



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 10

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MAHON AND JEREMIAH WIN BRIMBANK CROSS - COUNTRY. PERROTT WINS BET!

Cold and windy conditions greeted Geelong Region athletes as they arrived at Brimbank Park for the last Cross - Country Race of the Winter Season. And while individual performances were important, Geelong athletes were also keen to consolidate or improve on team standings for the Athletics Victoria Winter Season Ladders.

Tyson Mahon opened proceedings for Geelong with a commanding performance in the 3 km. race for Under 16 Men. It follows the 15 year old's gold - medal winning performance at the Australian All-Schools Cross - Country Championships in Perth last month.

Also running the 3 km. distance was fellow Under 16 athlete, Chris Last who ran strongly over the undulating Brimbank Park Course to record his best cross - country performance of the year.

Taryn Rau, also backing up from her sixth placing in Perth at the Australian All - Schools Cross - Country, continued her excellent Winter Season form to finish second in the Under 16 Women's 3 km.

Not to be outdone by her older sister, Kelsey Rau also ran very well to finish sixth over the 3 km. distance with fellow Under 14 Geelong runner, Chelsea Merry running on strongly in twelfth place.

Under 18 athlete, Michael McKenzie, returning to racing after a few weeks cross-training on the Victorian ski slopes, obviously found the 'brisk' winter conditions to his liking with a solid fifteenth placing over 4 kms.

Geelong continues to dominate the Under 20 Men's Division with Richard Jeremiah running out an easy winner over 6 kms. from Mark Fountain (third), Simon Taylor (seventh) and Travis Trevarthen (eleventh). Fantastic running, guys. Congratulations on your well deserved Winter Season Team victory.

Sixteen kilometres of cross-country racing over the tough Brimbank Park Course tests a runner's endurance, strength and recent training form to the limit.

Geelong's Rohan Perrott thrives on hilly cross-country racing and once again recorded an excellent sixth placing. However, Rohan was equally keen to win a bet that he would finish more than three minutes ahead of distance specialist and training partner, Darren Riviere.

Darren ran very well to finish 19th in a smart time of 57.28. Unfortunately for him, Rohan's time of 54.27, if my mathematics is correct, was 3 minutes and 1 second quicker - your shout, Darren! Second across the line for Geelong and in thirteenth place overall, was Geelong's 'flying postie', Mark Boxer. In this race last season, Mark hit the front after two kilometres before fading to 34th place. Better pacing and recent great training and racing form resulted in a 90 second time improvement and a placing just outside the top ten. Great running, Mark.

Michael McNaughton chose to shadow Darren Riviere over the

first third of the race before settling into a steady rhythm. These tactics worked a charm as Micky crossed the line in a very competitive 24th place.

Veteran athletes, Geoffrey Purnell and Vin Gasper continued their recent great form with competitive racing against open age group athletes, thus enabling Geelong to finish third in the very even Division One Team's Section.

Geelong's Women's Team reclaimed top spot on the very competitive Division Two Team's Ladder after Pattie Galvin, Inge Magher and Rebecca Wiasak ran solidly to finish in third placing. This leaves Geelong well placed leading up to the Burnley Half Marathon to be the winning Division Two Women's Team in their first season of competition. Great running, girls!

BRIMBANK PARK CROSS - COUNTRY

(Saturday 18th August.)

MENS OPEN 16 km.

Rohan Perrott	6th	54.27
Mark Boxer	13th	56.29
Darren Riviere	19th	57.28
Michael McNaughton	24th	58.38
Geoffrey Purnell	53rd	62.50
Vin Gasper	70th	64.40
Dean Goddard	112th	68.12
Paul Wilson	138th	72.08
Neil MacDonald	173rd	77.15

Fastest	- N Adkin (Doncaster)	- 51.51
	- M Thompson (Glenhuntly)	- 52.44
	- J Bourke (Ballarat Y.C.W.)	- 53.12
	- C Semple (Glenhuntly)	- 53.42
	- P Patrick (Old Scotch)	- 54.16
	- R Perrott (Geelong)	- 54.27
	- G Lyons (Old Scotch)	- 54.54
	- J Atkinson (Aths. Waverley)	- 55.05
	- P Hulbert (Glenhuntly)	- 55.37
	- L Gloster (Glenhuntly)	- 56.02
	- M Tierney (Box Hill)	- 56.04
	- C Nicholson (Glenhuntly)	- 56.21
	- M Boxer (Geelong)	- 56.29
	- D Eadie (Glenhuntly)	- 56.44

UNDER 20 MEN 6 km.

Richard Jeremiah	1st	19.56
Mark Fountain	3rd	21.05
Simon Taylor	7th	22.04
Travis Trevarthen	11th	26.17

Fastest	- R Jeremiah (Geelong)	- 19.56
	- C Perrett (Sandringham)	- 20.25
	- M Fountain (Geelong)	- 21.05

UNDER 18 MEN 4 km.

Michael McKenzie	15th	- 14.54
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Fastest	- C Appleby (Ringwood)	- 13.37
	- R Redmond (Diamond Valley)	- 13.44

- A White (Box Hill) - 13.45

UNDER 16 MEN 3 km.

Tyson Mahon 1st 10.33
Chris Last 16th 13.05

Fastest - T Mahon (Geelong) - 10.33
- D Locke (Peninsula R.R.) - 10.45
- S Ellis (Ballarat) - 11.03

WOMENS OPEN 4 km.

Patricia Galvin 27th 16.45
(5th in 40 +)
Inge Magher 51st 18.28
Rebecca Wiasak 57th 19.14

Note: Rebecca Wiasak is Under 18.

Fastest - E Jackowski (Ath. Essendon) - 15.00
- K Seibold (Malvern) - 15.02
- T Warrick (Eureka) - 15.04
- S Clarke (Peninsula R.R.) - 15.08
- A Lord (Ringwood) - 15.10
- S Braakhuis (Melb. Uni.) - 15.29
- N Chapple (Box Hill) - 15.30
- L Dick (Ringwood) - 15.31
- K Harris (Glenhuntly) - 15.36
- P Van Raaphors (Ballarat) - 15.43

UNDER 20 WOMEN 4 km.

Fastest - V Mitchell (Eureka) - 14.37
- J De Bruin (Box Hill) - 15.46
- L Crowe (Diamond Valley) - 16.08

UNDER 18 WOMEN 6 km.

Fastest - B Hogan (Sandringham) - 24.48
- C McKechnie (BER) - 25.45
- L Biffin (Keilor St. Bernards) - 26.38

UNDER 16 WOMEN 3 km.

Taryn Rau 2nd 12.25

Fastest - F Nash (Doncaster) - 11.42
- T Rau (Geelong) - 12.25
- J Thornton (Box Hill) - 12.29

UNDER 14 WOMEN 3 km.

Kelsey Rau 6th 13.13
Chelsea Merry 12th 14.04

Fastest - H Tomlinson (Box Hill) - 11.29
- K Katsanevaki (Doncaster) - 12.27
- Z Warrington (Peninsula R.R.) - 12.35

VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETE" AT BRIMBANK PARK CROSS - COUNTRY

Men.

3. Richard Jeremiah

2. Tyson Mahon
1. Rohan Perrott
1. Mark Boxer

Women.

3. Taryn Rau
2. Pattie Galvin
1. Kelsey Rau

RUNNER PROFILE

This profile features one of Geelong's most promising junior athletes. Taryn has run extremely well during the Athletics Victoria winter season, culminating in an excellent 6th placing at the Australian All-Schools Cross - Country Championships in Perth.

Taryn Rau

School Year 9 - Sacred Heart

Age 14 Date of Birth 3 / 2 / 87

Height not telling!!!! Weight 35 kg.
Married / Single Single - I'm just a kid!.
Coach Nikki Frey

Personal Bests

400m. 1:05
800m. 2:26
1500m. 5:01
3000m. 10:40
5000m. 18:56
10000m. too far!!!!
Half Marathon too far!!!!
Marathon fat chance!!!!

Favourite Food Mayonnaise

Food Eaten Before a Race Nothing

Favourite Drink Vodka (joke!)

Favourite Movie "Austin Powers - The Spy Who Shagged Me".

Favourite Book "Elle"

Favourite Music / Band "Country Grammar" by Nelly.

Favourite TV Show "Passions"

Favourite Night Spot "somewhere I can get down and boogy!"

Favourite Holiday Spot France, even though I haven't been there yet.

A Recent Training Week

Mon. Rest
Tues. Hills.
6 x 250 metre hills
then 10 x short / steep hills
Wed. 40 minutes easy run.
Thur. Track session.
6 x 800 metres (about 2:52 pace)
Fri. Rest
Sat. Race

Sun. Race

Other Training / Recovery Sessions.

Netball three times a week.

Favourite Training Session Easy 40 minute run.

Favourite Race Cross - Country - anything over 3 km.

Best Ever Performance coming 6th at the Australian All - Schools Cross - Country Championships in Perth a few weeks ago. Also, being able to punch a small ball into the air 39 times with one fist.

Favourite Place To Train Point Addis Beach.

Toughest Ever Training Session A 2 minute, 1 minute, 1 minute, 2 minutes fartlek session times three followed by 6 x 250 metre hills then 10 x short/sharp hills.

Most Admired Runner / Person Gabriela Szabo

Advice to Other Runners "don't take running too seriously or you may get sick of it!"

Goals for the Future To do well at the Australian Cross - Country Championships in Hobart and to get up to 60 punches with the ball thing.

WINTER LADDERS AFTER BRIMBANK PARK CROSS COUNTRY

All Under-Age Team Championships were decided with the running of the Brimbank Park Cross-Country.

Congratulations to our all-conquering Under 20 Men's Team who won their section. During the season the following athletes have scored points for this team: Richard Jeremiah, Mark Fountain, Simon Taylor, Travis Trevarthen, Jason Leishman, Michael McKenzie and Simon Cole. Great running guys!

With only the Burnley Half Marathon to run, our Open-Age Men's and Women's Teams will be keen to finish the Winter Season on a high note. Our Division One Men's Team can finish in the top three teams for the season with four top runs over the 21.1 km. distance around Burnley while our Division Four Men's Team can finish as high as second.

Our Division Two Women's Team managed to snatch back the lead in their section after the running of the Brimbank Park Cross-Country. Good luck and good running at Burnley, girls - a win in your first year would be a fantastic effort!

MEN'S DIV. 1

Glenhuntly	104
APS United	76
Geelong	68
Ballarat	67
Box Hill	65
Doncaster	62

MEN'S DIV. 4

Taralgon	90
Knox Athletic	60
Glenhuntly	60
Geelong	59
Diamond V.	55
APS United	34

MEN'S DIV. 7

Traralgon	35
South Melb.	33
Glenhuntly	30
Ballarat	24
Geelong	23

WOMEN'S DIV. 2

Geelong	80
Peninsula R.R.	76
Diamond V.	68
Ballarat	65
Collingwood	64

WOMEN'S DIV. 3

Glenhuntly 2	94
Glenhuntly 3	68
Glenhuntly 4	45
Diamond V.	27
Geelong (8th)	20

MEN'S UNDER 20

Geelong	82
Ballarat	31
Bendigo	21
Malvern	13
Ringwood	13

MEN'S UNDER 18

Peninsula R.R.	71
Knox Ath.	71
Ballarat	63
Keilor St. B.	50
Geelong (7th)	13

WOMEN'S UNDER 20

Keilor St. B.	28
Box Hill	26
Geelong	24
St. Stephens	23
Traralgon	11

MEN'S VETS

Aths. Nunawad.	68
Diamond V.	54
Aths. Essendon	49
Keilor St. B.	46
Geelong (8th)	34

WOMEN'S UNDER 16

Ballarat	87
Glenhuntly	58
Peninsula R.R.	50
Box Hill	26
Geelong	20

TEAM PHOTO

All athletes and support staff who have represented the Geelong Region Cross - Country Team during 2001 are

requested to attend **Landy Field at 10:30 am. on**

Saturday 15th September for an Official Team Photo.

Please wear your full team uniform but don't worry about A.V. numbers.

This photo will be a fantastic record of your 2001 season and will also be presented to our generous team sponsors.

Athletes will also be able to purchase this photo at cost price.

Please be there to support **your team.**

AROUND THE TRACKS AND TRAILS

At the moment Georgie Clarke and Craig Mottram are busy preparing for the Goodwill Games in Brisbane. Both will race over a mile in a final only format. Good luck and good running to both.

Meanwhile, many Geelong athletes will be travelling south for the Australian Cross - Country Championships in Hobart on Saturday 1st September. All the best to: Taryn Rau, Hayley Cook, Tyson Mahon, Jason Leishman, Ritchie Jeremiah and Mark Fountain.

Closer to home, Jo King raced over 10 kms. in the Geelong Cross - Country Club race around the Barwon River / Balyang Sanctuary. Despite near gale force winds, Jo ran 37:08

indicating that she is returning to form in preparation for races later in the year, including the Melbourne Half Marathon.

BURNLEY HALF MARATHON

Don't forget - our next race for senior athletes is the Burnley Half Marathon on Sunday 16th September. The race begins at 8:00 pm.

A small bus (\$5 per person) and perhaps cars will be leaving Norlane Waterworld at 6:00 am. sharp. Please confirm your seat on the bus by notifying Neil MacDonald (52 231620) by the Tuesday prior to the race.

CROSS - COUNTRY TEAM PRESENTATION NIGHT DINNER AND STATE LEAGUE LAUNCH

Put Wednesday the 17th of October in your diaries now as this will be a fantastic night.

Come along to Buckley's to wind up a most successful Cross - Country Season and launch the up-coming State League Program.

Enjoy a delicious two course meal while listening to Geelong's own World Championship Representatives, Nathan Deakes, Craig Mottram and Georgie Clarke talk of their Edmonton experiences with M.C. and Distance Running Champion, Lee Troop.

Adults: \$25
Under 18's: \$15

Don't forget!!!
Wednesday 17th October
at Buckley's!

THOUGHTS ON EDMONTON

From the personal diary of Australian Team Coach, Bruce Scriven.

Many names, dates and places have been changed to protect the innocent.

"For me, some of the highlights from Edmonton were seen on the training tracks rather than in the main stadium.

Watching many of the world's great athletes prepare for centre stage was a tremendous learning experience. The Kenyans would prepare by running literally hundreds of laps around the infield.

The Ethiopians would group together, starting slowly and then gradually building the pace, usually led by the great Haile Gebrselassie. In fact, as the group passed the finish line for each lap, Gebrselassie would ease to the front for a few strides

just to show who was 'the King' or perhaps the other Ethiopians were paying their respects to 'the great man'. Other countries seemed to have a more individualised program or perhaps they just didn't have the depth of numbers of the leading African countries.

A coach who I have long admired, Luis d'Oliviera, qualified eight athletes for the Championships - four from his home country, Brazil. Having prepared athletes of the quality of Joachim Cruz, Jose-Luis Barbosa and Mary Decker - Slaney, I knew that Luis' group would be great to watch. He worked one morning with Letitia Vriesde, a 37 year old 800 metre runner from Surinam. Letitia's task was to run 3 x 500 metres in around 70 - 72 seconds with an 8 minute interval. She ran the first 500m. in 70.2 and the second in 71.9. The problem was that after the second run she was writhing on the track in pain, full of lactic acid.

Luis' response to Letitia's efforts was, "Letitia, you will finish the session with honour, you will run 300 metres in 41 - 42 seconds!"

Letitia did exactly that and some eight days later ran 3rd in the final of the 800 metres, beaten only by Mutola and Graf.

The coaching messages in this session were strong and clear:

- * know your athlete.
- * don't kill the athlete on the track but do get the necessary work done.
- * plan backwards from your major events - this was Letitia's last serious session before the World Championships began.

Clearly the athlete and the coach shared a mutual respect and the results speak for themselves."

FINALLY, THANK YOU TO THE FOLLOWING FOR THEIR FANTASTIC SUPPORT OF THE GEELONG REGION CROSS-COUNTRY TEAM

GEELONG PHYSIOTHERAPY CENTRES

'DIZZY' LYNCH AND "THE BUSH INN HOTEL"

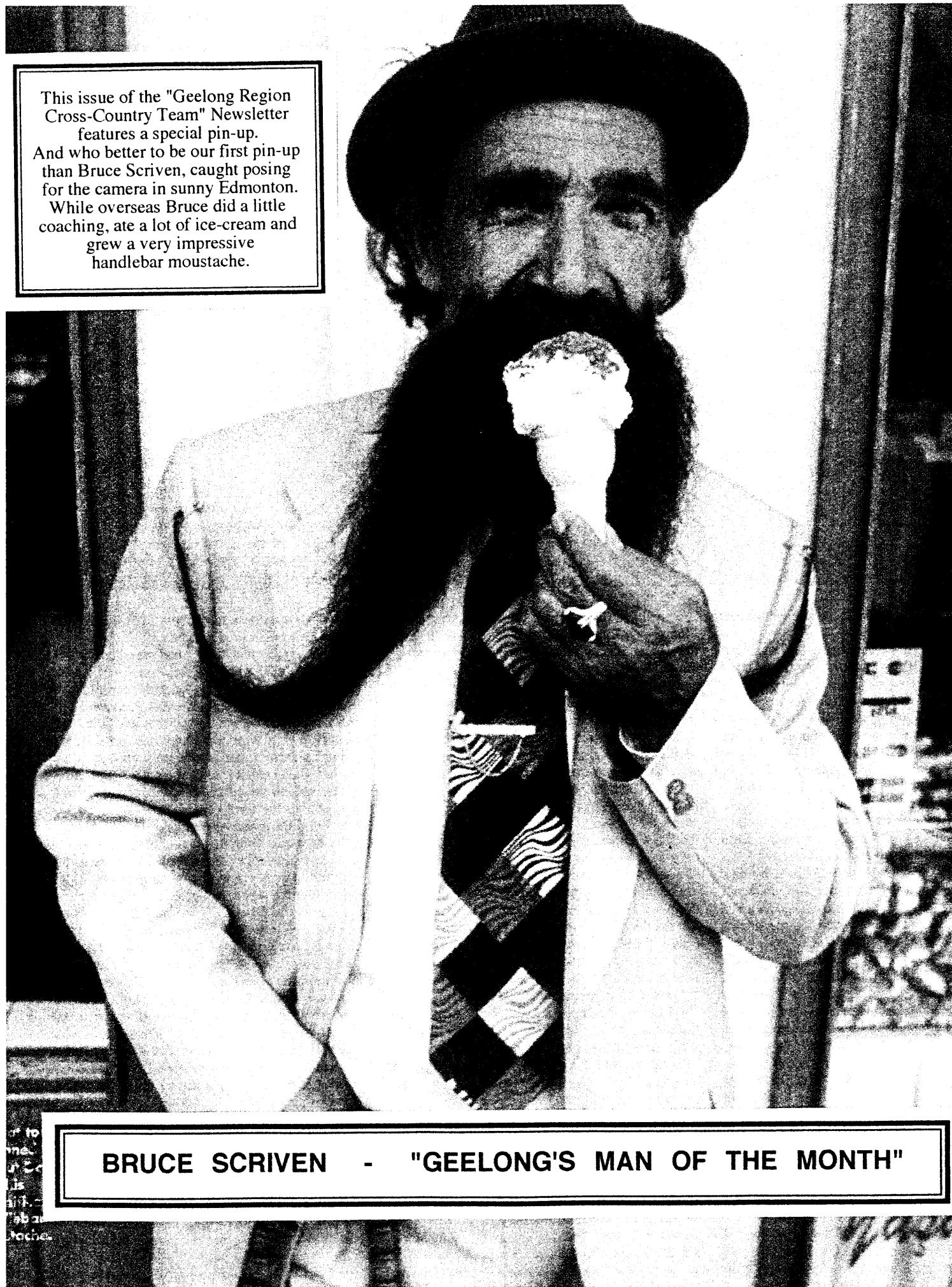
THE CITY OF GREATER GEELONG

TONY STEWART AND "THE ATHLETE'S FOOT"

CRICHTON COLLINS AND THE "PAKINGTON BAKERY"

GEELONG ATHLETICS INC.

This issue of the "Geelong Region
Cross-Country Team" Newsletter
features a special pin-up.
And who better to be our first pin-up
than Bruce Scriven, caught posing
for the camera in sunny Edmonton.
While overseas Bruce did a little
coaching, ate a lot of ice-cream and
grew a very impressive
handlebar moustache.



BRUCE SCRIVEN - "GEELONG'S MAN OF THE MONTH"