

# She's Good, She's Very Good!

**Name:** Sarah Louise Jamieson  
**DOB:** 24/3/75  
**Birth Place:** Perth, WA  
**Currently Resides:** Melbourne, Victoria  
**Occupation:** Athlete  
**Sponsors:** Reebok, Office National, Oakley, VIS  
**Coach:** Bruce Scriven  
**Personal Bests:**  
 800m — 2.03.1  
 1,500m — 4.04.7  
 3,000m — 8.49  
 5,000m — 15.29  
**Partner:** Jai Thomas (retired 800m runner with a PB of 1.47.8)  
**Favourite Distance:** 1,500m  
**Favourite Pair of Running Shoes:** Reebok Premier Ultra  
**Favourite 3 Races of All Time:**  
 • 2004 Rome Golden League 1,500m - where I ran my current PB  
 • 2004 Lucerne 1,500m – was just before the Rome meet, I ran a PB and it was what I consider to be close to one of those perfect races  
 • Noosa Bolt for its location and atmosphere  
**Pets:** a Border Collie Cross (Jemma) a Kelpie (Roxy, aka Red Rocket Racer) and a cat (Tina)



*At work (i.e. the track) Sarah is relaxed, smiling, and as always gorgeous!*

**FIRST OFF, congratulations on making the Commonwealth Games Team. Were you excited, relieved, fired up...? And how did you hear the news?**

When I won Nationals it was a huge relief. I wanted to win really badly and put a lot of pressure on myself. Winning in the "A" time meant automatic selection for the Commonwealth Games so it was a great feeling crossing the line. I was notified of my selection via SMS!

**Did you expect to run so fast at the trials (4.05)? We believe you had an injury problem a few weeks out so may have been a little underdone?**

It was a bit of a surprise. Tearing my hammy at the Zatopek meant spending time in the hyperbaric chamber and at the pool, instead of going and doing a big block at Falls Creek. I missed a lot of work in December and arrived at the Nationals underdone. We were unable to attempt any kind of speed work in the lead up and were of the opinion that whatever I did at Nationals I could expect to improve on.

**You have been selected for both the 1,500 and 5,000m. Will you focus on one event more than the other? We believe the 1,500m is generally your preferred distance.**

The main focus is the 1,500m. To make the 5,000m was a bonus. I really want to explore the

5,000m as an option over the next few years. I've only run 2 and it will be awesome to have a real crack at it at the Games.

**What did you think of Sonia O'Sullivan's inclusion in the 5,000m?**

No comment!

**What are your goals for the Games? Do you go in with specific target times or places, or are you just going to 'see what happens'?**

My goal for the Games is to win. I don't think it is an unrealistic goal. I was 5th at the last Commonwealth Games and am a far better athlete now. Times are fairly irrelevant in Championship races. Tactics play a massive part. As long as I'm standing on the top of the podium, I don't care what time I've run.

**And plans after the Games – some time off running? Beers? World Cross country, European track season?**

It is going to be a busy next 6 months with no time for partying! After World XC I will head home and prepare for a handful of track races in the US. I will then head back to Oz and put in another training block before heading to Europe for a couple of months. The champagne will flow at the Spring Racing Carnival!

**You're very much a track runner it appears. We rarely see you run on the**

**roads during winter, with the possible exception of the Noosa 5k. Is this because you don't enjoy the roads, or is it a conscious decision based on trying to be a better track runner?**

Because I have had such an injury riddled career I have always tried to avoid doing anything risky and I suppose road racing has fallen into that category. I enjoy running on the roads. It is always a bit of fun. The Noosa Bolt is a great event with an awesome atmosphere. I love training in Noosa and always manage to tie in a training camp in the weeks leading up to the Bolt. Another great road race I did last year was a street mile in Leonora, Western Australia. The whole town came out to watch and cheer us on.

**You do run and enjoy cross country though? And in true Australian distance running tradition, any plans to complete a marathon one day?**

I will never run a marathon as a serious athlete. Maybe when I'm old and retired and am looking for a challenge.

**Could you give us a brief idea of what a typical week of training looks like for Sarah Jamieson?**

- 120-140km per week
- Run twice a day 4 times a week
- 1-2 track sessions     • 3 x weights
- Threshold run         • 2 x massages
- Long run of 90min     • 1 x physio

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*Charging to the Australian 1500m title in 2005*

*Photo: Getty Images*

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**Do you have any favourite/special places you run? Any favoured sessions?**

I love running around Royal Park and the zoo. I can take my dogs and let them loose without bothering anyone. Studley Park on Sundays is also a favourite. I love any session on the track. My favourite is anything that gets shorter as it goes on. Something like 4 laps, 3 laps, 2 laps, 1 lap.

**You are often seen belting around the track with Dan Quinn. Is he your sole training partner? And do you think 'training squads' are beneficial?**

Dan has been awesome over the last 6 months. He does all my sessions and long runs with me. His pacing is spot on. Every time I lead a rep the pacing is all over the shop. He has been an integral part of this campaign. I've got a couple of others who jump in from time to time. Training squads are hugely beneficial. Even if you are not all doing the same session, just to have people to warm up and down with and talk trash with makes it fun.

**It's noticeable that many of the elite girls don't train together in Melbourne. Why do you think this is?**

I don't think it is deliberate. Everyone is spread across a variety of coaches. I also think there are not that many elite females out there. I don't have a problem training with other girls, but to have a male a stride or two in front really pushes me to get the best out of myself.

**We hear you may also train with your boyfriend Jai and your two dogs?**

My dogs run with me every day. They never say no to a run and offer safety. They help take my mind of how I'm feeling as I can just watch them run up ahead. Jai on the other hand is not as consistent and sometimes says "no" to a run. He generally runs with me 3 times a week.

**Do you find your relationship with an ex-elite runner works as he understands what you are going through? Do you talk running at home....or is he a welcome distraction from the rigours of training, competing, and the small 'bubble' that is the running community?**

I think to have an ex-athlete as a partner is the perfect situation. There is that understanding of the selfishness that sometimes comes with being an athlete and the moodiness leading up to competitions. The need for heaps of sleep, healthy eating and not wanting to go out all night is understood.

I'd be lying if I said we didn't talk about running at home. It is such a big part of my life and is unavoidable but at the same time we are conscious of keeping a balance.

**You've had many injuries in the past (I think maybe 7 running related operations in total), so relatively speaking, your body is still quite young**

*Sarah Jamieson giving her all for Australia at the Athens Olympics*

*Photo: Getty Images*



**in training terms. Is retirement on the horizon or do you see yourself competing for quite a while to come?**

I think that I am a good example to those out there who have battled with injury for years. It gives you great mental strength. I feel that despite my age I am a young runner. I am just feeling like I am hitting some great form now. The day that I am comfortable knowing that I have extracted the best out of myself I will retire. I will compete until Beijing then re-assess.

**When you do hang up the spikes, do you**

**think you'll still get out there for jogs around the Tan? Or is it an all or nothing type deal with you?**

I think I will always run. It's an addiction. My goals will no longer be performance based but vanity based.

**Finally Sarah, any words of wisdom that you could pass on to those of us trying to run faster than we have before – you clearly have it worked out?!!**

Results come with persistent and consistent hard work. There are no short cuts to success. **RAYL**



*The disappointment after tearing her hamstring at the 2005 Zatopek meet* Photo: Getty Images

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