

Lorenzo, the talent beyond obstacles

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Explosion on the blocks, steps that stretch out up to the first jump and then ten seconds at full throttle, paying attention to not make any mistakes and to not break your concentration when your heel touches or knocks over a barrier.

The 110 obstacles are a concentrated and intense emotion, in which the result is in the balance until the end.

It is in this fight of a few moments that one of the most interesting talents of the future tries to appear expressed by the athletics of our province: **Lorenzo Perini (photo G. Colombo/Fidal), 17 years old**, is the big promise of the **Osa Saronno** that few days ago put in the showcase the **third Italian title** of his carrier, that indoor (that is on the cut distance of 60 metres) in the juniors category. It is little, in comparison to the win that he achieved in last years "European Olympics" when Lorenzo stopped the Turkish timer of Trabzon on 13"44

(with 91 centimetre obstacles, students category), time useful for the **Continental Gold** and the record of the event. **Or in Chiari** when, he was a student, he recorded 14"15 on the barriers of one metre, which in theory allowed him to come away the ticket for the World Juniors of this year (but he will have to establish himself during the season). In short, Perini (here the card of Fidal) is the true talent at supranational level (the Italian competition has influence until a certain point), he has in front him important years in which will, skill, figure and chance will have to join at best but he has also got what it takes to attend soon the circuit of the athletics which counts.

Lorenzo, how have you approached to the athletics and to the hurdles, a specialty that isn't very common?

"When I was child I tried with football, like everybody does, but I was really unable and I was not able to unite with the team. So, my father, who has been a hurdler let me try in the athletics field. But it was not a love at first sight: for some years I tried without results. Then when I was at the third year at high school and I thought to leave, I won my first provincial race: nothing of importance but since that time I have improved more and more. And the results have begun to be at greater levels.»

Question for the uninitiated: how does a hurdler train? How much time do you spend in athletics?

" I am 17 and therefore I am not fully operational yet, both the number of sessions and the workloads. Generally I train five times a week, once a day and then I compete in the weekend when there are events on the calendar. I am on the lap nearly three hours beginning with a short warm-up on the race, then I face a long session of stretching that can last up to three quarters of an hour. I now turn to the exercises for mobility, and finally I begin specific training that can be very diverse: it includes a gym, running, obstacles and all the specific situations of my discipline. From the work on the starting, then on the first two obstacles until the full trial. In short, the menu is varied, you never get bored."

You are already for some time been in the orbit of the country. Do the federal technicians follow you every day?

"No, I always work with Fernanda Morandi (**in the picture with Lorenzo**), who for years was my coach at OAS Saronno. I work with Italian engineers at rallies in anticipation of the tests with the national team even though sometimes it happens that they come and watch some of my sitting in Saronno. But I want to emphasise that the relations between the various coaches are very good, almost friendly: this helps me a lot. "

What will be the biggest event of the 2012 season?

"Surely the Junior World Championships to be played in Barcelona. The time limit for the part I did last year, 14 "15 with one-metre hurdles (the limit is 14" 26 Ed.) But I must repeat it before going in Catalonia and so this is the first goal. During the winter I worked a lot as evidenced by the indoor season, less important than outdoors but always useful to keep my legs ready. In 2012 I will try also to do a race with obstacles from 1.06 metres, those that I will find as a senior: we will see how it goes, it seems right to begin to measure up even with this measure. "

About the World Championship, you have already participated in it among the students.

"Yes, in Lille, but I went out badly **in the semifinals**. It was the first event of this level and after a good battery I lost the physical and mental condition: I did not eat for three days and arrived at the race in total agitation. I had to pay a penalty and that all in all I was vaccinated, since then the European Olympic did not have this problem and, indeed, everything went well until the gold medal. Pity, that among pupils I was credited for the third best time worldwide. "

You have the blue suit and you have hit three Italians records. What is your dream for a career as an athlete?

"I am one who never looks too far ahead, I prefer to concentrate on my next appointment and not think

about it too much . And the race in my programme is very interesting: an indoor triangular between Italy, France and Germany. But the dream is there and it is what every athlete dreams, the Olympics. At that point, if I will succeed, I'll have to give myself a further object and then try to do well. But the road is still long. "

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