



I'm a runner

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heavyweight. I loved going down to his place to lift weights in his garage.

Percy Cerutti was 40 years ahead of his time with Herb Elliot and his runners. They used to eat rolled oats and fruit before muesli was invented, and their hard running in the Portsea sand dunes was sensational.

I applied some of Percy's techniques when I was coaching football. The players used to think they were over-worked, but we got Olympic greats Bev Francis and Gael Mulhall in at Collingwood once – those girls would train three times a day, five days a week and work full-time. Now that's training!

Chris Judd (Carlton) is the best runner in football. In rugby league it's Billy Slater (Melbourne Storm) – they've just got something extra. Kevin Bartlett was a freak too. They can grab the ball and accelerate like you would not believe.

I've never tasted alcohol or touched a cigarette. I gave up lollies, cakes and biscuits 37 years ago. I have cereal for breakfast with fruit and yoghurt, a salad or banana on bread for lunch, red meat twice a week, fish or pasta for dinner and stewed fruit, muesli and yoghurt for dessert.

I make New Year's resolutions every year such as: I'm going to read 24 books, go to the movies 12 times, visit six new places in my state, go to six concerts and take my wife to a new restaurant once a month – once you make up your mind you can do anything. **RW**

WORDS: HARRIET EDMUND PHOTOGRAPHY BY SCOTT MCNAUGHTON

Tom Hafey, 80

Former AFL coach and Jeep ambassador, St Kilda, Victoria

I never miss a training session. I'm as slow as a trickle, but as long as you're doing something. I get up at 5.20am and run 7K along St Kilda Beach; I do 10 minutes of stretches, 200 push-ups, swim 50 metres, then run home and do 700 crunches and sit-ups.

I don't enter footraces, but I might go for a long run to a friend's place on the weekend, and I don't wear fancy gear either. My old singlet and shorts do the job.

I tell a lot of men how important it is to have regular check-ups. Men are very self-conscious and might not be as athletic as they used to be so they get a bit embarrassed, but they need to keep fit to be role models for their children.

I was one of the first footballers ever to lift weights, mainly because one of our school friends was Len Treganowan, who represented Australia in the 1956 Olympic Games in the men's middle-