


Member Profile

Name:	Steven O'Callaghan	
Age:	30	
Marital Status:	Married	
Profession and/or place of work:	Roofer: Metalcraft Roofing	
Qualifications & Experience: (Especially if you are a Coach or Committee Member)	Club selector, ex club committee member	
Events/Disciplines:	Track - Marathon	
Motivation to do it:	Love it!	
Own training or Coach:	Chris Sole (Dunedin) and self	
Favorite training route:	Pineapple Track- Dunedin	
Training, work, family - How do fit it all in? :	I have a supportive wife. Often take my girls in the pram with me.	
Favourite Pastime:	Spending time with my family.	
What bits are wearing down. How many ACC visits:	You don't won't to know! lol	
How do you handle injuries:	Try and run through them.	
Secret recovery recipes:	Back off, ice, and beer.	
Pre-Event Meal:		
Event gear you use:	New Balance kit or else Lake city singlet	
Best sporting achievement:	2nd Rotorua and Auckland marathons, 2 nd 5000m NZ champs	
Most embarrassing or disastrous moment:	Falling at the finish line in Rotorua marathon 2009 after leading the whole race.	
Event you'd really like to do:	Olympic marathon	
Athlete you admire/why:	Steve Prefontaine because he's the hardest man to ever run. Watch the movie!!!	
Best advice to newbies:	Don't stop. It eventually gets easier. Don't rely on other people	
Time with Lake City:	Joined in 2004	
Volunteer work for the Club:	Club selector, committee member, marshall...	
Suggestions for the club:	Be open to new suggestions	