

Harry Summers Profile

Written by Administrator

Saturday, 10 December 2011 02:19

Harry Summers

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| <div style="color: #000000; background-color: white; background-image: initial; background-attachment: initial; background-origin: initial; background-clip: initial; margin-top: 0cm; margin-right: 0cm; margin-bottom: 0pt; margin-left: 0cm; line-height: 15.75pt;"> </div> </td> <td> <div style="color: #000000; background-color: white; background-image: initial; background-attachment: initial; background-origin: initial; background-clip: initial; margin-top: 0cm; margin-right: 0cm; margin-bottom: 0pt; margin-left: 0cm; line-height: 15.75pt;">DOB: 19/05/1990</div> <div style="color: #000000; background-color: white; background-image: initial; background-attachment: initial; background-origin: initial; background-clip: initial; margin-top: 0cm; margin-right: 0cm; margin-bottom: 0pt; margin-left: 0cm; line-height: 15.75pt; outline-width: 0px;">Birthplace/Residence: Randwick NSW</div> <div style="color: #000000; background-color: white; background-image: initial; background-attachment: initial; background-origin: initial; background-clip: initial; margin-top: 0cm; margin-right: 0cm; margin-bottom: 0pt; margin-left: 0cm; line-height: 15.75pt; outline-width: 0px;">Height: 1.81m</div> <div style="color: #000000; background-color: white; background-image: initial; background-attachment: initial; background-origin: initial; background-clip: initial; margin-top: 0cm; margin-right: 0cm; margin-bottom: 0pt; margin-left: 0cm; line-height: 15.75pt; outline-width: 0px;">Weight: 66kg</div> <div style="color: #000000; background-color: white; background-image: initial; background-attachment: initial; background-origin: initial; background-clip: initial; margin-top: 0cm; margin-right: 0cm; margin-bottom: 0pt; margin-left: 0cm; line-height: 15.75pt; outline-width: 0px;">Occupation: Landscaper</div> <div style="color: #000000; background-color: white; background-image: initial; background-attachment: initial; background-origin: initial;</div> |
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background-clip: initial; margin-top: 0cm; margin-right: 0cm; margin-bottom: 0pt; margin-left: 0cm; line-height: 15.75pt; outline-width: 0px;">Coach: Sean♦williams</div> <div style="color: #000000; background-color: white; background-image: initial; background-attachment: initial; background-origin: initial; background-clip: initial; margin-top: 0cm; margin-right: 0cm; margin-bottom: 0pt; margin-left: 0cm; line-height: 15.75pt; outline-width: 0px;">Personal bests:
1500m: 3:51
3000m: 8:16
5000m:13:34.58</div> <div style="color: #000000; font-family: 'Courier New', courier, monaco, monospace, sans-serif; background-color: white; background-image: initial; background-attachment: initial; background-origin: initial; background-clip: initial; margin-top: 0cm; margin-right: 0cm; margin-bottom: 0pt; margin-left: 0cm; line-height: 15.75pt; outline-width: 0px;">10000m:28:13.23</div> <div style="color: #000000; font-family: 'Courier New', courier, monaco, monospace, sans-serif; background-color: white; background-image: initial; background-attachment: initial; background-origin: initial; background-clip: initial; margin-top: 0cm; margin-right: 0cm; margin-bottom: 0pt; margin-left: 0cm; line-height: 15.75pt; outline-width: 0px;">10k road:28:59</div> <div style="color: #000000; font-family: 'Courier New', courier, monaco, monospace, sans-serif; background-color: white; background-image: initial; background-attachment: initial; background-origin: initial; background-clip: initial; margin-top: 0cm; margin-right: 0cm; margin-bottom: 0pt; margin-left: 0cm; line-height: 15.75pt; outline-width: 0px;">
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</div> <p>Australian Championships
Australian cross country championship 2007, 4th
Australian

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U20 cross country Championship 2009, 1st, 8k Nowra, 24:35
Australian world cross country trials 2009, 3rd
5000m Briggs Memorial 2009, 5th 14:15
 City to Surf 2009, 42:35 (7th)◆
City to Surf 2011, 41:43 (4th)
Australian Open cross country Championships 2011, 4th, 12k 26:30
Australian 10000m Championships (Zatopek), 3rd 28:39.04
Australian 5000m Championships 2012, 1st 14:03.84</p> <div style="color: #000000; font-family: 'Courier New', courier, monaco, monospace, sans-serif; background-color: white; background-image: initial; background-attachment: initial; background-origin: initial; background-clip: initial; margin-top: 0cm; margin-right: 0cm; margin-bottom: 0pt; margin-left: 0cm; line-height: 15.75pt; outline-width: 0px;"> </div> <div style="color: #000000; font-family: 'Courier New', courier, monaco, monospace, sans-serif; background-color: white; background-image: initial; background-attachment: initial; background-origin: initial; background-clip: initial; margin-top: 0cm; margin-right: 0cm; margin-bottom: 0pt; margin-left: 0cm; line-height: 15.75pt; outline-width: 0px;"> </div> <div style="color: #000000; font-family: 'Courier New', courier, monaco, monospace, sans-serif; background-color: white; background-image: initial; background-attachment: initial; background-origin: initial; background-clip: initial; margin-top: 0cm; margin-right: 0cm; margin-bottom: 0pt; margin-left: 0cm; line-height: 15.75pt; outline-width: 0px;">International Competitions</div> <div style="color: #000000; font-family: 'Courier New', courier, monaco, monospace, sans-serif; background-color: white; background-image: initial; background-attachment: initial; background-origin: initial; background-clip: initial; margin-top: 0cm; margin-right: 0cm; margin-bottom: 0pt; margin-left: 0cm; line-height: 15.75pt; outline-width: 0px;">International Competitions</div>

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Japan, E kiden road relays, 10k leg 28:59 2011

Jordan, World cross country Championship, junior race 29th 2009

England, Australia v England Ashes, Bupa 5k road 14:20

Interesting Facts

Harry played soccer as a junior for Sydney Uni rep team and wanted to get fit for the off season. A friend who was doing athletics told him to join Sean Williams and train with his squad of runners in 2007. He met Sean and all his athletes in Centennial Park and started doing 2 sessions a week. He enjoyed this kind of training while playing soccer. Then he got couple of injuries in soccer and wasn't enjoying the sport so he decided to stop playing soccer altogether. Sean Williams gave him his first training program of running 60k a week (including 2 sessions with squad) for one year. He got him to join Randwick Botany Harriers club in 2008. That year Harry ran his first Australian cross country Championship and came 4th. Sean stepped up his mileage in 2009 to about 110k a week and Harry ran with squad for another 2 years injury free. He then ran Ben Riggs 5k (Tasmania) in 2009 and came 5th with a PB of 14:15. Harry made his first Australian team in 2009, at 8k junior cross country trials, coming 3rd. At World cross country junior Championship in Jordan he came 29th overall (2nd Australian). Two weeks later he got a stress fracture in his femur on the right leg and was injured for 6 weeks. He got back training and was very unfit but managed to get his training back on track during winter. He ran his first City to Surf in August and came 7th with a time of 42:35. In 2010 he had not been training that great and did some travelling with his family. In 2011 Sean stepped up his mileage to 125k a week with 3 quality sessions a week. That resulted in

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great City to Surf run where Harry came 4th with a time of 41:43. Five days later he ran an Australian cross country championships coming 4th. This was enough to make his 2nd Australian team, Eken road relays in Japan where he ran the 2nd leg 10k with a pb of 28:59, that was a massive breakthrough for him.