

THE FALLS CREEK CAMP - JANUARY 2013

A large group of walkers arrived at Falls Creek on Saturday 29th December 2012 for 2 weeks of high altitude training. It was a bit of a shifting population with some walkers staying for one week and some doing shortened visits but the majority completed a full 2 weeks of altitude training. Participants included

Walkers: Stephanie George, Hayley George, Brad Simpson, Kate Holt, Tanya Holliday, Nathan Brill, Jasmine Dighton, Tom Doyle, Brad Aiton, Jesse Osborne, Jasmine Irshad, Adam Garganis, Harry Bates, Katya Martin, Emily Hamilton, Jason Kozica, Lucas Taylor, Billy Allamby, Kirsty Klein, Shannon Jennings, Kyle Bird, Simone McInnes and Amanda Heard.
Coaching Staff: Tim Erickson, Megan Szirom, Cheryl Webb and Duane Cousins
Parents: Sabrina George, Graham George, Kathy Hamilton, Catherine Heard and Kylie Irshad

We had 32 camp participants, our biggest group ever, and our 13 day stay was our longest ever. Falls Creek is at 1600m altitude and our 13 days of training there paid almost immediate dividends with most of the walkers returning home to record PBs over the next couple of weeks.

Camp highlights included

- Adam Garganis, Lucas Taylor and Brad Aiton swimming right across the reservoir after training (a significant swim)
- Emily Hamilton's backflip on our swim day – a second calling as a gymnast?
- Sabby George, cook extraordinaire – sorted out magnificent dinners for the entire camp every evening
- The usual 11PM curfew call – Where's Jason?
- Katya Martin's dramatic finish to her 10km walk on Saturday
- Kate Holt's recovery from death's door
- Lots of quality training AND
- Lots of fun.



Emily Hamilton and Adam Garganis perfect the perfect back flip



Up to the top of the range via chairlift



Out for a walk – Emily, Tom, Lucas, Brad, Katya, Tom, Jasmine, Cheryl, Adam and Nathan



Starting a 1km rep - Billy Allamby, Kyle Bird, Brad Aiton, Lucas Taylor, Jasmine Irshad, Brad Simpson, Kirsty Klein, Shannon Jennings and Kate Holt



Amanda, Duane and Cheryl training
Katya and Jasmine – do they know what Billy is doing!
It's cold in the water – Emily, Simone, Kate, Katya, Jasmine and Stephanie
Stephanie helps on the feed station
Billy, Lucas, Emily, Tom, Kate, Brad and Jasmine lead the pack out for a road session



Megan Szirom talks to the girls - from left to right: Kirsty Klein, Stephanie George, Shannon Jennings, Katya Martin, Kate Holt, Hayley George, Tanya Holliday and Megan



Training makes you so hungry! - Shannon Jennings, Kirsty Klein and Brad Simpson



Left: Contemplating the task ahead - Brad Simpson, Tanya Holliday and Jesse Osborne



Right: What a backdrop for training - Tanya and Brad



Left: Where are they, I've got the drink bottles ready!
Right: The sign may say SLOW DOWN but Kirsty Klein has other ideas