

**Ross Keane:** MAWA #743 Born in the 60's in WA, and like many many other sandgropers! in Bagot road Subiaco at King Eddies MH (baby factory) Living his childhood in a house built by his father from timber and asbestos (on a rural bush block) in **Mt Pleasant**, During primary school day's he'd become involved in what would become his life's love for sports and athletics, Both with the school, and also with Mt Pleasant little athletics, (Running track located in Stock road Palmyra at the time,) Liking and playing many sports including footy, cricket and basketball with Applecross senior high school, Melville athletic club was the home club which at 17yrs old Ross joined as a junior athletic (Tompkins park Applecross) training for and then winning the school 800m and 1500m. Staying with Melville till 20yrs old Ross say's the long races were the specialty! but couldn't match it with the sprinters!! Playing football also till 20yrs old, these demanding sports were way too much stress on the body (Knees) with its full body contact, Ross was captain of the Old Wesley FC in 1980, Ross also won the best and fairest to top off 1980 (a great year!) Playing basketball in the position of guard, till 35yrs old, But having loose cruciate ligaments in the knees meant they could no longer handle the stress of any contact sports, At this stage Ross left sport, Concentrating on family, building a business and his house During this he was very busy with the Aircon business and teaching, Ross had done an apprenticeship as an Air conditioning and refrigeration technician, and has basically been involved with the same industry since, in one capacity or another, even becoming a TAFE teacher to the new and budding apprentices, (for 30yrs) from 30yrs old to 60 at Carlisle tafe Now, only running the Aircon service business on a bit of a part time basis and not with the intense work load he once endured

Sadly, in January 2007 the kids aged 6 & 8 lost their mother and wife to cancer,

Involving the family (Catherine, Raynor and Ross) He returned to Athletics aged 46 doing City to Surf races They still run as a family today looking forward to the upcoming City to Surf fun run together in August

Ross has been involved with MAWA in a voluntary position as property manager, which included making sure the clock, loud speaker, the all-important first aid box and other items made to the Sunday runs (Now organised by Frank Price)



Seated left of coach (front row)



Pictured here with Raynor

## Coaching: Little Athletics

10yrs plus as a coach, currently coaching the cross-country team, Ross has received the Coach of the year award on 2 occasions now, he plans to volunteer as an official with the School carnivals in September this year, with Bob Schickert

## Training and fitness regime:

After returning home from training runs and Sunday runs Ross will always put ice on the knees, running only 3 days a week between 5 to 15 Kms pending coming race distances for his training, Ross is able to manage his body to still run well above the average times for his current age group M60, Ross considers that getting the body into an anaerobic breathing state is crucial to his training and he achieves this by running a hard/good sustainable pace and on one of his training days it will involve hill repetition runs

## Achievements:

Running sub 20:00 5Kms on a few occasions around 19:32 in M45 M50, Running in both national and state meets Ross's favourite MAWA event locations are the Perry lakes runs and around the Burswood area's

Favourite events, Was the 50km RRC which he competed in for 10yrs and now runs the Short RRC 15.2kms, which he managed a silver for this season,

M45 to M55 was a the most lucrative and memorable times/yrs for Ross winning many events from races in the 800m to half marathon (with M Dawson, D Solomon being a couple of the great competitors/rivalry)

Best ½ marathon time around 1:30 during M50 times

Won the AMA ½ marathon in Bendigo (Vic) 1:35 in 2014 (Aust title for M50)

1500m AMA 4:50.04 in Adelaide 2009, placing 4<sup>th</sup> but then!

Also in 2009 Ross was diagnosed with cancer needing an operation and on-going treatment, after the recovery stage and with grit and determination he went on to Run a marathon at age 50 in 2011, his one and only marathon with a time of 3:51.23 (Perth Marathon)

Ross has one solid gold (ish) medal, won in the 4 x 800 relay at the old perry lakes track, This was in open age running for the Melville athletics club in the 1980's, racing against the other Perth athletics clubs, Ross takes great pride in telling this story constantly giggling he way through, Perhaps ask him to share next week?

Thanks Ross and thank you the reader  
Russell Smith 1332

