

# Greg's enthusiasm for



The 100m is Greg Brennan's favourite sprint, however as the father of four sons who are all up-and-coming athletes, he is finding his ranking is slipping a little; right now he is third in the family over 100m!

*"One of my most treasured moments was to be able to compete against my eldest son James in the 100m at Strive. He beat me and it signalled a changing of the Athletics guard in my family. That night Chris Neale lost to his son Shannon in the 400m which made me feel a bit better!"*

Born in Mount Lawley in 1968, Greg grew up in Dianella. He attended Mount Lawley Senior High and later gained his Bachelor of Commerce degree at UWA. He is a fellow of Chartered Accountants Australia and New Zealand and is a director and founder of the chartered accounting firm Brennan Sloan. Greg married fellow Chartered Accountant, Monica, in 1994 and their four boys are James, Thomas, Samuel and Lachlan.

Greg started competing in athletics at age 17, joining the Morley Swans



## In focus

With Carmel Meyer

Athletics Club; Ray Boyd and John Paini are two high profile Morley Swans alumni. He was coached by Ron and Greg Taylor in the late 80s and early 90s and considers they were "way ahead of their contemporaries in my humble opinion." Greg is grateful for the opportunities he had to train with elite athletes such as John Paini, Rob Colling and Russell Mathanda. In 1987 he finished third in both the State U20 100m and 200m and had great success as a member of numerous relay teams.

Greg reminisces on what a great era of his life it was – *"We had some great tussles with the Curtin sprinters, one of whom was our own Mark Howard. And, I have very vivid memories of Barrie Kernaghan competing in his late forties."* Greg also ran in the Stawell Gift in 1989, '90 and '91 but athletics

took a backseat when he married and his accounting career became a priority. Greg says he missed competing and after seriously contemplating a return for about five years he took the plunge and joined Masters in 2011.

Greg's sporting prowess is not limited to athletics. He was selected in the 1983 State Schoolboys Football team alongside Chris Lewis, Chris Waterman, Allen Jakovich, Paul Peos and Andrew McGovern. He has remained an avid member of the West Coast Eagles since 1987. Baseball also figures strongly in his sporting resume – he played 12 seasons of State League Baseball with and against several Olympians.

Greg thrives on working out and says he loves going to training at the Stadium or McGillivray. His favourite track sessions consist of repetitions of 60m and 80m sprints at close to top pace. Also a keen weight-lifter, Greg considers this an important part of his training regime.

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# athletics is infectious

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He loved to run the 200m in his younger years but says he finds it "...a bit of a chore these days." He hopes to regain form in the 200m this season, aiming for a low 25sec. Another goal is to go under 12.5sec electronically in the 100m.

A long history of participation in championships in Australia and abroad stands out on Greg's resume — three Oceania Games, two World Outdoors, one World Indoors, one Pan Pacs and seven Nationals. He has won three individual medals at Oceania Games but considers his Masters highlights to be in relay teams, in particular breaking the M45 State 4 x 100m record in 48.25sec at the 2019 Melbourne Nationals with teammates Colin Smith, Lee Stergiou and Adrian McKenzie.

There is a high risk of injury with sprinting but Greg maintains it is worth the risk. He has had several injuries over the years, most commonly hamstring tears, but as his worst injury kept him out of action for only six weeks, he considers himself lucky. It is not only sprinting that has resulted in damage. Greg wryly remembers 'having a go' at the long jump about five years ago. He jumped 5.50m but the following week when he tried again he tore his hammy.

Greg has set an example to his sons not only on the track but also by giving back to the sport as an administrator, coach and official. He was treasurer of Morley Swans Athletics at age 19. He has been heavily involved in Little Athletics for the past eight years, officiating on most weekends. He was the specialist sprint coach at UWALAC for a couple of seasons and will be the key official at the short track for the coming season.

Greg's enthusiasm for athletics is infectious and his sons must be rightfully proud of their dad. *"I love the competition and, in particular, testing myself. You can always set goals no matter what age you are. I always leave the track feeling great and looking forward to my next session. It is wonderful for the body and the mind and I want to keep doing it for as long as I physically can."*

