

# Cahill on song for City



**BUILDING CULTURE:** Tim Cahill hugs teammate Bruno Fornaroli after his debut.

**MARCO MONTEVERDE**  
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THIS was much more than an in-house karaoke session.

Tim Cahill's rendition of *Lean On Me* in a Brisbane hotel this week was the Socceroos star's way of letting his new Melbourne City teammates know they can depend on him to deliver this season.

Cahill made his first Australian club football appearance in 20 years on Wednesday night, coming on as a substi-

tute in City's 2-1 FFA Cup round-of-16 win over Brisbane Strikers at Perry Park.

"We're starting a journey now of something that could be special," Cahill said.

Seeds were sown on Tuesday night when Cahill had to sing in front of his teammates. Not for the first time, he chose the Bill Withers' hit.

"That's the first song I sung when I was at Everton, when (former teammate) Duncan Ferguson got me on the stage," he said.

"We're going to build a good culture at this club ... we're going to be critical of each other in-house to make ourselves better and also take care of each other because that's what good teams do.

"That's what we've promised ourselves this year, to stay together through thick and thin and (against the Strikers) you've seen against a difficult opposition, away, (on) a difficult pitch, that we did that."

Cahill is next scheduled to be in Queensland when the

Roar host City in the A-League on Friday, November 4.

"The A-League's not all about football. You've got to mix it up, when you go away (and) play some tough games," he said.

The Roar's preparations for the A-League continue tomorrow night when they meet a Brisbane Premier League Select squad at the Queensland Sport and Athletics Centre.

Roar defender Jade North wants his side to return to winning habits after losses in the

FFA Cup to Perth Glory and in trials against Western Sydney Wanderers and Sydney FC.

"There's not a footballer who doesn't go into a game not wanting to win, even in trials," North said.

The BPL squad – coached by former Roar midfielder Warren Moon – is an under-25 combination with two older players, Holland Park Hawks' former Sunderland defender Dan Smith and Peninsula Power's Brazilian playmaker Andre Bonotto.

## HE'S GOT RUNNING GAME DOWN PAT

**GRANTLEE KIEZA**  
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WHEN Queensland's running man Pat Carroll accelerated up the Gateway Bridge 19 years ago, a whole city was behind him.

They could not catch him in the very first *Sunday Mail* race across the bridge because Carroll was Queensland's best distance runner back then and over the next two decades the race would become an institution in the River City.

Carroll (pictured) led from start to finish in 1997 and went on to

repeat his victory in 1998 and '99. The yellow stylised image of him crossing the finish line became the logo for the race.

Now 55, Carroll reckons he has coached thousands of runners to compete in distance events since that debut win and three mornings a week he is down at the Ship Inn at South Brisbane, supervising a team of disciples inspired by his success.

About 5000 runners took part

in the first Bridge to Bay as it was called then, but this Sunday, 30,000 people will line up for the 20th running of the event now known as Bridge to Brisbane, which has raised more than \$700,000 for charity.

This year's run will take in new courses, with the 10km participants crossing three city bridges and adding new vistas to the endorphin rush.

When Carroll won the first event on August 3, 1997, the red-haired running man took off like a rocket at the start of the 12km event and powered up the Gateway.

He had a 100m lead by the 3km mark before stretching it to about 300m at halfway. He finished in 34min 20sec.

"The run has certainly grown in popularity over the years," he said.

"Back when I won the first race it finished at a park in Wynnum, but it is much more accommodating now with the finish at South Bank and the route is much more scenic than running past the Port of Brisbane.

"It really is an iconic event for this city and I feel very proud that I won the first three races."

Carroll was one of Australia's best distance runners in the late '80s and '90s, representing his country 18 times and finishing in the top eight at three Commonwealth Games.

His best marathon time of 2:09:39 in 1995 is still the fourth-fastest by an

Australian, behind only Rob de Castella, Steve Moneghetti and Derek Clayton. In 1994, Carroll ran a world-class 1hr 06min for the half-marathon.

He is still at the forefront of running in Brisbane, training distance runners of all levels through his running groups and online coaching.

His victory in the first Bridge to Bay came just three weeks after he won the Gold Coast marathon, his fourth victory in the event spread over 14 years (1983-84, '88 and '97).



Picture: Darren England

## NO LIMITS FOR SHOOTER

She was the player no one wanted or picked for years.

The shooter told she was simply too short to succeed.

This weekend Steph Wood gets to prove all her old critics wrong when she makes her likely debut as an Australian Diamond.

Wood says her selection is a victory for shooters with good aim and mobility but lacking the height of the

increasingly popular netball "talls".

"I've been told I am short for a long while now next to the 185cm giants," said 175cm-tall Wood, whose Diamond teammate Caitlin Bassett is actually 193cm.

Wood spent four years in the netball wilderness before being picked up by the NSW Swifts for the 2015 season.

## Rafa's new teammate Fed plans return Down Under

**PAUL MALONE**  
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THERE is a hole the size of Roger Federer in next week's US Open field, but the Swiss star insists he will return to tennis in Australia in January.

Federer said in New York yesterday that he hopes to be "super strong" on his return in January's Hopman Cup in Perth leading up to the Australian Open.

Federer, 35, will miss his first US Open since 1999 next week because of a knee injury which has forced him to cancel the remainder of his schedule this year.

"I'm doing well and I've been training as much as I possibly could," Federer said at the launch of the Laver Cup competition his management company co-owns.

"When I head back into the gym for full-on fitness in the

next couple of months, then I'm ready for it."

Federer and Rafael Nadal were announced as the first two players in a European team to meet a Rest of the World selection in the first Laver Cup teams event in Prague in September next year.

Federer, runner-up to Novak Djokovic at last year's US Open, claims the Serbian is the man to beat at the last

major tournament of the year.

Andy Murray has the form line going into the US Open, having won the final at Wimbledon and the Rio Olympics, with Djokovic not making the quarter-finals of either event.

■ QUEENSLANDER John Millman had another three-set win at the ATP Winston-Salem Open, beating US wildcard Bjorn Fratangelo 5-7, 6-0, 6-3 to book a quarter-final tilt at top seed Richard Gasquet.