

copy for
P.M. m.

PROFILE OF A "NEWCOMER"

REMEMBER THE NAME JOHN CAETAN!

John came to Australia from his native Mauritius at the age of only 12 months so he reckons he is a "dinkum Aussie" and this writer would suggest that once someone gets to know John, that person (also a "D.A.") will be very proud of the claim of this fine young man.

He is now just 21 years of age and is shortly (April '90) to join Sydney's Tiger Wests Athletic Club after serving an "apprenticeship" in middle distance running with Parramatta Park runners - a keen bunch of athletes meeting each Friday afternoon at 1.00 pm throughout the year.

Only 3 years ago John, who considered he had too much "baby fat" on his frame, started jogging from his Regents Park home in order to lose some weight. The writer came into contact with him through meeting socially his parents, Cyril and Noël (John is their youngest son, he has 2 brothers, Linley and Sylvan). In conversation over a period of 12 months or so, I was impressed with John's manner and his obvious growing love of exercise. It was suggested that he join the Parramatta Group and he had his first run with the group on 7th October, 1988. In the time since, he has progressed from running the 8km distance at the Park in 34 minutes to just under 28 minutes with "loads of potential" to go much faster.

John has enjoyed much success in the Club's monthly handicap point score as he keeps on improving and getting under the handicapper's "guard". More than this though, he has greatly impressed the more experienced runners in the group with his insatiable thirst for knowledge of running and all the associated "spin offs" (diet, supplementary exercises, history and ^{lore}~~more~~ etc.) of our sport. He has impeccable good manners and has become a very popular member of the group, establishing many firm and meaningful friendships.

Despite his tender years, John has very firm ethical ideas concerning our environment and especially of what his diet should consist in relation to these ideas. I would suggest he is a good representative of his age group in this aspect insofar as his attitude indicates a current awakening (much needed) among his peers, about whom perhaps we hear so much derogatory comment usually.

So far John has restricted his running to solo runs, his activities with the Parramatta Group, an occasional fun run and one run over the 30 kms of the Palm Beach to Manly Classic in January of this year. He has a beautiful ~~g~~ free-flowing running style (Colin Fallon once commented - "he floats along") that is a pleasure to see and is extremely competitive when the occasion calls for it.

The writer suggests (after a lifetime of association with athletics) that John may have the ability to go "right to the top" in distance running (e.g. 10,000 metres) but perhaps more importantly, if he does I believe that the biggest contributing factor in this will be his temperament and outlook on life in general.

G.T.
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(20.3.90)