

PAT CLOHESSY



ATHLETE, COACH, MENTOR

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Contributions from Friends and Colleagues

Edited by Susan Hobson, February 1994

There are a few people who have had a significant impact on my life- my parents, my wife and Pat Clohessy. My relationship with Pat began at high school and in retrospect, through knowing him the course of my life changed.

I was bulky and uncoordinated for ball sports, but Pat saw within me a potential that others didn't see, a potential that I was unaware of. He took me from a middle of the pack adolescent to the champion of the world in marathon. With a personal approach that was nurturing and emphasised longevity, he not only took me to the top, but his conservative, reassuring approach kept me there. In earning the title of Marathon Runner of the Decade, for the 1980's, Pat helped me realize a dream.

Clo has always possessed a special ability to pick individuals from a crowd and instil in them the confidence to be champions. This is difficult enough when those individuals are already performing well, but almost always, Pat chooses the athlete with the right attitude, not necessarily the most talent.

Pat has a unique way of interacting with his athletes - he advises and guides, never tells. His style of coaching requires the athlete to think for themselves, take responsibility for their work ethic and their performances. Pat has never claimed the victory of any of his athletes, he has never needed to convince others that he is a world class coach. He has a unique coaching style that encourages the individual to search for and find the athlete within.

Pat focused my energies on performing for myself, in giving my absolute best, the time and placing took care of themselves. When I raced successfully, I raced myself. There were times, however, when I felt the weight of Australia on my shoulders, but Pat's weight was never there. He was always by my side lightening the load, helping me to get back on task and supporting me in taking time off when I would be reluctant to do so.

We shared victories and defeat, never did he allow me to feel I had let him down. When things were most difficult, he was there. In 1992, the long slow climbs up Black Mountain in the pouring rain, in the dark of a Canberra winter - Pat was there assisting me towards my fourth Olympic Games, when others thought I should have stayed home. It was during times like these that I most appreciated the essential quality of the man. A man of depth and loyalty - it has been a privilege to work with him, it has been an honour to know him. Pat Clohessy will always be a mentor and a friend.

Pat Clohessy is one of the few world class distance runners (Lazio Tabon and Bill Dellinger also quickly spring to mind) who have gone on to become world-class coaches. Clo, while a student at the University of Houston, won the N C A A three mile title in 1961 and 1962 and the AAU three mile title in 1963. He scored minor placings in US indoor and cross country championships. Pat was racing athletes like Bruce Kidd, Billy Mills, Jim Beaty, Bob Schul and Tabori. Interestingly Clo's win/loss against the future 1964 Tokyo Olympics 10,000m Champion (alias Billy Mills) was in double figures in Pat's favour.

The 1962 Perth Commonwealth Games would see Pat in a seventh placing in the three mile and in the 1963 World Games 5,000m Clohessy collected bronze behind Bruce Tulloh and Michael Bernard. Pat was also a competitor in Murray Halberg's world two and three mile records on that epic 1961 European Tour with Arthur Lydiard, Peter Snell and Barry Magee.

In "Distance Running in Australia" Pat wrote: "Lydiard's methods and approach certainly influenced me greatly even though I feel adaptation is required for various levels such as school. Arthur's long running made all the difference, gave me strength and enabled me to use my speed to good advantage. This was essential to win in the States where the fields were so bunched."

One can talk about the luck of the Irish as Pat was blessed with good basic speed. He could run 10.6 for 100 yards, 23 seconds for the furlong and 50 seconds for the quarter. If Deek raced Pat (at his peak) at any distance up to a mile one would need a very good wide angle lens to ensure both were in the photo at the finish. Pat has a versatile range of marks from 4 minutes 4 seconds for the mile to 2 hours 22 minute for the marathon. His 5,000m best of 13 minutes 53 seconds was recorded behind the great Murray Halberg at the 1963 Compton Invitational in America. "Track and Field News" ranked Clohessy No.1 in the U.S.A. over 3 miles/ 5000 metres in 1963.

Rob de Castella was fourteen when he came into contact with Clo at Melbourne's Xavier College and the rest is history. Well it's not quite history, as years later the Clotella combination (based on friendship, trust and respect) is still firing on all cylinders. Pat was history master at Xavier College for sixteen years, so maybe he will write about this great partnership when Deek retires (from elite competition) early next century.

Sometimes Pat appears vague, forgetful and not cerebrally with it. Sometimes he

is! More often than not it's the observer's impression that is at fault. Adjectives like wily, astute and crafty are closer to the truth. Devious might be an even better word. Let's settle for a quick sentence- never underestimate Clo.

Pat Clohessy causes change. We see the effects. You'll never read about the process in newspapers or hear it on radio or watch it on television. We, of course, use the euphemism "behind the scenes operator". In some ways Clo is a wasted talent. He would have been a great politician. Pat is an expert in the "needs to know basis" which permeates many modern governments. Pat normally induces change via the telephone. He has made the telephone conversation almost an art form. Clo invariably finishes a call by saying: "well, I better let you go". Initially I thought he was a very considerate guy. Big mistake. He has probably got another 30 calls to make. In fact the phone clicks almost as soon as he says "go" and immediately he's dialing the next number!

Pat has a reputation for making prolific numbers of phone calls. As the Rotterdam Marathon approached the frequency of the calls increased in proportion to Pat's excitement. He was all fired up. He had me fired up. I was so excited I couldn't concentrate on editing interviews for "Through the Tape". Was Pat trying to sabotage the project? Surely not. After all, he was on my list of nine interviews (which was probably considerably fewer than the number of people on his regular telephone calling list). Ross Williams says: "Most people when they're nervous go to the toilet - Pat goes to the telephone!"

One day less than a week before the race I didn't get a call from Pat. I thought it was strange. A few of us had been encouraging him to go to Holland but Pat was 'um-ing' and 'ah-ing' and produced all sorts of reasons why he couldn't go. None of them made any real sense. Anyway, the following morning I picked up the newspaper and discovered Pat was in Rotterdam!

It was Mike Lenton, almost ten, who took a call at 9pm on Saturday 9 April. The connection was poor but the message succinct: "The conditions are fantastic. They're going out at 2.08 pace. I'm running out of coins." Other Canberra homes received the same call. How many dutch guilders did Pat carry in his pockets? About a fortnight before Rotters Pat told me: "We mightn't have the best training system in the world, but it's good enough - and it seems to work." That must rank as one of the classic understatements of all time.

A favourite expression of Clo's is "good on ya". His personal best is 87 in a day.

I've no doubt he could crack treble figures. One of Pat's greatest personal attributes is that if he cannot say something, positive and constructive about another person then he says nothing. So if Clo is not talking about you, watch out!

Perhaps Clohessy's greatest coaching strength is that he understands athletes as people. The family, home, friends, work, study and leisure activities are all critical variables and Pat operates within this framework rather than against it. Words like "supportive" and "group situation" are basic to Clo's coaching vocabulary. In an interview with me in "Marathon and Distance Runner" last year Deek said: "Pat is very perceptive and has a lot of common sense which I think are very valuable qualities in a coach." During 1980 Ron Clarke wrote in "The Age": "There are possibly far more knowledgeable and technically aware coaches in Australia than Pat Clohessy; probably others that are more inspiring, but none can challenge his enthusiasm. It is the very sincerity of the man that comes through in his relationship with his athletes. He doesn't take charge, he doesn't dictate, he is not a dogmatic person. Rather he consults, he discusses and persuades." Ron continues: "Behind all this he has more experience in distance running than anyone else in this country. He stands with Harry Hopman (legendary tennis coach of Hoad, Rosewall, Laver, Emerson, Fraser, Newcombe and Roche) as one of the greatest influences on his sport that Australia has had. Yet no one would be more surprised with this comparison than Pat himself because that is the nature of the man."

Pat is destined to have the same impact on elite distance running in this country as Harry Hopman did on elite tennis. Clo is very patient. If only all athletes that Pat has advised in the last fifteen years shared the same patience.

I disagree with Ron Clarke that perhaps Pat is not as inspirational as some other coaches. He may not have the extroversion, flamboyance, gestures or voice of a Stampfl or Cerutti, but Pat is no introvert. Rob has said in "Marathon and Distance Runner": "I find him very motivating in his own subtle way".

Actually Pat is not quite as quiet as some people think. At Rotterdam Clo was told he wouldn't be allowed on the official lead vehicle. Pat told the organisers in fairly unambiguous language that he would be on that vehicle regardless. He was! Perhaps one cannot imagine Clo ever waving a towel at a World Championship or Olympics, like Percy Cerutti did on the Rome arena in 1960, but then again...

The expression "we're all in this together" is basic to Pat's philosophy. It was vividly brought home to me at Q.E. II stadium after the 1982 Brisbane Marathon.

I went up to Pat, shook his hand and let fly with ten superlatives. Pat pointed to Chris Wardlaw standing nearby and said: "Don't forget him." I then started pumping Chris' hand. Later that evening, while a larger group of us were celebrating Pat kept telling me, "we're all in this together". Clo would then start with "The List". These are the people who have helped in some way with Deek's athletic development. The list of course, starts with Rolet and Anne de Castella and finishes some one hundred names later. On one occasion I interrupted Pat when he got to number 96. I just said: "Come on, Pat. How could that person (who will remain anonymous) have possibly contributed to the Brisbane success?" Immediately Pat sprung back with an answer quick as a puma (or maybe an adidas) in for the kill. He always has an answer!

This introduction was enjoyable, relaxed and carefree. That's interesting because it was exactly the approach that Pat took with Deek and all the Xavier boys. Perhaps it's stretching the imagination to describe Deek's Fukuoka, Brisbane and Rotterdam marathons as carefree, but they were all relaxed.

That adds up to successful coaching. "Good on ya, Pat."

Brian Lenton
(With permission from "Through the Tape", 1983)

I first got to know Pat in 1962 when he came to Perth directly from the United States (where he had just won his umteenth NCAF title) to compete in the Commonwealth Games three miles.

Later, we grew to form a firm friendship, one built on respect as well as compatibility. When I began to tour the world, I also discovered the esteem in which Pat was held in the United States where he won 3 successive NCAA 3 mile titles, and by the New Zealanders with whom he had regularly toured Europe.

I regard him as the perfect coach for distance runners, with his blend of high character, knowledge and experience. I am looking forward to seeing the results of the talent he will undoubtedly unearth in Brisbane.

Ron Clarke

Even though I seem to have known Clo forever (he was a friend of my younger brother during the years they both went to USA universities) I can't recollect any story that people would find insightful or humorous. It's just that every meeting I have ever had with Pat, social or otherwise, confirmed his total integrity and his devotion to our sport and its young participants.

His contribution has been outstanding, and I am sure that his example will ensure that what he believes in will continue to happen (although maybe at a rate just a bit slower than Pat would have done it!)

Herb Elliott

In his early days, he was known as a champion in Sydney, but few knew he was living in Glenhantly as a boy and his mother continued to live there. Victorians knew little whilst in the U.S.A. although his successes should have been noticed. An instance of this was seen in 1962 when the team for the Perth Commonwealth Games was announced. As I was selecting the team for AA I looked over at the athletes as the team was announced from "A" to "Z". Interesting to see faces of delight or sadness whether they were in the team or not. Arriving at "C" I watched Ron Clarke when he was selected, as at that time he was not a certainty. Clohessy was named just before Ron, and I heard the voice of Ron speaking to Trevor Vincent, "Who the hell is he?"

Pat's good sportsmanship was shown after these "Games" when he came to me to apologise because he did not gain a medal, although he performed well. His kindness and ability to get results proved he was such a wonderful coach. What wonderful successes were from Xavier College. I am only one of the thousands of fans who are so proud to be a friend of such a wonderful man and coach. His assistance apart from coaching is always given to officials or officers, and friendliness to other coaches.

Pat will never really retire and he will continue to promote our fine sport.

Bert Gardiner

In a world where sport is increasingly looking like just another commercial product, it is people like Pat Clohessy who give it a human face.

Since Track and Field cannot outgrow someone like Pat it will be diminished by his departure.

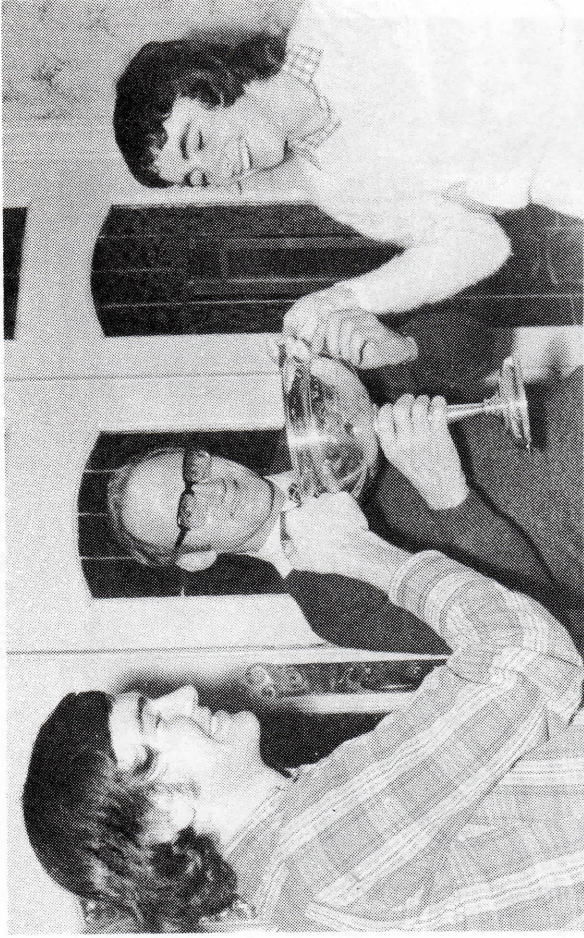
Tony Benson



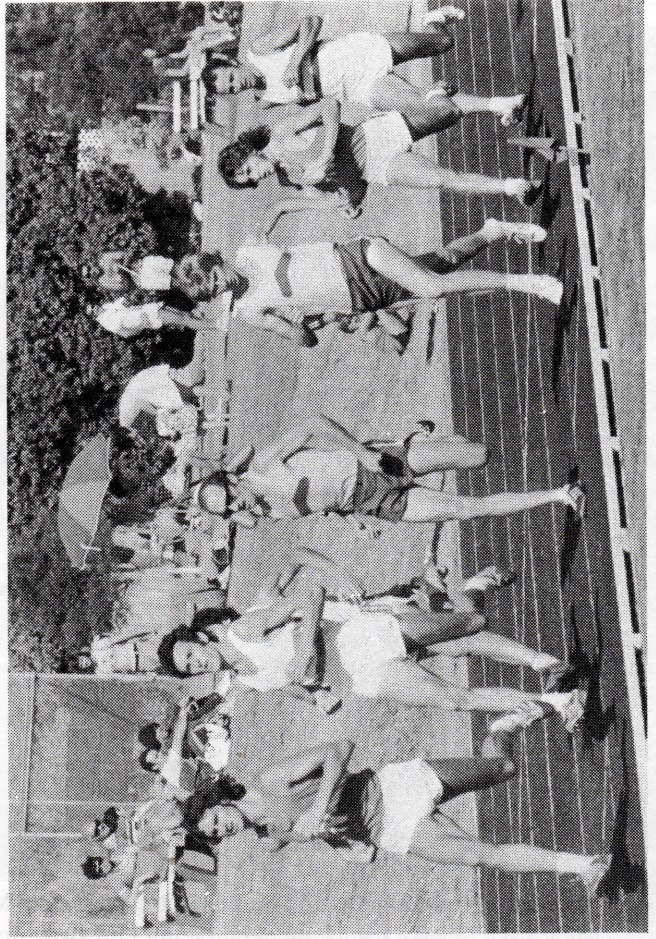
The three placetters in the NCAA Cross Country



The final of the 3 miles at the 1962 Commonwealth Games. Pat is on the left.

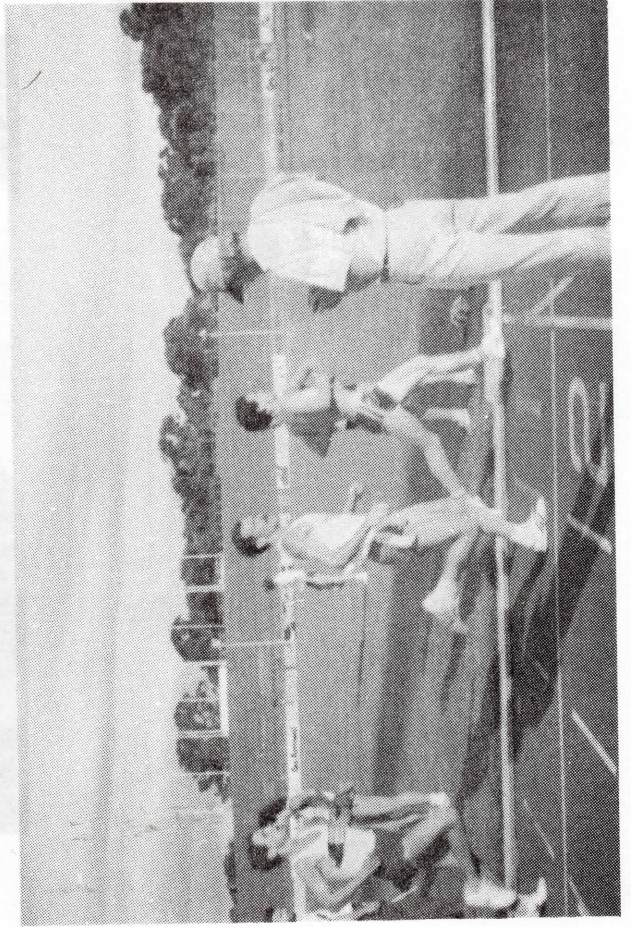


The victory toast after the Victorian School Boys Cross Country Championships. Deck left, Pat middle.



Pat was ahead of his time racing in his "Oakleys"

Training at the AIS in the mid '80s

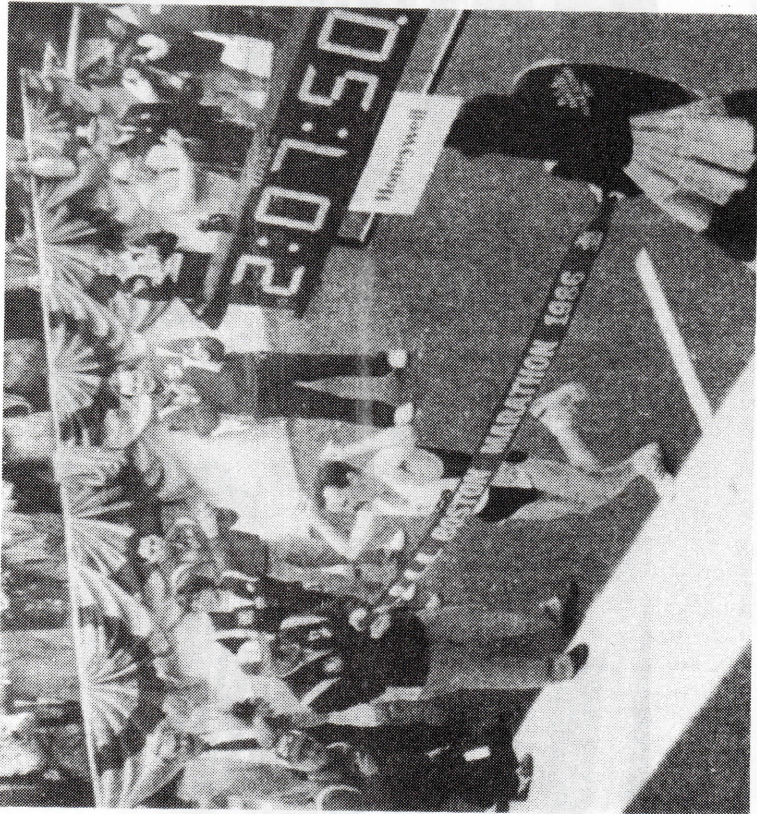


Gaylene offers congratulations after Rob's Australian Marathon Championship win in Perth in 1979 while Pat Clohessy seems intent on taking him away from all that.



Pat Clohessy congratulates Rob's Australian Marathon Championship win in Perth in 1979.

PAT'S ATHLETES IN ACTION



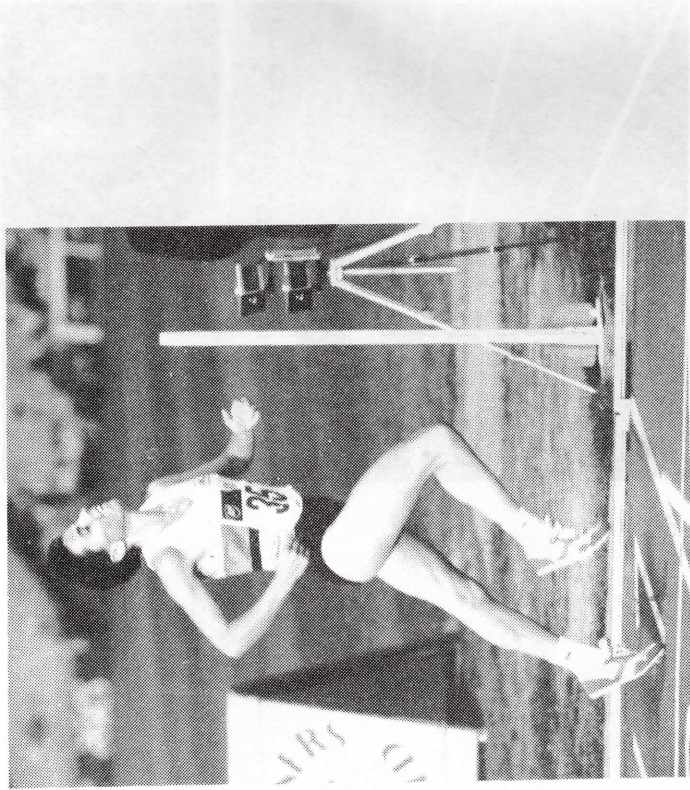
Krishna Stanton



Gerard Barrett



Pat, Deek & Gayelene after his 1992 Commonwealth Games victory.



Susan Hobson



Shaun Creighton



Pat Carroll

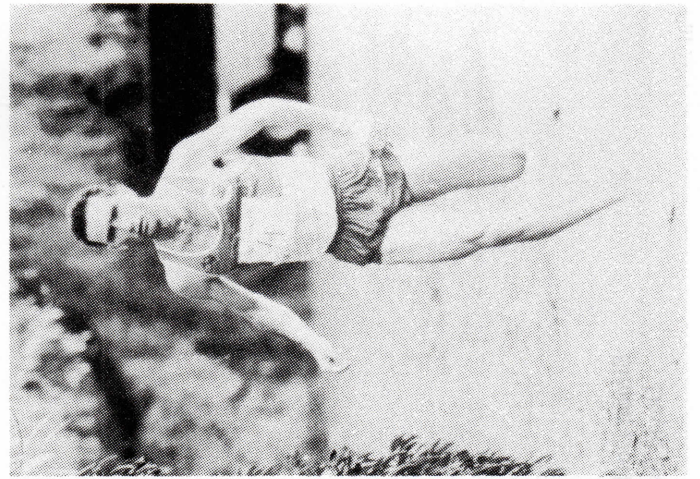


Simon Doyle &
David Evans





The great race at Zatopek 1991.
Carolyn Schuwalow, Susan Hobson,
Krishna Stanton, Jenny Lund.



Rod Higgins



Julian Paynter & Andrew Lloyd



Pat Scammell with Pat

It was a cool summer evening in December 1989 - Zatopek night. I was about to run my first 10,000m on the track, and it also happened to be the Commonwealth Games trial. I had qualified for the 3,000m during the season, but didn't think I would get selected for that event on my performance of a few days previously in Sydney. Pat came up to give me a final piece of advice before the race - "Just sit in behind and relax until halfway, and I know you'll run on."

Pat always had so much confidence in my ability to run a good 10k on the track. For the past 18 months that I had been training with him he had been assuring me that I could do it. This race was going to be my last chance to make the team for Auckland, and although I had a very definite race plan, Pat was the one who boosted my confidence and assured me every lap of the race that I was "going great".

I ran through the 200m mark on the final lap, saw a very excited Pat out of the corner of my eye and heard him call a final piece of encouragement. I could feel the huge smile on my face as I crossed the finish line first - and literally ran into Pat's arms. How does he get from the 200m mark to the finish line as quickly as we can, when we're kicking home in a race? But Pat always manages to be there to greet you.

Like many stories involving Pat, this one has a phone twist. My husband Allan was unable to be in Melbourne for this race, and Pat and I both assured him we would let him know the outcome as soon as possible. I crossed the finish line, gave Pat a big hug, turned around to see Jenny Lund coming in about 15 seconds behind me, turned around again still breathless, and saw Pat grab Nick Bideau's mobile phone from him and run towards me. Before I had time to comprehend what was going on I heard Pat yelling down the phone to Allan in Canberra "Great news, I'll put her on!" Still less than 60 seconds since I had finished the race, I was just able to gasp down the phone "I won and qualified".

That night will always be very special for me - not only because I ran well, but mainly because of the pleasure I could see I gave a man who had so much faith in me. I have often felt this way about races - satisfaction with my own achievement, and also the pleasure of giving some joy back to Pat, who has given so much to me. Pat has passed on so much to me about distance running, in his quiet way. Although I have now been a scholarship coach under his guidance for 6 months, it is really during the last 6 year of working with Pat that I have learnt the things of most value.



He is very dedicated, knowledgeable, patient - and very wise. It is this last quality of Pat's that helped me run so consistently from the time I made my first Australian team in 1988 to the Olympics in 1992 (since then I have frequently talked about retiring, and haven't been quite so serious about it all). Pat knows when to back off in training, when to push it, when to race and when it's best not to. He won't let you "hammer" it in training when he can see there are no benefits from it on that particular day. We have often smiled to each other when hearing of other runners doing sessions of 30 x 400's. Pat's philosophy of it being better to be a little underdone, but at least getting there has rubbed off on me. There are just so many occasions when I have valued his guidance.

During the last couple of years I have had a lot more input into my training program, While Pat has continued to guide and advise me. I have appreciated this, as it helped me lay the foundation for my future years as a coach. If I can pass on to my athletes anywhere near the amount of confidence, knowledge and most importantly wisdom Pat has given me, I will be grateful.

Thankyou Pat.

Susan Hobson

P.S. I am writing this at the Track and Field office at 9pm on a Thursday night. Clo has just walked in from a Vets meeting at the track, having just negotiated an extra night race with the Vets to try and help some of the 800m runners get a games qualifier up. I guess this won't surprise many of you - Pat would probably look at you blankly if you asked him about all his " out of hours work ". No work is out of hours for Pat.

Helsinki. Around midnight 14 August 1983. A few hours earlier, Robert de Castella had won the world championships marathon. His coach, Pat Clohessy, and I are waiting at the bus stop in the athletes' village to go back to town. During a lull in the conversation, I reach into my pocket and take out a five mark coin (worth about \$2). A commemorative coin of the championships, it has taken me all my time in Helsinki to find and retain one. I show it to Pat. "Great," says Pat. "Let's go ring Trevor Vincent." My hard won souvenir coin disappears down the throat of a call phone.

Everyone who knows Pat Clohessy has a telephone story. When it comes to the phone, he is an indefatigable caller. If Telecom's directory data base ever crashed irretrievably, Clohessy's Teledex would be a good start in rebuilding it.

Few national coaches can have spread their influence as widely as Pat Clohessy over the years. Few athletes or coaches in middle and long distance events have not been offered his assistance.

His own great coaching influence was the New Zealand distance genius, Arthur Lydiard. As a young athlete on scholarship at the University of Houston in the early 1960's, Clohessy travelled and raced around Europe one summer with Lydiard and his great pupils, Murray Halberg, Peter Snell and Barry Magee. Clohessy found Lydiard's program - which incorporated base work, hills, track work and finally, racing - much more congenial than the intense interval work he had been raised on. He got fitter, his results improved and, most importantly, he avoided injury.

In 1962, Clohessy returned to Australia for the Perth Commonwealth Games. He finished a close seventh in the three miles after being with the leaders at the bell. He also won the 1961-62 United States national collegiate and the 1963 US national three-mile championships.

By then, he had begun coaching at the University of Texas as a postgraduate student. When he returned to Australia in 1964, Clohessy taught at Oakleigh High School and fostered running there with Frank McMahon, a mentor of Ron Clarke. He soon moved to Xavier College, where he came into contact with Robert de Castella.

The Clohessy/de Castella success story needs no retelling. De Castella's success popularised Clohessy's Australian variation of the Lydiard system, which allowed athletes to race more successfully all year round.

Len Johnson

When Pat returned from America his first teaching job was at Oakleigh High School, where he and I jointly coached a very fine athletics team. This story concerns the day Ron Clarke was running the 10,000m at the Tokyo Olympics. The time of the race in Australia coincided with our training the athletes after school.

We had finished our work with the students and decided to run around the streets of Oakleigh accompanied by Pat's transistor. The race began and as we listened excitedly, Ron had beaten off what seemed his most formidable opponents by halfway. Pat then became aware that Billy Mills was racing with the leaders in the last 6 laps or so. Then came his famous words: "What's that son of a gun doing with Clarke? He should be sitting back and trying for a place."

I just took it for granted that Billy Mills didn't pose a big threat after hearing Pat's words. When Billy won the race, Pat was almost speechless. "Aw, shoot" he said, "I can't believe it!"

I was with Pat at Caulfield Racecourse when Clarke greeted us after his return from Tokyo. Clarke had heard on the grapevine that Pat had helped Billy Mills with his training. His opening remark to Pat was "Oh, thanks mate, for coaching a Yank to beat your own countryman and friend!"

Frank McMahon

I consider Pat, along with Dave Power and Arthur Lydiard, to be the guiding lights in my quest to be a successful athletics coach. Through attending coaching seminars and clinics in the late seventies and early eighties, Clo reinforced the policy of hastening slowly with younger athletes to avoid too much speedwork, concentrating on a long term development plan which might take 10-15 years with a young athlete. This policy helped to revolutionise distance running in NSW, especially with female athletes in this era.

I will never forget at a senior coaches conference in Canberra in 1980 when Clo was speaking about women and distance running. He gave the microphone to me to speak, saying "John would probably know more about this subject than me." I thought as a junior coach that this gesture was a sign of the humility and greatness of the man.

John Hansen.

Many stories about Pat focus on either his exploits behind the wheel of a car or his prowess with the telephone.

As far as driving goes, many times we frog-hopped along at 5km/hour in top gear when he neglected to change down after going round a corner, or after slowing down for some other reason. On other occasions he would just slow down, being preoccupied and neglecting to pick up speed again, much to the frustration of other drivers.

Early in his driving career he would crunch the gears, then come out with "shoot" (or worse), apologise for the language, then do it again. This was all years ago now, and I haven't travelled with him for a long time. In this period he has won a "Driving Excellence" award, so he is obviously pretty good now.

Phonecalls from overseas could be as short as 4 or 5 seconds depending on how much change he had - sometimes barely enough to identify himself! (Trevor was the recipient of such a phone call made with a very special coin from Helsinki in 1983! - Ed.)

Pat was a tremendous influence on our group right from when we first met him at the Perth Commonwealth Games in 1962. We respected his wealth of experience and his continued encouragement and faith in our ability to mix it with the world's best. His positive approach has been a telling factor in the development of distance running in Australia over the last 30 years.

Trevor Vincent

THE DRIVING LESSON

Many have wondered how Pat learned to drive. I survived one of his early lessons in 1962. We were driving from Houston to a track meet at Lafayette, Louisiana in the team station wagon when Pat suggested he take a turn. His experience at this stage was limited to a couple of private lessons. Even given my youthful feeling of immortality a swim with the alligators in the adjoining swamps was starting to look like a soft option. After one particularly close encounter Pat muttered: "Shoot mate, do they all drive on the wrong side of the road over here?"

Back in Melbourne several years later Pat drove me to Moorabin one night. He turned left into South Road, a dual carriageway. He drove across the median strip and turned left into incoming traffic. I realised then that there are some aspects of driving lore which you have to be born with - they can't be taught!

Alan Irwin

My girlfriend at the time (who is now my wife) had moved into a rented house in Canberra. When I went over to the house I found that the grass was 3 feet high, so I went looking for a lawn mower. My first point of call was Clo down at the track and field office. I told him the story about the long grass and asked if would be possible to borrow his lawn mower.

"No worries mate, it's up in the shed at home" came the reply.

"Great" I said. "Does it need any petrol?"

"No it's right mate" Clo replied as he started to dial another number phone number.

I made my way up to the shed happy that I could mow Lea's 3 foot high lawn. Once in side the shed I found a nice looking hand mower sitting in the corner!! Clo was right - it didn't need any petrol!

Pat Scammell

It was my first time ever in Canberra. Clo picked me up from the airport, and as we were driving out of the terminal he turned to me and said "Now, which way is it to the AIS!!!"

Steve Moneghetti

A FEW PHONE STORIES

We were at Jyvaskyla airport in Finland at the time when card phones were just starting to appear (in Europe, not Australia yet!) Pat had disappeared to make a few phone calls before we boarded. I hear a loud, dismayed call from across the other side of the departure lounge. "Susan, my coin is stuck in the card phone! Do you have....(pause)....any tweezers?"

Editor

Peter Stanton (Physiotherapist on many European trips) came into the restaurant still laughing. We had been in Europe less than 24hours. Peter had just been to make a call, and when he got through to the Australian operator asking to be connected to a Canberra number she politely asked "Is that you, Mr. Clohessy?"

Editor

Pat is always very keen to "crack the phone system" when first arriving in the country. Shortly after arriving in Sweden Pat came down to where we were having a cup of coffee, looking very pleased with himself.

"I've done it," he said. "I got through to Australia."

"Oh, that's good" came someone's reply.

"Who did you ring?"

"Oh...just the operator".

Editor

AND ANOTHER DRIVING STORY

The track and field staff at the AIS were having a special lunch at the restaurant at the ANU. Pat had to leave a little early, so Peter Bowman offered him his Sports Commission vehicle to drive back and the rest would come in a taxi.

As they pulled into the Track and Field office in a taxi, they all noticed Peter's car parked there, with a new ding (a broken light) on the back of it.

Pat walked back into the office some time later and went straight into see Peter.

"Pete, did you have a mark on your car?"

"No Pat," came Peter's reply.

"Oh, I've put a little scratch on it, but it's ok. No worries, I've already reported it." He then added "Pete, that poplar tree wasn't there when we parked at the restaurant, was it?"

"Yes it was, Pat," replied Peter, referring to a very old 90 foot tree Pat had obviously reversed into.

FAREWELL CLO

We are here tonight to farewell Clo
He has to pack his bags and off to Brisbane he must go
North to the heat, humidity and sunshine
Frost and sub zero temperatures of Canberra he will pine

Clo will always greet you with a smile, hand shake and g'day mate
Then out of his back pocket he will show you the latest Distance Update
Clo and driving don't really mix
Many a time behind the wheel Clo's got himself in a fix
I'd like a dollar for each time he's bumped a fence
He can't be that bad he's got a sticker for driving excellence

Clo loves talking on the phone and going into the flight deck
He's always got to call and just check
He'll talk until he's blue in the face to Nick and Lenny
He really is a friend of so many

You can pick Clo at the track, cap on head and watch in hand
He won't change when he goes north to take command
Heaven's to betsy, Schweppes, Great, Good and Shoot
These are words he'll often use to exclaim and constitute

It won't be the same without Clo at Deek's drive
Don't worry about the athletes, the question is whether Clo will survive
You need not worry about Clo in Queensland
He has enough plans in the pipe works for athletics to expand

There are a lot of athletes that Clo has helped over a long period of time
Too many to name, that he has guided to their prime
A move north will allow more time for his family to consume
Despite his work on the Nth Queensland Aboriginal Rural Boom

Goodluck and farewell to you, Clo
It really will be a shame to see you go

Julian Paynter

May the wind be always on your back
when you go for a run.
May the hills be always down sloping.
And may there always be a cup of tea
waiting for you on your return.

GOOD ON YOU, PAT!

John A Daly
February 25, 1994