

Where are they now: **Bruce Frayne**



LONG STANDING : South Australian Olympian Bruce Frayne still holds the records for the 200m and 400m distance.

Frayne regrets not stretching his legs

WARREN PARTLAND

FORMER champion sprinter Bruce Frayne has just one regret from his illustrious career - not testing himself as a middle-distance runner.

Frayne contested the 200m at the inaugural world championships in 1983 and the 1982 Brisbane Commonwealth Games and the 400 at the 1984 Los Angeles Olympic Games.

His state records for the 200 (20.59secs) and 400m (45.21) still stand and he was national 200m champion three times and 400m victor in 1984.

Yet when Frayne reflects on

his time in track and field, he wishes he had had a crack at the 800m.

"My only regret is not moving up in distance," said Frayne, who has been a dentist since ending his career and still keeps himself fit. "I was built like a middle-distance runner and had terrific leg speed.

"I won cross-country races at school but by the time I thought about moving up in distance I was 28 or 29 and sick of being poor, so pulled the pin on athletics."

Frayne was taken under the wing of former leading coach Scotchy Gordon when he en-

tered St Peters College senior school. Under Gordon's guidance, Frayne qualified for the 1980 Moscow Olympics, only to be robbed of a trip because of the political boycott.

"After the Commonwealth Games in Brisbane I broke Scotchy's heart when I moved to Melbourne," the 57-year-old said. "I needed to move there for the added competition and I trained under Neville Sillitoe for five years."

Frayne still has a low-key association with the sport as a mentor while the performances of nephew Henry Frayne, who contested the 2012 Lon-

don Olympics, has kept him interested in track and field.

Geoff Frayne, brother of Bruce and Henry's father, was also an elite athlete and won a state 800m crown.

"Athletes in South Australia does not seem the same as when we competed," Bruce said. "There was much more depth in our day.

"We could put a 100m group together and eight would go under 11 seconds. And I don't know why they moved from Kensington to Mile End.

"There was a much better atmosphere at Kensington."