

# MONTANA MCAVOY

EVENT: 3000m Steeplechase



PB: 10:03.80

QA Club: Ipswich & Districts

*Nickname:* Tanna

*Describe the feeling after being selected:* I felt very honoured to have been selected because it was a huge goal of mine ever since competing in the Commonwealth Youth Games. It was also a bit of relief just to know that you had made it and that all the work had paid off.

*What the best advice anyone ever gave you?* Just to try your best because at the end of the day that's all you can do

*Morning or Afternoon?* Bit of both. I train in both mornings and afternoons. It really just depends on the day.

*Favourite pre-race snack?* **Banana**

*Favourite post-race meal?* **Probably a burger**

*Any interests or hobbies:* **I love to play other sports and spend time with my family and friends**

*What three things would you take to a desert island?*  
**Food, blanket and someone else**

*Where do you see yourself in five years?* **In 5 years' time I see myself still running competitively and hopefully performing well in the senior ranks. Transitioning from a junior level to a senior one can be tough especially in distance but in 5 years' time I will be much older and stronger and hope to just continue working towards and achieving my goals.**

*Who do you look up to?* **Emma Coburn. She is an American distance runner who has achieved so much through out her career.**

*Fun fact about Finland:* **There are approximately 2.2 million saunas in Finland. That's one sauna for every two and a half people. There are more saunas than there are cars in Finland**

*Best advice you can give to up and coming athletes:*  
**I would encourage junior athletes to just be persistent and have fun while you do it. This is a tough sport especially during the low times and getting through these really shows your character. It teaches you discipline and resilience among other things. It is also a rewarding sport and although you may not always see the rewards you will be always one step closer to achieving whatever it is you wish to. Also, junior athletes are still very young and essentially, they could be doing this for another 10 or more years which is a very long time so if you love what you do day in day out it makes it so much more enjoyable and easier.**