



Sitting in fourth place just after the start of the 1500m, David Carr prepares to pounce to win the gold at the World Veterans' Athletic Championships in Durban in 1997

## A man for all seasons

David Carr's running style could never be described as classic but it suits him and is impressively effective. He was a founder member of the club back in 1974, is now a life member and has proved himself to be one of the club's top athletes throughout the years. When asked for information for this profile he could legitimately have provided several pages detailing his athletics achievements, but the scant half page received ("Nobody is really interested in details about me, are they?") means that, despite much research, there are no doubt still some omissions in what follows.

Born in WA, David ran interclub in Perth as a sixteen year old and played baseball in the winter. At seventeen he joined the Royal Australian Navy, making the rank of Leading Aircraft Mechanic. Whilst based at Nowra, NSW, he ran with Albatross Athletic Club. He competed in B grade in Sydney, concentrating on 400m and 800m, achieving a PB of 2:08 in the latter.

At twenty-four he left the navy and, in his own words, "re-entered the real world, resumed baseball (more B grade) and thought about the future". After two years as a full time tertiary student he became a teacher but also continued his studies for some years. He eventually rose to the dizzy heights of school principal. During this time he met and married Patricia and they now have three children and five grandchildren.

From age 24 to 42 he took no part in athletics but by 1974 he was back to running with enthusiasm and MAWA, as it is now, provided the opportunity for him to try various events.

After a couple of years, he ranked amongst the place-getters in the Australian Championships and after thirteen years, in the Worlds, coming second M55 in the 800m in 2:09.78.



David with his great rival Canada's Earl Fee, two of the world's finest middle distance runners.

Closer to home, David's name is engraved on the Patron's Trophy no fewer than sixteen times, the first in 1980 the most recent in 2010. He has held, and still holds, so many state records they are too numerous to mention. His current Australian records (about a dozen of them) include, at various age groups, the 400m, 800m, 1500m, 1 mile, 3000m, 2000m steeplechase, outdoor pentathlon and 4x1500m relay. Two of these, his

800m and 2000m steeplechase are still M75 world records. He holds several AMA Championships records and, in 2008 and 2009, was awarded the Brian Foley award for best age-graded 800m/1500m performance. In 2009, at M75, he was voted the most outstanding Australian male athlete and in 2010 was given the Athlete of the Meet award for his M77 steeplechase performance.

This level of achievement could not have come without extreme dedication but David has always, in addition, found time to contribute to athletics in other ways. He was editor of the first club newsletter for a couple of years and typed, duplicated and delivered each issue. He has been the club president and was convenor of the LOC for the AMA Championships in Perth in 1989. He is always happy to pass on his knowledge to others and still regularly leads a training group for MAWA athletes.

The climax of David's season will be the World Masters Championships in Sacramento. He is at the top of the age group (M75) which contains three men who have posted faster times than his. So he suspects he would miss out on first place in his preferred events. He will run the 800m and, depending on the schedule, will choose between the 400m and 1500m and maybe tackle the steeplechase as well. David sees a win as the endpoint of the right training and of a well-planned programme.