

Peter Nowill – *No hurdle too high*

Name: Peter Nowill
Date of Birth: 15.06.1979
Place of Birth: Brisbane
Sponsors: New Balance
Currently Living: Brisbane
Marital Status: Girlfriend - Vesna
Occupation: Cardiac Sonographer
Height: 179cm
Weight: 69kg
Shoe Size: 10.5
Hair colour: Ginger
Favourite shoe colour: Aqua
Most loved pair of runners you have ever had: Current trainers are great, New Balance 1023.
Favourite Race: Lucerne GP; Casual but well organised meet, always a steeple and in a great city.
Your top 3 running experiences/performances:
1) Olympics - Fantastic to be part of the greatest competition in the world.
2) World Champs - My first major champs, ran an equal pb.
3) Rehlingen GP - Steeple pb, always love to run fast!
Personal Bests for your favourite distances:
3000m Steeplechase 8:22:85
5000m 13:43:03



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Pete, most people have heard your name through being the number 1 ranked steepler nationally. But coming from Brisbane you still don't enjoy the notoriety of many other Olympic Track representatives. Are you reserved by nature or do you think it's just a product of your location?

Location definitely plays a part, with the majority of the athletics action generally taking place in the southern states. That being said, I am not motivated by publicity and athletics, especially steeple, is not a sport one would choose for notoriety. I think it would be easy to become disillusioned with athletics if people allow themselves to be extrinsically motivated to run.

So do you enjoy living and training in Brisbane? There doesn't appear to be much competition up there?

I love Brisbane and there are fantastic facilities at the Uni of QLD and GIS where I train and many great locations to run. The climate allows good training all year round providing you don't mind a little sweat in summer. As for competition, while over the steeple it's a bit slim, if I desire a competitive

race I will step down to 1500m where there are plenty of guys who can smack me around.

Did you always want to be a steepler, or did you just fall into the event?

I have always had a fascination with the event, though in wasn't until 2000 that I pursued it. I found it suited me perfectly both psychologically and physically, so I haven't looked back!

You seem to have adopted a great coach for the job in Pat Clohessey?

(ed note: 'Cloe' coached Shaun Creighton - the current national steeplechase record holder which stands at 8.16).

I started training with Pat approximately 7 years ago and have built a great relationship with him. He has one of the most experienced distance-running minds in the world, gained from his own athletics career and coaching others since the 50's. As anyone who has ever dealt with Pat knows he has a relaxed style, which really suits me. I don't think I would respond to regimented specific instructions particularly well. I have

always trusted him implicitly and believed in his training, which I think is important.

Cloe is notorious for apparently 'under training' his athletes. Does he take this more conservative approach with you also?

I will let the results of his 'under training' speak for themselves with the likes of Doyle, DeCastella and Creighton. The premise of his training is sustainability. It is pointless to smash yourself in a session if the proceeding day you cannot back up because you are sore etc. So in that regard this more conservative philosophy is used on me.

Do you have any training partners?

There is a great group of guys down at Uni of Qld that I train with. There is a lot of talented athletes in the squad that I really hope start to make an impact over the next season.

What does a weekly training program look like and do you periodise?

Sunday: Long (up to 2hours)

Monday: am-30 pm-60 easy

Tuesday: am-30 pm-Hills/surges



Wednesday: am-30 pm-Medium long (up to 90min)

Thursday: am-30 pm-Track/surges

Friday: 60 easy

Saturday: am-mona fartlek pm-30

I don't periodise and roll through the year consistently. I find this enables me to perform in races throughout the whole year.

You don't appear to run all that many road races, or X country. Is this due to not enjoying the events, or do you think it takes away from your track performances?

It's mainly an issue of timing! My main focus is the track and as such I prioritise it. In the last couple of years I have been in Europe for the National Cross and some notable road races. There are a few specific road races like the Noosa Bolt that I really enjoy competing in so will always try and fit them in. World Cross was also disappointing for me this year so I still have some definite goals I am yet to achieve there. It's one area of my running that I think I have significant room for improvement.

We assume your next big goal is the Commonwealth Games? Are the Beijing Olympics also on your radar? And do you foresee an event change in the future, ala Shaun Creighton who moved to 5,000m/10,000m later in his career?

World champs are my current focus and following that will turn my attention to Comm. Games. I have a lot of running left in my legs so definitely intend to carry on through to Beijing. As for an event change, I would like to develop my 5/10km running alongside the steeple, as the training is quite compatible. I will continue to have the steeple as my main focus for a while yet.

How do you find fitting in work with training and racing at an elite level?

It is sometimes tough but it all comes down to time management. If I were to reduce my work hours I would not end up running any more kms, it would however provide more time for the extra elements like stretching and strength work. Unless you are at the very top internationally it is not financially viable to support yourself through athletics, so work is necessary. It also provides a skill

base and some financial security post-competitive running career.

And is there time for anything else in Peter Nowill's life? Any hobbies? We are aware you have a partner?

Aside from work and training there is not much time left in the week. On the weekends I just take it easy with mates and

my girlfriend etc. I used to be an avid mountain biker but due to my penchant for crashing there is not much room for it anymore, that and Pat banned me from ever going near a bike again!!!!

Editors note: look out for Pete at this years World Track and Field Championships in Helsinki



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R4YL A CHAT WITH PETER NOWILL'S PARTNER, VESNA.

How long have you and Pete been together? Did he ask you out or did you have to be the assertive one?

Pete and I have been together for a little over 2 years. I suppose he asked me out and we hung out as friends for a while and things developed from there.

Did you realise he was a star runner when you began seeing him?

I was aware that he was National Champion in something but couldn't remember what it was as I wasn't familiar with steeplechase! I didn't realise how good he was until I actually saw him win a National Championship by a long way.

Have you dated any other elite sports people?

No.

Are you into running yourself?

I only run when I can't make it to the gym.

Has your association with Pete made you more interested in athletics, or is it just something weird he does?

I am a little more interested in athletics now and watch his races when I can.

Is your lifestyle centred around Pete's training and do you go to bed at 8.30pm and eat ridiculously low fat laced foods etc etc?

Well Pete and I don't live together so what he does for training doesn't really affect me. As far as I know he doesn't go to bed that early. In relation to his diet he doesn't seem to be on one! He loves jam and cream donuts (especially if made with fresh cream). I'd even go as far to say that my diet is better than his!

Do you get nervous when Pete competes?

Yes.

Do you think gaunt is beautiful?

Gaunt from not eating enough isn't, but being on the thin side from being an elite sports person can have it's moments!

Thanks from

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