

"Peter (Home)  
Grose"

<[REDACTED]>

03/11/2007 10:50  
PM

To <nhc@nhmrc.gov.au>

cc

Subject Re: Public consultation on the draft revised Australian  
alcohol guidelines for low-risk drinking [No Protective  
Marking]

I would like to provide my comments on the revised draft alcohol guidelines, which are anecdotal, based purely on my own experience.

I normally consume one standard drink per day, in the form of wine with dinner. As a mature-aged (59) part-time PhD student, my personal experience is that any consumption in excess of this limits my ability, and desire, to study afterwards.

On social occasions, normally weekly or rarely more than one per week, I limit my consumption to two standard drinks. This is based on my personal experience of what is an appropriate level, and the advice of my grandfather, who did likewise. I try to never drink during the day.

I am a keen athlete, being the state age champion for the half marathon and 10 km road running, and I find that consumption of alcohol at these levels does not impair my running performance the next day.

I feel that my relatively low body mass, at 56 kg, probably makes me more susceptible to the effects of alcohol than heavier people.

My alcohol consumption is within the revised guidelines for adult males, which I fully support.

Yours sincerely

Peter Grose

[REDACTED] WA [REDACTED]