



Sixty seconds with our Olympians!

## Morgan McDonald



What was the best thing about competing at the Olympics?

Being a part of the Australian team and taking in the whole experience in the village was the most amazing thing for me. It was a dream come true.



What was something you found to be a nice surprise?

I forgot how much I missed being around all my Aussie friends! I haven't been back to Australia since 2019 due to COVID, so it was really nice to get this taste of home.

Apart from the lack of spectators due to Covid, was there any aspect you found disappointing?

Personally I wasn't very happy with my performance. Due to injury I wasn't quite at my best, so that made it difficult.

Did you make a new friend in the Australian team?

Yeh I made a bunch, the team was very friendly 😊

Did you make a new friend from another nation?

To be honest, our interactions with the other teams was limited due to the COVID precautions. I did get to see some old friends from other countries which was nice.

If you could have done one thing differently, what would it be?

I made a mistake on my way there with my COVID tests and wasn't allowed on my original flight and had to stay at the airport until the next one (about 12 hours later). I would change that if I could!

What's one piece of advice you'd offer to up-and-coming athletes?

Keep it fun! No matter what level you are at, the people you are around and the experiences that you have in this sport are the most special things.

What was your first reward meal after you'd competed?

Lots and lots of gyoza (Japanese dumplings)!



What song motivates you to run fast?

Stereo Love!



What movie also inspires you to perform on the track?

Gladiator!

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## Steve Solomon



What was something you found to be a nice surprise at the Tokyo Olympics?

The set-up of the Australian HQ. Was incredible that the AUS delegation arranged as much "in-house" as possible so that we didn't need to use the village facilities (risking close interaction with athletes who's vaccination status were unknown to us) - a full gym, 10 ice-baths, a mini-supermarket, and a really well kitted athlete lounge with our own personal barista.



Were you surprised to run a PB in your heat?

I wasn't surprised, but I was very glad ... it had been 9yrs between PBs for me. The last time I ran a PB was when the iPhone 4 was released. So I was overdue an upgrade.

Apart from the lack of spectators due to Covid, was there any aspect you found disappointing?

Disappointing would be the wrong word, but so much of the Olympics is getting to enjoy the host city - and I would have loved to have been able to explore Tokyo if we were allowed.

Did you make a new friend in the Australian team?

At the Olympics, you spend a lot of time to yourself and around the people you know. I loved meeting new members of the Australian team and supporting them at their first Games.

Did you make a new friend from another nation?

Not so much as I enjoyed catching up with friends from other nations. I had a number of friends from America and Canada at the Games, some of which I had not seen for many years. So that was a wonderful reunion.

If you could have done one thing differently, what would it be?

Not broken focus in my semi-final. With 100m to go, I broke my focus to assess where I was in the race. I needed to remain in my own head, and that would have helped me to a quicker time and potentially my second OLY final.

Of either Olympics you've competed at, which has been your favourite and why?

London will also be special as my first time - also becoming the first Australian since Cathy Freeman to make the final of the 400m is a very special accomplishment that I hold close to my heart.

What's been the biggest highlight?

Putting on the Australian uniform, knowing the great people I am representing.

What's one piece of advice you'd offer to up-and-coming athletes?

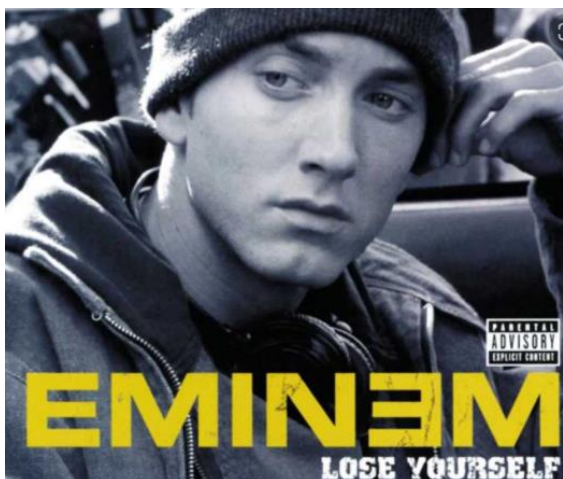
Find a squad that you love being in ... getting to the top is hard, and you are better doing hard things with people you enjoy being around.

What was your first reward meal after you'd competed?

Pizza! They had amazing pizza in the OLY village :)

What song motivates you to run fast?

I love to listen to Eminem before I race ... *Lose yourself*



What movie also inspires you to perform on the track?

I grew up wanting no to be an Olympian but rather to be James Bond ... so I'll go with any of the Bond movies :)

