



# GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 1

October 2000

## WELCOME TO ISSUE ONE

Hi, and welcome to Issue 1 of the Geelong Region Cross - Country Club Newsletter. Hopefully, next year a Newsletter will be published every month of the Winter Season. In the meantime, this "Bumper Edition" covers races contested by GER runners this year. If you have any ideas or contributions for the Newsletter, please let me know.

Neil MacDonald.

### BALLARAT RELAYS (8th April)

Our Winter Season opened with a trip to Ballarat for the Ballarat Relays. While not a part of the Athletics Victoria Season, this annual relay around beautiful Lake Wendouree was a great hit out for all runners. Lee Troop and Craig Mottram, both returning from injury, used the race as a test of their progress and pulled up well. Both our teams ran solidly to finish in the placings behind the always strong Ballarat YCW.

#### DIVISION 1 (6 x 3070 metres)

Louis Rowan	9:03
Jamie Werner	9:47
Craig Mottram	8:46
Dean Goddard	9:41
Andrew Lambart	9:41
Lee Troop	8:41

#### DIVISION 4 (5 x 3070 metres)

Geoff Purnell	10:17
Neil MacDonald	11:11
Paul Wilson	10:17
Simon Cole	10:52
Travis Trevarthen	11:15

Fastest Relay Leg - Steve Monaghetti (Ballarat YCW) - 8:29

### CROSS-COUNTRY RELAYS BRIMBANK PARK (15th April)

Ideal conditions greeted runners for the first race of the A.V. Winter Season. Competition between the long-distance specialists was to be fierce as many runners were using this race as a final hit-out before the Host City Marathon on April 30 (the Olympic Trial).

#### DIVISION 1 (6 x 6.2 km.)

Richard Jeremiah	20.08
Craig Mottram	19.13
Mark Tucker	21.24
Darren Lynch	19.13
Darren Riviere	21.04
Lee Troop	18.45

3rd place in 119.47 (first place Doncaster in 117.10)  
Fastest - Steve Monaghetti (Ballarat YCW) - 18.27

#### DIVISION 4 (5 x 6.2 km.)

Simon Taylor	23.12
Paul Wilson	22.50
Andrew Lambart	22.21

Jason Farnell	22.42
Michael McNaughton	21.50

2nd place in 112.55 (first place Doncaster 2 in 108.57)  
Fastest - D Paulin (Doncaster 2) - 20.17

#### MEN 40 + (3 x 6.2 km.)

Geoff Purnell	23.40
Neil MacDonald	25.20
John Moore	25.05

5th place in 73.30 (first place Bendigo in 67.55)  
Fastest - L Purill (Bendigo) - 21.19

#### MEN UNDER 20 (3 x 6.2 km.)

Tyson Mahon	23.50
Travis Trevarthen	23.54
Justin Pitcher	23.29

5th place in 70.31 (first place Box Hill in 65.39)  
Fastest - B Bissett (Box Hill) - 21.05

### GEELONG CROSS-COUNTRY 8 km. (6th May)

A race in our own back yard over sections of the Rohan Perrott Saturday Hills Course - surely a race for the home town guys and gals to excel in. And that's how it turned out with Craig Mottram, Rohan Perrott, Pattie Galvin, Georgie Clarke, Scott Rantall, Simon Taylor and Fauve Jacobs all recording great times and placings. "Buster" and Georgie, in particular, ran brilliantly in the lead-up to races overseas.

#### MENS OPEN 8 km.

Craig Mottram	2nd	24.02
Rohan Perrott	5th	24.36
Mark Boxer	22nd	26.01
Darren Riviere	32nd	26.28
Jamie Godwin	55th	27.34
Michael McNaughton	60th	27.46
Jason Farnell	70th	28.04
Dean Goddard	72nd	28.10
Andrew Lambart	77th	28.20
Paul Wilson	79th	28.22
Geoffrey Purnell	110th	28.49
	(10th)	40 +)
Neil MacDonald	217th	32.05
	(26th)	40 +)

First Place - Steve Monaghetti (Ballarat YCW) - 23.25

#### WOMENS OPEN 6 km.

Pattie Galvin	40th	24.44
	(4th)	40 +)

First Place - Kate Richardson (Malvern) - 19.43

First Place 40 + Judy McDowall (Ballarat Harriers) - 22.49

#### WOMENS UNDER 20 3 km.

Georgie Clarke	1st	10.08
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**MENS UNDER 18 8 km.**

Michael MacKenzie	11th	30.29
Travis Trevarthen	14th	31.14

First Place - Robert Whaley (Ringwood) - 27.51

**MENS UNDER 20 4 km.**

Scott Rantall	2nd	12.53
Simon Taylor	9th	13.21
Justin Pitcher	16th	14.21

First Place - Mark Fountain (Invitation) - 12.32

**WOMENS UNDER 14 2 km.**

Fauve Jacobs	2nd	8.36
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First Place - Stacey Jones (Ballarat YCW) - 8.03

### **FLEMINGTON ROAD RACE 10 km.** (20th May)

Good conditions, great competition - it was all set up for running fast. However, most runners placed a small \* next to their time as it all seemed a little too good to be true. Actually, re-measuring found the 10 km. course to be 95 metres short so add 16 - 20 seconds to your time for a realistic time. However, some exceptional runs were recorded with Rohan Perrott (5th in 29.21), Mark Boxer (31.15 for a 90 second improvement on last year!) and Richard Jeremiah (2nd in Under 20 in 30.51) all hitting top form. In the Under 14 3 km. Tyson Mahon was pushed all the way but looked in control to win in 9.19. In the same age group Taryn Rau ran well to finish 3rd in 11.34 while Fauve Jacobs ran 12.07 to finish 5th.

Congratulations to the Division 4 Team (Godwin, Farnell, Goddard, Watkins and Wilson) for comfortably winning their section. Great running, guys!

**MENS OPEN 10 km.**

Rohan Perrott	5th	29.21
Mark Tucker	22nd	30.36
Mark Boxer	33rd	31.15
Tom Paton	44th	31.33
Darren Riviere	57th	32.14
Michael McNaughton	67th	32.38
Jamie Godwin	75th	33.00
Jason Farnell	91st	33.29
Dean Goddard	105th	33.51
Graeme Watkins	121st	34.16
Paul Wilson	135th	34.32
Geoffrey Purnell	146th	34.51
Neil MacDonald	224th	37.34
Louis Rowan	232nd	37.49

First Place - Steve Monaggetti (Ballarat YCW) - 28.15

**MENS UNDER 20 10 km.**

Richard Jeremiah	2nd	30.51
Scott Rantall	3rd	32.25
Simon Taylor	7th	33.55
Justin Pitcher	17th	36.29

First Place - Trent Wallace (Peninsula R.R.) - 30.40

**MENS UNDER 18 10 km.**

Simon Cole	13th	37.09
Travis Trevarthen	14th	37.34

First Place - Collis Birmingham (Eureka) - 33.46

**MENS UNDER 14 3 km.**

Tyson Mahon	1st	9.19
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**WOMENS UNDER 14 3 km.**

Taryn Rau	3rd	11.34
Fauve Jacobs	5th	12.07

First Place - Fiona Nash (Doncaster) - 10.39

### **BRIMBANK PARK CROSS-COUNTRY** **16 km. (3rd June)**

Ideal conditions and a challenging course greeted runners for the Brimbank Park 16 km. Cross - Country. In the Open Men's Division numbers were a little thin with runners of the calibre of Troop, Mottram, Lynch, Perrott, McNaughton, Wilson and McDonough all unavailable - not a bad Division 1 team! However, Mark Boxer stepped up to mix it with the 'big boys' and even hit the lead at the 2 km. mark. Overall, we managed to place 6th in Division 1.

In the Under 20 6 km. the Geelong Team of Richard Jeremiah, Simon Taylor and Justin Pitcher ran brilliantly to win the Teams Section.

**MENS OPEN 16 km.**

Mark Tucker	22nd	56.39
Mark Boxer	34th	57.54
Darren Riviere	41st	58.30
Geoffrey Purnell	79th	63.30
Jamie Godwin	98th	65.23
Neil MacDonald	143rd	69.35

First Place - Paul Burge (Ballarat Harriers) - 53.26

**MENS UNDER 20 6 km.**

Richard Jeremiah	1st	20.57
Simon Taylor	5th	22.12
Justin Pitcher	15th	24.31

**MENS UNDER 18 4 km.**

Travis Trevarthen	16th	15.09
Simon Cole	21st	16.22

First Place - Collis Birmingham (Eureka) - 13.27

**MENS UNDER 16 3 km.**

Tyson Mahon	5th	11.12
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First Place - Carl Ferry (Peninsula R.R.) - 10.43

**WOMENS UNDER 14 3 km.**

Taryn Rau	3rd	12.53
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First Place - Hayley Tomlinson (Box Hill) - 11.41

### **BUNDOORA CROSS-COUNTRY** **12 km. (8th July)**

All the 'big boys' were out for this race with many using it as a tune-up race before the Australian Olympic Selection Trials. And what a race up front with Troop and Mona hammering out sub 3 minute kilometres over the hills of Bundoora to finish in a tie for first, nearly 50 seconds clear of Andrew Letherby in third.

**MENS OPEN 12 km.**

Lee Troop	1st (eq.)	35.36
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Rohan Perrott	12th	38.25
Mark Tucker	18th	38.52
Mark Boxer	30th	40.00
Darren Riviere	39th	40.43
Michael McNaughton	60th	42.13
Jamie Godwin	74th	43.21
Paul Wilson	87th	44.29
Geoffrey Purnell	90th	44.44
Neil MacDonald	182nd	49.59

Equal First Place - Steve Monaggetti (Ballarat YCW) - 35.36

#### **MENS UNDER 20 8 km.**

Justin Pitcher	18th	29.59
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First Place - Trent Wallace (Peninsula R.R.) - 25.41

#### **MENS UNDER 18 6 km.**

Simon Cole	19th	22.44
Travis Trevarthen	20th	22.56

First Place - Matthew Warrington (Peninsula R.R.) - 20.07

#### **MENS UNDER 16 6 km.**

Tyson Mahon	2nd	21.24
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First Place - Carl Ferry (Peninsula R.R.) - 21.07

#### **WOMENS UNDER 14 4 km.**

Taryn Rau	3rd	15.58
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First Place - Fiona Nash (Doncaster) - 14.49

### **SANDOWN ROAD RELAYS (22nd July)**

Strong competition and a strong headwind up the rise out the back made this year's Sandown Road Relay a challenging event. Most runners reported that the wind probably added 30 seconds to their finishing times. However, Lee Troop, approaching top form, powered around the tough 6.2 km. course to finish just 1 second behind Steve Monaggetti. In Division 4 Jamie Godwin was most impressive running 21.18 with the second lap 60 seconds faster than the first.

#### **DIVISION 1 (6 x 6.2 km.)**

Matthew McDonough	19.09
Rohan Perrott	19.23
Darren Riviere	21.09
Lee Troop	18.02
Mark Tucker	19.20
Mark Boxer	19.56

5th place in 116.59 (first place Glenhantly in 114.09)  
Fastest - Steve Monaggetti (Ballarat YCW) - 18.01

#### **DIVISION 4 (5 x 6.2 km.)**

Michael McNaughton	21.12
Graeme Watkins	22.34
Paul Wilson	22.07
Jamie Werner	21.46
Jamie Godwin	21.18

2nd place in 108.57 (first place Doncaster 2 in 104.42)  
Fastest - A Patti (Doncaster 2) - 20.19

#### **MEN 40 + (3 x 6.2 km.)**

Geoff Purnell	22.31
Neil MacDonald	24.11

John Moore	25.13
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6th place in 71.55 (first place Keilor St. Bernard in 64.04)  
Fastest - P Gaffney (Bendigo) - 20.43

### **AUSTRALIAN CROSS-COUNTRY CHAMPIONSHIPS. YARRA BEND.**

#### **12 km. (5th August)**

Four Geelong runners toed the starting line in the Australian Cross - Country Championships at Yarra Bend. Despite suffering from a virus mid week, Lee Troop ran away from his rivals during the later stages of the 12 km. race to record his first Australian Cross - Country victory. Rohan Perrott also returned to top form. After a conservative start, Perrott steamed home to finish in the top 10. In the closely contested Under 16 Men's Race, Tyson Mahon finished 12th, only 27 seconds behind the winner. Joanne Wall also ran well to finish 5th in the Under 18 Women's Race.

#### **MENS OPEN 12 km.**

Lee Troop	1st	36.22
Dean Cavouto	2nd	36.37
Steve Monaggetti	3rd	36.55
Rod de Highden	4th	37.09
Julian Dwyer	5th	37.20
Daniel Green	6th	37.38
Andrew Letherby	7th	37.52
Nicholas Cope	8th	37.58
Scott McTaggart	9th	38.13
Rohan Perrott	10th	38.19

#### **MENS UNDER 16 4 km.**

Tyson Mahon	12th	13.27
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First Place - Mahdi Sani (Victoria) - 13.00

#### **WOMENS UNDER 18 4 km.**

Joanne Wall	5th	14.39
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First Place - Ruth McDonnell (Queensland) - 13.44

### **BALLARAT-DAYLESFORD RELAYS (12th August)**

Thirteen Geelong runners headed for Ballarat to take on Ballarat YCW and Wendouree in the time-honoured Ballarat to Daylesford Relays. For most of us the relay was to be a new experience as only team captain, Rohan Perrott and Darren Riviere had contested this race before. All the rest of us knew was that;

- \* each leg varied between 2.7 and 3.4 km. in length.
- \* some legs were tough and some legs were very tough.
- \* Ballarat YCW treated this race like a Grand Final.
- \* Steve Monaggetti held course records on more than half of the 13 legs.

After the opening legs being closely contested, the very strong Ballarat YCW team gradually pulled away to win in 2 hours 15:53, followed by Geelong in 2 hours 25:37 with Wendouree third in 2 hours 29:40. A special mention must be made of junior runners Simon Taylor, Simon Cole and Justin Pitcher who acquitted themselves extremely well against more experienced runners. Overall the relay was most enjoyable with all Geelong runners determined to return next year to

once again take on the boys in the red and white singlets.

Leg 1	Simon Taylor	8.29
Leg 2	Darren Riviere	11.27
Leg 3	Rohan Perrott	10.44
Leg 4	Simon Cole	12.50
Leg 5	Michael McNaughton	11.25
Leg 6	Justin Pitcher	10.51
Leg 7	Jamie Godwin	10.41
Leg 8	Mark Boxer	11.11
Leg 9	Peter McDonough	11.01
Leg 10	Geoffrey Purnell	11.29
Leg 11	Andrew Goodwin	11.21
Leg 12	Paul Wilson	12.03
Leg 13	Neil MacDonald	12.11

### COLIBAN RELAYS - HARCOURT (26th August)

Two teams represented Geelong at the Coliban Relays this year. Late minute changes to a couple of the legs as well as the military precision required for change-overs and pick-ups meant that Bob Pitcher, John Perrott, Kevin Varker, Greg Trevarthen and Jodie Godwin worked as hard as the 12 runners (great effort, guys - your support and encouragement is greatly appreciated.) Both teams ran strongly over a very challenging course to finish 3rd (Division 1) and 2nd (Division 4).

#### DIVISION 1 (49.5 km. 7 Runners)

Mark Boxer 18.00

(The Orchards Leg - 5.2 km.

Fastest Time - Mark Boxer. Geelong.)

Darren Riviere 31.01

(Mt. Alexander Leg - 8.3 km.

Fastest - G Lyons. Aths. APS. - 27.54)

Rohan Perrott 30.57

(The Gap Leg - 9.4 km.

Fastest - L Gloster. Glenhuntly. - 30.21)

Simon Taylor 20.03

(Coliban Water Race Leg - 5.3 km.

Fastest - S Jackson. Box Hill. - 18.29)

Michael McNaughton 25.13

(Sedwick Valley Leg - 7.4 km.

Fastest - T Waters. Box Hill. - 24.46)

Jamie Godwin 29.34

(Hogans Road Leg - 8.2 km.

Fastest - P Hulbert. Glenhuntly. - 27.03)

Mark Tucker 22.31

(One Hill Tree Leg - 6.3 km.

Fastest - S Nankervis, Ballarat YCW. - 21.34)

3rd place in 2.57:19 (first place Glenhuntly in 2.51:41)

#### DIVISION 4 (33.3 km. 5 Runners)

Geoff Purnell 29.24

(The Orchards Leg - 6.3 km.

Fastest Time - Z Newman. Ringwood. - 28.56)

Travis Trevarthen 23.20

(Coliban Water Race Leg - 5.3 km.

Fastest - B Pelgrim. Ringwood. - 21.04)

Simon Cole 28.31

(Sedwick Valley Leg - 7.4 km.

Fastest - D James. Ringwood. - 27.10)

Neil MacDonald 33.31

(Hogans Road Leg - 8.2 km.

Fastest - A Shields. Ringwood. - 32.35)

Paul Wilson 26.11

(One Hill Tree Leg - 6.3 km.

Fastest - R Hayter. Ringwood. - 24.16)

2nd place in 2.20.57 (first place Ringwood in 2.14.01)

### ALBERT PARK ROAD RACE 15 km. (10th September)

The fast, relatively flat Albert Park Course on a sunny Spring morning was the scene for some excellent running from the Geelong Team. Lee Troop, using the race as a solid hit-out before the Olympic Marathon, was content to sit back early on. However, over the last half of the race, Lee picked up the pace to run out a comfortable winner. Both Mark Tucker (16th) and Mark Boxer (25th) ran well to finish in under 50 minutes. Simon Taylor ran an excellent race to finish third in the Under 20 5 km. in a quick 15.34. Simon Cole also finished in the top ten with an impressive run over distance. In the Under 16 5 km. Tyson Mahon continued his good form to win in 16.49. In Division 1 we managed to finish 3rd behind Glenhuntly and Box Hill.

#### MENS OPEN 15 km.

Lee Troop	1st	45.24
Mark Tucker	16th	48.52
Mark Boxer	25th	49.45
Darren Riviere	43rd	51.50
Michael McNaughton	50th	52.21
Geoffrey Purnell	72nd	54.16
Neil MacDonald	158th	60.20

#### MENS UNDER 20 5 km.

Simon Taylor	3rd	15.34
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First Place - Trent Wallace (Peninsula R.R.) - 14.56

#### MENS UNDER 18 5 km.

Simon Cole	10th	18.07
Travis Trevarthen	12th	19.53

First Place - Collis Birmingham (Eureka) - 15.55

#### MENS UNDER 16 5 km.

Tyson Mahon	1st	16.49
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### WINTER LADDERS

(up to and including Albert Park)

#### MENS DIVISION 1

Glenhuntly	102
Box Hill	78
Geelong	72
Peninsula R.R.	56

#### MENS DIVISION 4

Ringwood	94
Athletics Ess. 2	49
Geelong 2	46
Athletics APS 2	38

#### MENS 40 +

Keilor St. Bern.	76
Athletics Ess.	49
Athletics Nunaw.	46
Williamstown	36
Geelong (12th)	22

#### MENS UNDER 20

Keilor St. Bern.	59
Geelong	45
Box Hill	39
Eureka	24
Diamond Valley	22

Due to a lack of numbers for various races we did not always have sufficient runners to score points in all divisions. However, we were fortunate to have runners willing to step up and run in higher divisions. A special mention must be made of junior members Simon Taylor, Justin Pitcher, Travis Trevarthen and Simon Cole who filled in for senior teams when

required. Well done, guys - we really appreciate your efforts and team spirit.

## RUNNER'S PROFILES

In following editions of our Club Newsletter we will profile members of the club (so watch out! - you may be next!) Being an Olympic year, I thought that profiles on two of our club's Olympians would be a great way to start.

### Lee Troop

**Occupation** Athlete

**Age** 27

**Date of Birth** 22/3/73

**Height** 178 cm. **Weight** 58 kg.

**Married / Single** Single

**Coach** Steve Monaghetti

### Personal Bests

**400m.** 56 sec.

**800m.** 1:57

**1500m.** 3:46

**3000m.** 7:41

**5000m.** 13:14

**10000m.** 28:04

**Half Marathon.** 61:00

**Marathon.** 2:11:21

**Favourite Food** Pasta

**Food Eaten Before a Race** Toast And Vegemite

**Favourite Drink** Lemon / Lime & Bitters

**Favourite Movie** Dumb & Dumber

**Favourite Book** "Pre" (the Steve Prefontaine story)

**Favourite Music / Band** Blink 182

**Favourite TV Show** Sex in the City

**Favourite Night Spot** Eureka

**Favourite Holiday Spot** Noosa

### A Normal Training Week (or a Recent Training Week)

**Mon.** am. 16 km.  
pm. 10 km.

**Tues.** am. 10 km.  
pm. 15 km. "Mona" Fartlek.

**Wed.** am. 10 km.  
pm. 24 km.

**Thur.** am. 10 km.  
pm. 14 km. Track Session - (ie. 8 x 400m with a 200m 'float')

**Fri.** am. 10 km.  
pm. 16 km.

**Sat.** am. 15 km. Hills Session  
pm. 10 km.

**Sun.** am. 34 km.  
pm. 10 km.

### Other Training / Recovery Sessions.

Massage once a week. Physiotherapy once a week.

**Favourite Training Session** Hills

**Favourite Race** World Cross - Country

**Best Ever Performance** 2000 Host City Marathon (5th). Ran with a stress fracture in left femur on limited training.

**Favourite Place To Train** Noosa / Falls Creek

**Toughest Ever Training Session** Mt. Bogong - 2000 metre climb in 1 hour. Completed as part of a 3 hour run.

**Most Admired Runner / Person** Mona

**Advice to Other Runners** "Enjoy it!"

**Goals for the Future** "Be The Best That I Can Be!"

**Anything Else???????**

Holds record for the longest nude run.

Aussie record holder for 5000 metres (13:14:82)

Winner of 1997 "City to Surf" Fun Run in 40.55

### Craig "Buster" Mottram

**Occupation** Athlete / Student / Recreations Officer

**Age** 20

**Date of Birth** 18/6/80

**Height** 188 cm. **Weight** 72 kg.

**Married / Single** "Looking!!!"

**Coach** Bruce Scriven

### Personal Bests

**800m.** 1:52:1

**1500m.** 3:38:23

**3000m.** 7:51:2

**5000m.** 13:26:3

**10000m.** 29:34

**Favourite Food**

Chicken Parmagiana (with chips)

**Food Eaten Before a Race** Not Fussed.

**Favourite Drink** Apple Juice

**Favourite Movie** Braveheart

**Favourite Book** The Damage Done (12 years of Hell in a Bangkok Prison)

**Favourite Music / Band** Red Hot Chilli Peppers, Hunters and Collectors

**Favourite TV Show** Troy Dann's Outback Adventures

**Favourite Night Spot** Scottish Chiefs

**Favourite Holiday Spot** Mt. Mongandi, New Zealand

### A Normal Training Week (or a Recent Training Week)

**Mon.** am. 50 min. Cruisy  
pm. 35 min. Cruisy

**Tues.** am. 35 min. Easy  
pm. Fartlek Session. (ie. 6 x 3 mins. on / 1 min. off.)

**Wed.** am. 70 min. in bush.  
pm. 30 min. Easy

**Thur.** am. 35 min. Easy  
pm. Track Session. (ie. 8 x 400 m. with a 200 m. float.)

**Fri.** am. 45 min. in bush  
pm. 35 min. Easy

**Sat.** am. Track or Fartlek Session.  
pm. 35 min. Easy

**Sun.** am. 90 mins in bush.  
pm. Rest.

**Other Training / Recovery Sessions.**

Massage once a week. Abdominal Circuit three times a week

**Favourite Training Session** Sunday afternoon (rest!)

**Favourite Race** Melbourne Grand Prix

**Best Ever Performances** 13.26:2 for 5 km. at Badysee

Park, London - an A Qualifier for Olympic Games.

17th place in the World Junior Cross-Country.

**Favourite Place To Train** You Yangs

**Toughest Ever Training Session** The following Track

Session - 400m. 800m. 1200m. 1600m. 1200m. 800m.

400m. hard/fast with a 200m. jog between.

**Most Admired Runner / Person** Lee Troop

**Advice to Other Runners** "Enjoy Yourself!" "Go Harder - Go Home!" "Time Brings Results".

**Goals for the Future** Compete well at the Olympics. (ed.

Craig, you certainly did that! Off a slow early pace Craig ran

13.31:06 to finish 8th in the 5000m. Heat, less than a second away from qualifying for the Olympic Final.)

Continue to improve my P.B.s until I am competitive throughout the world.

**Anything Else???????**

Completed 30 minute nude run in Queensland a week out from Olympic Selection Trials. (ed. obviously building up for a crack at Troopy's record!)

Australian Junior Record Holder 3000m. (8.02:77) and 5000m. (13:40:34)

## *SPORTSMAN'S NIGHT*

*Saturday 4th November*

*at Buckleys*

A reminder to all Club Members and their friends and family.

Come along on Saturday evening, 4th November to hear many of Geelong's Olympians talk about their experiences in Sydney. An excellent meal will be provided.

Support your club - don't miss this great night.

More details soon.

## **IT'S A LONG WAY TO THE TOP!**

**(a 'plodder's' guide to running Mt. Bogong)**

by Neil MacDonald

Earlier this year I was fortunate enough to spend 10 days training at Falls Creek with some of Australia's (and the world's) best middle and long distance runners. Thanks to experienced Falls Creek flat mates, Rohan Perrott and Darren Lynch, who showed me the ropes, I had a great time. Mind you, the training was tough and I was out the back most of the time. However, it was really motivating to be running along (I could keep up on some of the recovery runs!) with Mona or Troopy or Sonia O'Sullivan. The food at Falls was really good too - thanks Lynchy! You're a man of many talents.

Anyway, as the days went by a few of the guys planning to run the Host City Marathon were talking of running Mt Bogong on the last Sunday as part of a 3 hour run. Rohan said he'd like to do it again and Chris Wardlaw talked Lynchy into running it too as part of his assault on an Olympic A Qualifier. At this stage I was surprisingly still in one piece so Rohan and Lynchy suggested that I might like to attempt this almost mystical run. At first I was hesitant as I thought I would only hold everyone up. I had also heard that the record for "The Staircase" section of the run (the tough part) was held by

Troopy and Mona in an unbelievable 56 minutes. That's 56 minutes for about 6 km.! Troopy and Mona running 9 min. / km. pace! What would a plodder like me do?

However, Mona had decided not to run as he was unsure how his achilles would cope with the tough climb. A few days later Troopy reluctantly pulled out too with a sore hip (later diagnosed as a stress fracture of the femur).

Eventually, Rohan suggested that I just run up "The Staircase" then straight back down rather than run down along the "Eskdale Spur" with the others. This way I should be back in time. Troopy thought I should be able to run "The Staircase" in about 90 minutes (I was pretty impressed with his estimate as I had thought that a couple of hours would be more realistic) so I finally agreed to have a go. What had I got myself into?

The night before "Operation Bogong" was tense in Unit 8 of the Snow Ski Apartments as we 'Carbo-Loaded' ourselves silly. I was "as toey as a Roman sandal!" and I'm sure Rohan and Lynchy were as well. It was like we were off to war and Mt Bogong was the enemy.

At seven o'clock next morning we met up with our fellow warriors, Robbie O'Donnell, Julian Dwyer and Nick Harrison (who have all represented Australia) and drove towards Mt Beauty, then onto the Mountain Creek car park.

There was a little nervous talk as we jogged the couple of km. along the Mountain Creek track towards "The Staircase". All too soon we had arrived. This was it, there was no turning back. "Good lucks" were issued all around, then they were off, up the narrow bush track like startled rabbits.

I started conservatively (slow!) Soon I was in oxygen debt, sweat was pouring from my forehead and my legs were awash with lactic acid. I had run about 150 metres. I decided to slow even more. My estimate of 2 hours was looking good.

As I trudged my way up I received progress reports from bush walkers. "Yes, there's 5 runners together and they're about 10 minutes ahead" then "Yes, there's 5 of them and they're all running well. ("better than you!" "I'm sure they meant") They're about 15 minutes ahead of you".

Some parts of "The Staircase" are steep, and some parts are really steep with unstable footing, 'unrunnable' for mere mortals like me. So I just stumbled on as best I could. I was amazed to hear that the elite can actually run the whole way. However, every now and then I came across sections of the track that were not too steep with good footing underneath. After the rough terrain and severe gradients, these sections almost felt like downhill, enabling me to run with a little rhythm. Unfortunately, these sections were short lived.

Eventually, I staggered out of the bush. I was now above the tree-line. Ahead lay a barren wall of a mountain that still had to be conquered. But what a view! As I looked around my spirits rose as I realized how far I had actually travelled. However, I was brought back to earth ten minutes later when I passed a monument to three people who had died here a few years ago! They were caught out on the mountain when the weather suddenly turned bad, as it can do very quickly, even in the summer. And here we were, dressed only in running shorts and T shirts!

But the top had to be close now so I battled on, clambering over broken white rock and large boulders that could twist an ankle at any time.

Soon, I could see the top so I tried to lift my snail like tempo. Along a narrow rutted track I jogged, following wooden snow poles to my Mt Everest. However, I had taken a wrong turn and had to retrace my steps then turn right for the final trek to the top.

Finally, after 86 gut wrenching minutes (about 84 if you deduct time for my wrong-turn) I was there. I had beaten Troopy's

rough estimate, just! I was now standing at the highest point in Victoria, 1986 metres above sea-level.

Also at the top, relaxing in a small tent, were a couple of guys acting as a check point for a 60 km. Mountain Run. They informed me that, yes, five runners had passed this way about 25 minutes ago (actual times varied between 60 - 62 minutes for Rohan, Darren, Robbie, Julian and Nick - an amazing effort!) and they all looked pretty good as they set off on their return journey.

O.K. I had made it up here, now I had to get down. So after a quick drink from the check point guys, I was off again. Back down "The Staircase". Now, running up was tough, really tough. Running down was tough, dangerous at times and murder on the quads. In fact, I fell or tripped a few times. Running down a rocky mountain goat track is a real art - ask Rohan or Lynch about the mountain runner they came across on their run down the Eskdale Spur. Apparently he was unbelievable in his ability to fly down the steepest gradients without the slightest worry or stumble!

The trip down took me 73 minutes. As I jogged back along the Mountain Creek track towards the cars I was on a high. Sure I was slow, sure my quads felt like they had been attacked with a hammer but I had done it - I had run Mt Bogong.

Altogether, I had covered about 17 kilometres. My total time from car park back to car park was 3 hours and 3 minutes. Not exactly a world class time but this is one run I will never forget. And I plan to run it again because I reckon I can do better! Runners are strange creatures, we always think we can improve, even slow plodders like me.

**NOTE:** On the return journey, down the Eskdale Spur, the other five runners became separated. Lynch, not having run Mt Bogong before, took a wrong turn and ended up in N.S.W. (well, almost) but that's another story for another Newsletter.

### PROPOSED ATHLETICS VICTORIA WINTER RACE SCHEDULE FOR 2001

Sat. May 5	- Cross - Country Relays (Brimbank Park)
Sat. May 19	- 10 km. Road Race (Flemington)
Sat. June 2	- 8 km. Cross - Country (Warragul)
Sun. July 1	- 15 km. Road Race (Albert Park)
Sat. July 14	- 12 km. Cross - Country (Bundoora)
Sat. July 21	- Road Relays (Sandown)
Sat. Aug. 18	- 16 km. Cross - Country (Brimbank Park)
Sat. Sept. 1	- Coliban Relays
Sun. Sept. 16	- Half Marathon (Burnley)
Sun. Oct. 14	- Melbourne Marathon.

### NEXT YEAR?????

Next Winter Season we hope to consolidate our efforts of this year as well as making necessary changes to improve in areas of need. Also, please refer to the above proposed 2001 Winter Schedule. Hopefully, many of these races will fit in with your plans for next year so that we have full strength teams for most of the A.V.

### Races.

Other proposed changes for 2001 include:

- \* a new Winter race singlet in predominantly navy blue with white trim. (much better for muddy Cross - Country courses.)
- \* the addition of a women's team.
- \* more of Geelong's junior runners representing us on a regular basis
- \* in conjunction with the Geelong Centre, a couple of Saturday afternoon races in Geelong. One race we hope to have is an annual race around the Eastern Gardens that further develop Geelong's running tradition and is 'time-tested', in much the same way as Ballarat's annual "Lap of the Lake" Race.

### THANKS

This year's Athletics Victoria Winter Season has seen many of our runners perform to high standards or run Personal Bests. Some of us have just been happy to run up to our own standards while enjoying the team spirit generated on the bus trips to Melbourne.

However, without our reliable support crew none of this would be possible.

Thanks very much to Bob Pitcher, John Perrott, Greg Trevarthen and Kevin Varker for all your help during the year. We have all really appreciated your assistance, encouragement and support.

### PERSISTENCE PAYS OFF

An Olympic story to inspire runners from elite to plodder. Yes, persistence, hard work and belief does pay off.

In 1976 Dieudonne Lamothe of Haiti surprised many when he was an early leader in a heat of the 5000 metres at the Montreal Olympics.

Nobody had rated Lamothe, but here he was in the lead with greats such as Britain's Brendan Foster in his wake.

Eventually order was restored when Foster went to the lead and won the heat in an Olympic record time of 13.20.34. Foster would finish fifth in the final in a time six seconds slower than his heat win, with Finland's Lasse Viren winning gold in 13.24.76.

As for Lamothe, he faded just a little, finishing in 18.50.07, the slowest time ever recorded for an Olympic 5000 metre race.

Eight years later he was back, this time in the 1984 Los Angeles Olympic marathon. A subject of pitiful curiosity, he refused to speak to the press before running last in 2 hours 52 minutes.

That time, while far from competitive at Olympic level, was a big improvement on his 5000 metre debacle in 1976.

And more improvement was to come when Lamothe was a starter in the 1988 Seoul Olympic marathon. This time he was happy to speak to the press, revealing how Haitian officials had threatened to kill him if he did not finish the Los Angeles.

In Seoul, Lamothe ran 20th in a highly competitive time of 2 hours 16 minutes, behind the winner, Italy's Gelindo Bordin.

*Well, that's it for the first edition of our club newsletter. Stay fit, stay healthy and enjoy your running.*