adam Spencer's panels were the source of great entertainment. His first panel comprised of Heather Garriock (a Matilda on 130 occasions and coach of our 1st Grade Women's Champion team), Tom Hyde (the SUSFC Men's 1st Grade Captain) and Liz Grey (the SUSFC Women's 1st Grade Captain). Much of the discussion revolved around the new facilities for both players and spectators; the chances of end of season success for our leading men's and women's teams and on the challenges for coaches in dealing with player parents!

The principal guests of honour were Scottish International, Frank Gray, and former Soccerroo, Luke Casserly. There were lots of entertaining reminiscences and both former internationals parried Adam Spencer's questions from left field with consummate ease.

Towards the end of the evening, special presentations were made to five SUSFC members, who were designated as the inaugural 'SUSFC Legends'.

We look forward to further inductions of 'SUSFC Legends' at this annual dinner in the years ahead.

2016 'BLUE & GOLD' RUGBY LUNCHEON

On Friday 24th June, the twentieth staging of the 'Blue & Gold' Rugby

Luncheon took place at The Ivy Ballroom.

The welcome address highlighted the remarkably congested Shute Shield ladder after 14 of the 18 minor premiership rounds in the club rugby 1st grade competition. At that stage of the season, there were no less than eight clubs within 6 competition points of one another at the top of the Shute Shield ladder. Sydney Uni Football Club (SUFC) was equal first with Southern Districts and Randwick.

The entertainment commenced with Adam Spencer's SUFC panel which comprised Head Coach, Tim Davidson, and two of his star players, Jake Gordon and Tom Robertson. To all of the questions about his transition from playing to coaching, Davo exhibited that positive, yet very relaxed, attitude which saw him become the most successful Shute Shield captain of all time, with seven victories from eight consecutive Grand Final appearances.

Jake Gordon and Tom Robertson are only 3.5 years out of secondary school and both have already secured Super Rugby contracts with the NSW Waratahs.

Jake is a big bloke for a scrum-half, but like most of that breed, he has a cheeky twinkle in his eye and a good sense of humour. He also just happens to be the leading try scorer in the 2016 Shute Shield competition.

Tom has the build (and even the haircut) of an archetypal prop forward, but that is where any traditional front row forward stereotyping comes to an abrupt end. In the last three years, Tom has breezed through a Medical Science degree and is now in his first year of a Doctor of Medicine degree. It is no easy task to juggle fulltime studies of this nature with professional rugby. Tom is doing it with flying colours – he scored a try in his Super Rugby debut for the Waratahs

against the Highlanders.

After mains, the twentieth consecutive annual debate took place between the Gentlemen of Rugby and the Low-Life Academia teams.

The Gentlemen of Rugby were represented by Greg O'Mahoney and Rob Carlton, whose job was to present the affirmative case for Australia becoming a rugby playing Republic. They were both extremely funny and actually addressed the topic of the debate on a couple of occasions. Brexit was taking place at the very same time as the debate and duly received some thought-provoking mentions.

The Low-Life Academia team opened with Lord Godfrey Yorke-Copely, the 8th Baron of Cromwell. He was both frightfully English and frightfully funny.

Adam Spencer was up for the fight and gave a superb rendition of a monarchist with a well-developed sense of humour. And so to the adjudication...

The Gentlemen of Rugby were buoyed to discover that the adjudicator was not only a Wallaby, but that he is also the Chair of the Australian Republican Movement!

In his summation, Mr Peter FitzSimons affirmed that Australia should become a rugby playing Republic; however in a rushed conclusion he awarded the debate to the negative – a totally unpredicted victory to Lord Godfrey and Adam Spencer!

Post-function feedback in The Ivy's Palings Bar confirmed that the annual 'Blue & Gold' debates have lost none of their appeal over the twenty years that we have been staging them. There was also lots of optimism about the end-of-season chances of both the Sydney Uni Shute Shield side and the NSW Waratahs.



The debaters provided our luncheon guests with world class entertainment. L to R: Greg O'Mahoney, Lord Godfrey Yorke-Copely (aka David Callan), Rob Carlton & Adam Spencer – much funnier than stand-up comedians!



Isobelle Scott, Bronte Stutchbury & Marjorie O'Neill on the Elite Athlete Program table.



Jake Gordon sees the funny side of one of his teammate Tom Robertson's delightfully amusing anecdotes.



SUSFC Legends L to R: Ram Pal (Johnny) Singh, Michael Baume, David Gibb, Ray Hyslop and Peter Lazar.



Heather, Tom and Liz – members of Adam's first panel.



Portuguese is the
official language
of **BRAZIL**.



RIO DE JANEIRO sits on latitude 22 degrees south while its equivalent is Hong Kong at 22 degrees north of the Equator. Sydney is located 33 degrees south and its Northern Hemisphere counterpart is Los Angeles.



SUMMER GAMES

The event will actually be held in **RIO'S WINTER**. It can be surprisingly warm though, with August average temperatures 19 degrees at night and up to 26 degrees in the afternoon.

The **ICONIC COPACABANA BEACH**, in **RIO DE JANEIRO**, site for some of the Games events, holds the record for the largest rock concert in history, with an estimated 3.5 million people cramming in for a free New Year's Eve concert in 1994 featuring Rod Stewart.

HOME EVENTS CALENDAR

For all the latest event news & reviews, visit: www.susf.com.au

JULY

DATE	TIME	GAME	LOCATION
16, Saturday	11:00AM	RUGBY (W) vs Campbelltown	St Paul's Oval
16, Saturday	02:00PM	AUSTRALIAN RULES (NEAFL) vs Canberra Demons	Henson Park
16, Saturday	02:00PM	HOCKEY (M) vs Norwest Striker	Olympic Pitch 1, Sydney Olympic Park Hockey Centre
16, Saturday	03:00PM	AUSTRALIAN RULES (W) vs Auburn Giants	Sydney Uni No 1 Oval
16, Saturday	03:00PM	RUGBY (1ST GRADE) vs Parramatta	Sydney University Football Ground
17, Sunday	03:00PM	HOCKEY (W) vs Western Districts	Olympic Pitch, Sydney Olympic Park Hockey Centre
17, Sunday	03:00PM	SOCCER (W) vs North Shore Mariners	Sydney University Football Ground
23, Saturday	12:00PM	AUSTRALIAN RULES (NEAFL) vs Redland	Henson Park
23, Saturday	02:00PM	BASEBALL vs Cronulla	Petersham Oval
23, Saturday	04:15PM	BASKETBALL vs St George Saints	Sydney University Sports & Aquatic Centre (Court 1)
24, Sunday	03:00PM	SOCCER (M) vs Balmain Tigers FC	Sydney University Football Ground
24, Sunday	04:30PM	HOCKEY (W) vs Glebe	Field 2, Sydney Olympic Park Hockey Centre
30, Saturday	05:00PM	HOCKEY (M) vs Glebe	Olympic Pitch 1, Sydney Olympic Park Hockey Centre
31, Sunday	03:00PM	SOCCER (W) vs Illawarra Stingrays	Sydney University Football Ground

AUGUST

DATE	TIME	GAME	LOCATION
6, Saturday	05:00PM	HOCKEY (M) vs Ryde	Olympic Pitch 1, Sydney Olympic Park Hockey Centre
7, Sunday	12:00PM	AUSTRALIAN RULES (NEAFL) vs Southport	Henson Park
7, Sunday	12:00PM	HOCKEY (W) vs Ryde-Hunters Hill	Field 2, Sydney Olympic Park Hockey Centre
7, Sunday	TBC	SOCCER (M) vs Granville Rage	Sydney University Football Ground
7, Sunday	TBC	SOCCER (W) vs Macarthur Rams	Sydney University Football Ground
13, Saturday	05:00PM	HOCKEY (M) vs UNSW	Olympic Pitch 1, Sydney Olympic Park Hockey Centre
14, Sunday	10:30AM	HOCKEY (W) vs Gordon North Sydney	Olympic Pitch, Sydney Olympic Park Hockey Centre
20, Saturday	05:00PM	AUSTRALIAN RULES (W) vs Newtown Breakaways	Sydney Uni No 1 Oval
21, Sunday	03:00PM	HOCKEY (W) vs UT	Field 2, Sydney Olympic Park Hockey Centre
21, Sunday	03:00PM	SOCCER (M) vs Gladesville Ryde Magic	Sydney University Football Ground
28, Sunday	03:00PM	HOCKEY (W) vs Mosman Harbourside	Olympic Pitch, Sydney Olympic Park Hockey Centre

