

# TAKE 10

## WITH TIM

AUSTRALIAN RUGBY LEGEND AND JETTS AMBASSADOR TIM HORAN TALKS THE TALK WITH SOME OF AUSTRALIA'S MOST SUCCESSFUL AND WELL KNOWN SPORTING HEROES TO FIND OUT WHAT'S GOING ON IN SPORT, LIFE AND MORE BY "TAKING 10 WITH TIM". THIS ISSUE TIM SPEAKS WITH ANOTHER AUSTRALIAN LEGEND IN THE GOOD FORM OF IAN HEALY, AND FINDS OUT WHAT'S GOING ON WITH AUSTRALIAN CRICKET, HIS PERSONAL FITNESS REGIME AND WHY HE STILL WEARS THAT CHEEKY TRADEMARK SMILE. By Tim Horan





**H**i Ian, thanks for taking 10 – tell us what you are up to these days?

Cricket commentary for channel 9 in the summer, nightly sports news for Qld 9 year round, and business involvements in a national cricket retail chain (the Greg Chappell cricket centres) and a car washing chain called Hoppy's.

**Where having a coffee at one of 3 of your hand wash café carwashes, has this been a challenge setting the businesses up – in regards to life after cricket?**

Yes, I find business hard. Less precise, less hunger and talent than working with sporting teams in the past. Mistakes hurt your bank balance without the chance to rectify. My partner Chris Johns is a former league player, so the closer we can get it to sport the better our teams will go. A 7 day a week labour intensive business means we are always training on the run which is tough.

**What's it like working on the channel 9 cricket commentary team with Ritchie?**

Brilliant, he just refuses to get lazy. Commentary gives me everything I would be missing about not playing- team mates, travel and profile, in a new industry using the knowledge gleaned in the other one. AND there is no training!!

**As an ex Australian cricket legend, how is the Aussie team stacking up against the rest of the world at the moment?**

Number 1. The rankings aren't saying that but we will return real soon to the top. Inexperienced players are coming in and performing straight away which says plenty about the culture.

**What do you think is the biggest challenge facing the game in Australia right now?**

Losing quality older players prematurely from the 4 day version of the game so they can chase the Indian Premier league money. Internationally too many teams are not learning and playing well enough which produces no contests.

**Is 20/20 going to take over from the Test matches and 50 over game – or is there still a place for them all?**

Room for them all Tim, we are very lucky to have 3 forms which people want to watch. I think we will see tests stay as the unique sport that it is – maybe 2 tier comp. 50 over's will decrease in numbers to allow for a few more 20/20 internationals. All comps need to lead up to a world final every 2 or 4 years.

**Australian cricketers used to get away with being a bit out of shape, what are they doing different now to keep the guys looking good?**

Fulltime strength and conditioning staff, maintaining strength especially for the bowlers throughout the season. There is hardly any time between games so it has to be a continuous regime on the run. Back to back tests are a nightmare for the fast men, who must monitor fatigue always.

**Do you think your sporting background has helped you stay motivated to keep training?**

Probably, although it doesn't help me find time to do it!! I know what I want to do but still I carry a stone with me everywhere I go- an unwanted stone that is.

**What gets you out of bed in the morning?**

Children's school drop-off's and work. We start with 7.30 managers meetings on Monday, Tuesday and Wednesday. Then the day is gone before I know it.

**The 5 people you would like to have dinner with.**

No time for this kind of dinners Timmy! But if anyone wants a long lunch I am in.

**1 thing that people wouldn't know about you**

Left-handed writer, and eat with a spoon left-handed.

**You recently joined up at the new Jetts Fitness at Lutwyche in Brisbane when it opened, how are you finding the club?**

The swipe card looks great – I hope it works when I get around to attending! I have one more week of travelling left and then I will find some routine and lose some kg's. My motivation is certainly still there. Look out! **ufm**