

**WHERE: ADF Track and Field Championships, Brisbane. WHEN: February 24.**

Words and photo: Cpl Corinne Boer

**Cpl Rebecca Christou** is a medic based at SME in Moorebank Sydney. She doesn't train with a coach and prefers individual training. She spends about three hours a day running, riding and swimming. Despite her athletic physique, Cpl Christou loves her food, especially free chocolate biscuits at athletic meets. Crumbs were spilling from her cookie-filled mouth as she explained that her love of food is the reason she does so much physical activity and trains so hard.

**LACW Rosaleen Normoyle** is a clerk originally from Perth and now based at Amberley. She has been in Brisbane for about four years and loves it. A keen athlete, her goal is to improve on her 100m and 400m hurdles times. She is an all-rounder in athletics and also competes in sprints and long jump. Don't let her slight build fool you as this athlete can really pack a punch. She has a background in martial arts, which includes karate and zen do kai.

**LAC William Harding** is based in Townsville and works with aircraft support placing safety equipment on aircraft like the Black Hawks. He is keen to qualify for the Arafura Games in Darwin in May and uses his natural athletic flair to

get by. He said he keeps up his fitness by "just running around and stuff". Keen to relax his tired feet after his event, he traded his trainers for the comfort of his trendy blue thongs while cooling down at the end of the day.

**AB Daniel Fisk** is posted on a ship, which makes it difficult to attend sporting meets so he just participates when he can. He has played soccer for 13 years and has always been a good runner. AB Fisk enjoys running and competes for the love of it. The naturally fit athlete was quickly bandaged up after a dramatic finish in a run when he crashed to the ground crossing the finish line to defeat his opponent.



HERE at **Army**, we know that many of our readers enjoy flicking through the paper to see who they recognise and to find out what their mates are doing. So in keeping with this, we've introduced this new segment, Mark Time. Each edition we'll give a quick glimpse of what some Defence members are up to within our community.