

BRIELLE ERBACHER

EVENT: 3000m Steeplechase



PB: 10:18.87

QA Club: Intraining

Nickname: Chook

Describe the feeling after being selected: Really, really, really excited and happy

What the best advice anyone ever gave you? Don't be a wind break

Morning or Afternoon? Afternoon

Favourite pre-race snack? Salad Sandwich

Favourite post-race meal? Fish and Chips

Any interests or hobbies: Building and Art

What three things would you take to a desert island?
Fishing rod, match and seeds

Where do you see yourself in five years? Hopefully cracking in to the 9's in steeple

Who do you look up to? My brother because he is now taller than me

Fun fact about Finland: Finland has the worlds highest annual consumption of milk per capita - around 1 litre per person every day.

Best advice you can give to up and coming athletes:

If you really love the sport, don't train to hard too easy, you want to be in the sport for a long time.