

THE FALLS CREEK CAMP - JANUARY 2012

The third Falls Creek training camp was held in January 2012 and spread over a period of 9 days. The weather was great and the training was solid – a mixture of road walks, running and gym work. The camp finished on Sunday 8 January just as the rains fell – perfect timing!

We had a great group of walkers assembled: **Heather Carr, Amanda Heard, Jasmine Irshad, Kristie Goznic (SA), Katie Holt (WA), Amy and Sarah Burren, Stephanie and Hayley George, Beth Alexander, Nathan Brill, Billy Allamby, Lucas Taylor, Zac Partington (WA) and Simon Evans** and a big support group headed by camp coordinator Simon Baker along with Alison Baker, Tim Erickson, Sharon Holt, Marg Alexander, Sabrina and Graham George, Gavin and Joanne Burren, Bill Carr and Cathy Evans. And we even had our next group of young walkers in **Callum, Liam and Freya Evans** and Elliot Baker. So it was big group but one that quickly blended together.

With huge numbers of runners enjoying their annual pilgrimage to Falls Creek, along with a good sprinkling of cyclists, triathletes and other village guests and with the likes of Steve Monaggetti and Craig Mottram out running each day, it was a heady atmosphere and one that was conducive to solid training.

For many of the younger walkers, this was their first time at altitude and they all enjoyed it and managed to fit in a lot of quality and quantity during the 9 days.

Camp highlights included

- superb luxury accommodation
- great meals and lots of them
- camp mascot (?) Elliot Baker keeping us all amused with his energetic approach to life
- two of our female walkers going on a short run, getting lost and doing a session of nearly 3 hours!
- Bill Carr excelling on the bike
- Everyone mixing in really well
- Trying to survive 5 minutes in the cold mountain water post training (Gavin Burren attained legendary status)
- Callum Evans, who came to the camp with a max distance walked of 2km, walking 10km with his dad Simon on the last day – another legendary performance
- The swim at Mt Beauty mid week
- The gym sessions which demanded a fair bit of the young walkers
- The fantastic meals, especially on the last few days as we worked to clear the refrigerators and shelves.



Brrr .. that water is so cold!



Sharon, Kristie, Kate, Jasmine, Simon, Heather, Brad, Amanda, Lucas, Billy, Zac, Nathan, Tim, Kathy, Freya, Liam, Callum and Simon



Lucas, Zac, Billy, Lucas, Kristie, Brad, Heather and Kate



Amanda, Jasmine, Simon, Liam and Callum



Working hard in the gym



Left: Simon mans the stopwatch



Middle: What a classic backdrop



Right: Kate Holt of WA warms up



Left: Hayley makes some new friends



Right: Discussing tactics



Left: Out for a hike



Right: The water is still cold!



Left: Ready for some speed work



Right: What would a camp be without a formal group photo!