



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 11

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GALVIN RUNS THROUGH PAIN BARRIER TO KEEP GEELONG ON TOP

A small but focused band of Geelong Region athletes and support crew stirred from the comfort of warm beds to prepare for the last race of the Athletics Victoria Winter Season - the Burnley Half Marathon.

And with a top three placing for the Division One Men's Team and a fantastic first place for the Division Two Women's Team to defend, there was no way known that the guys and gals representing Geelong were going to settle for less than total commitment.

Highlighting this total commitment was the performance of Ocean Grove's Marathon Mum, Pattie Galvin. Pattie went into the race unsure if a hamstring 'niggle' would flare up and rule out a possible top ten finish. However, showing the determination and toughness that has carried her to many fine marathon finishes, Pattie battled on over the windy, multi-lap Burnley course to give Geelong the required three runner finish for valuable team points.

Well done, Pattie. If there was a medal for courage and perseverance, you certainly would have earned one.

Thanks also to Kevin Varker for his fantastic first aid and massage treatment and to Travis Trevarthen for his 18 kilometre 'encouragement' run while bouncing a Tiger's football.

Inge Magher and Andrea Cannell, running their first season for the Geelong Region Team, continued to run with great determination over the toughest of courses. Well done, girls. A team win would be a great reward for an excellent first season of running.

The Men's race quickly developed into a test for the long-distance specialists with World Championship Marathon representatives, Nick Harrison and Magnus Michelsson returning to competition. However, both are still not fully recovered from the Edmonton race and were content to back off to concentrate on collecting team points.

At the front of the pack, newly crowned Australian Cross-Country Champion, Craig Semple took off like a startled rabbit, determined to run the field off their legs. This bold tactic worked during the first lap of 6 kilometres. However, smooth striding Ethiopian visitor, Gemechu Wyesyesha took control of the race after ten kilometres to win comfortably in a tick over 65 minutes, a smart time given the windy conditions.

Geelong's own "Marathon Marvel", Darren Riviere again showed why he excels in the endurance stakes with a typically determined run to work his way through the field to finish in 71.28 - a top run on a difficult day.

In-form athlete, Mark Boxer, having his first race over the 21.1 km. distance, took off at a solid tempo with the experienced Riviere. Going through ten kilometres in 33 and a half minutes, Mark looked strong and ready to post a fast time. However, while slowing a little over the last few kilometres as the wind increased in intensity, Mark recorded an excellent placing in the top 20. On finishing, Mark was asked if he would consider running a marathon in the future. His reply, "@#&*#@#k*&!" which roughly

translated means, "at this stage of my running preparation, and after much careful consideration, I think I will decline and not participate in the above mentioned physical pursuit. But thank you for asking."

Mark's training over the last few months has been aimed at running well over shorter distances and his current form indicates that he is capable of running close to 15 minutes for 5000 metres.

Good luck in your 5k. P.B. pursuit, Mark.

"Super-Vet", Geoffrey Purnell continued his fine form with a strong run to be up with the leading 'mature' athletes. An indication of Geoff's form this year is that he has often scored valuable points for our Division One Men's Team. Well done, Geoff on a great Winter Season.

Fellow "Super Vet", Vin Gasper has developed a rivalry over the season with an unnamed Traralgon athlete who sports a bright orange toweling hat. In Vinnie's words, "he goes out like the 'clappers' and usually I can't quite catch him."

Well, the Half Marathon followed the script to the letter with Mr. Traralgon going out like the 'clappers' and Vinnie keeping that bright orange hat in sight. And despite regular on-course updates of, "keep going, Vin - he's slowing!" 'the hat' finished just ahead of a determined Vin.

Special mention must be also be made of the above mentioned Vets in Geoff and Vin who were the only Geelong Region athletes to participate in every Athletics Victoria Winter Season Race. Fantastic effort, guys!

BURNLEY HALF MARATHON

(Sunday 16th October.)

MEN'S OPEN HALF MARATHON.

Darren Riviere	16th	71.28
Mark Boxer	19th	72.51
Geoffrey Purnell	46th	77.53
Vin Gasper	69th	80.24
Neil MacDonald	220th	98.55

Fastest	- G Wyesyesha (Ethiopia)	- 65.06
	- C Semple (Glenhuntly)	- 65.31
	- G Schmidlechner (Doncaster)	- 67.34
	- P Sly (Peninsula R. R.)	- 67.41
	- D Eadie (Glenhuntly)	- 68.03
	- J Atkinson (Aths Waverley)	- 68.29
	- M Michelsson (Collingwood)	- 68.55
	- G Lyons (Old Scotch)	- 69.27
	- J Cook (Glenhuntly)	- 70.34
	- T Coady (Glenhuntly)	- 70.36
	- P Hulbert (Glenhuntly)	- 70.46
	- J McKenzie (Traralgon)	- 70.53

WOMEN'S OPEN HALF MARATHON.

Inge Magher	34th	101.20
Andrea Cannell	37th	104.09
Patricia Galvin	47th	117.58

Fastest	- S Clarke (Peninsula R.R.)	- 80.13
	- A Lord (Ringwood)	- 82.34
	- K Seibold (Malvern)	- 82.53
	- J Petrie (Ringwood)	- 84.19
	- N Key (Inv.)	- 85.31
	- G Creaton (Malvern)	- 87.26
	- B Dwyer (Knox Ath.)	- 87.38
	- S Burt (Peninsula R.R.)	- 88.45
	- M Hawkes (Ballarat)	- 89.17
	- H Slattery (Glenhuntly)	- 89.50

RUNNER PROFILE

This profile features Mark Tucker, one of Australia's top ranked athletes in the very challenging 3000 metre steeple-chase. Over the last few years Mark has had knee injury problems that have restricted his progress. However, as you will see from his current training schedule, he has modified his approach by restricting the quantity of work completed, while adding cross-training sessions to take the strain off his legs.

What hasn't been modified is Mark's determination to extract the best from the talent he has been given.

Mark Tucker

Occupation Student at University of Ballarat. Fourth and final year Bachelor of Education (P.E.) with Honours

Age 22 **Date of Birth** 15 / 8 / 79

Height 184 cm. **Weight** about 75 kg.

Married / Single Single, but that will need changing after this year when I have time for a girlfriend.

Coach Bruce Scriven

Personal Bests

200m.	24.6
800m.	1:53.24
1500m.	3:49.6
3000m.	8:17.47
5000m.	14:33.9 (too slow for my liking and I will take a huge chunk of this time next year!)
10000m.	yet to be set.
3000m. Steeple	8.47.26

Favourite Food Chocolate

Food Eaten Before a Race Bananas

Favourite Drink Banana Smoothie (Soy Milk)

Favourite Movie Yet to see - nothing stands out.

Favourite Book "The Golden Mile." by Herb Elliott. Also anything written by Percy Cerutti.

Favourite Music / Band "Good Charlotte", "Limp Bizkit", "Alternative" plus "in your face music that gets you pumped!"

Favourite TV Show Don't watch much TV. Too busy furthering my education!

Favourite Night Spot "Anywhere with good company - except Nightclubs!"

Favourite Holiday Spot Falls Creek.

A Recent Training Week. (nothing is slow!)

Mon. pm. 40 - 45 minutes.

Tues. pm. Track Session. This varies but close to 5000 metres of 'varied pace' repetitions.

Recent session:

15 minutes warm-up.

2 x 1200 metres (68 secs. per 400 metres)

400m. jog between reps / 800 jog after set.

4 x 500 metres (63 secs. per 400 metres)

300m. jog between reps / 400 jog after set.

5 x 200 metres (28 - 29 secs, last in 26 seconds)

200m. jog between reps.

15 minutes warm-down.

Wed. pm. 50 minutes.

Thur. pm. Fartlek Session

ie. 15 minute warm-up.

2 x 6 minutes (2 minutes recovery)

2 x 3 minutes (1 minute recovery)

2 x 90 seconds (1 minute recovery)

Finish with a 10 - 15 minute warm-down

Fri. Rest or swim session. Recently swam at Ocean Grove then ran a few reps up a sand dune with a friend.

Sat. am. Threshold Session.
ie. 10 minutes warm-up / 20 minutes threshold pace / 10 minutes warm-down.

or

pm. Race.

Sun. p.m. Long Run. 60 minutes.

Other Training / Recovery Sessions.

Swim session about once a week, when not busy consisting of;

750 metres warm-up, 200 metres drills, 10 x 50 metres on a minute, 250 metres warm-down.

When injured I swim everyday.

Favourite Training Session 30 - 60 minute evening run when I'm feeling good.

Favourite Race "Dragon Mile in Bendigo". Any Steeple Chase.

Best Ever Performance Running 8.47.26 for 3000 metres Steeple Chase at Hobart Grand Prix in 2000.

Finishing 35th (1st Australian) at the 2000 World University Cross-Country (12 km.) As an 18 year old, my solo 3000 metre Steeple Chase at State League 1998 - it felt effortless!

Favourite Place To Train Eastern Beach / waterfront.

Toughest Ever Training Session Too many to remember. A couple of years ago, I used to make every session tough!

Most Admired Runner / Person Percy Cerutti, Emil Zatopek and currently Paula Radcliffe.

Advice to Other Runners "A determined soul will do more with a rusty monkey wrench than a loafer will accomplish with all the tools in a machine shop" (Robert Hughes)

"Have no limits, believe in yourself, you do not have to settle for the 'village' life." (Mark Tucker)

I really enjoyed competing in the Open Water Swim Circuit during the summer when I was injured. I would recommend swimming to anyone who is injured.

Goals for the Future Achieve academically - hopefully that goal will be accomplished by the end of this year. Make it

in sport and compete at the Olympics.

I will be heading to America sometime this December to study and run at Butler University in Indianapolis, Indiana. At the moment I am considering doing a Masters in Arts (History). I will be over there for a year with two or three other Aussies and I'm really looking forward to having a great time and running really well.

TICKETS ON SALE NOW FOR THE CROSS - COUNTRY TEAM PRESENTATION NIGHT DINNER AND STATE LEAGUE LAUNCH

Put Wednesday the 17th of October
at 7:00 pm.

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

Note: Those who have purchased
Winter Season's Tickets will have half
their contribution refunded on the
night.

**See Neil MacDonald or Lee Troop
now to purchase your ticket.
All ticket
holders will go into a draw for a
chance to win a great prize.**

“BART” ON THE PHYSIO'S COUCH

Andrew “Bart” Lambart is well known to Geelong Region athletes as the man from the Geelong Physiotherapy Centre who will get you off the injured list and back running. However, he has also been a class athlete in his own right. Last Saturday I was fortunate to catch up with “Bart” for a chat.

N.M. Andrew, congratulations on your selection as Team Physio for the recent World Athletic Championships in Edmonton. Professionally that must have been a great highlight?

A.L. Yes, it certainly was. I guess it was the culmination of putting in a bit of work over the last few years going to National Junior and Senior Championships as a physio. It was great that Athletics Australia was able to give me that position and I'm very appreciative. It certainly was a fantastic experience.

N.M. Does the fact that you were a quality athlete as a junior give you a little more credibility when dealing with the elite?

A.L. Yes, I think so. It also gives you a better insight into how athletes think. I've spoken to Scervo on this subject on quite a few occasions and I believe you're sometimes massaging their mind as well as massaging their body. So the fact that I've competed at a reasonably high level as a junior has got to help.

With many elite athletes, if they get an injury, their world tends to fall down around them, particularly if they're injured before a major competition. Some of them also become a little bit hyper-sensitive with injuries and worry themselves sick rather than keeping calm, doing the right things and letting their body heal.

N.M. I suppose with many of the elite you'd be trying to hold them back in their rehabilitation?

A.L. Yeah, often that's correct, especially with the distance runners who always want to do that little bit extra. However, once athletes are at the elite level they're very aware of their bodies and can tell you how any little niggles are going.

N.M. What was a normal day for you as a physio while overseas for the World Championships?

A.L. It varied a little bit because early on there were morning sessions so that involved at least one physio, one doctor and one masseur going to the track. The other physio and doctor stayed back at the hotel and treated the non-competing athletes. My day usually started at about 8 o'clock and then mid afternoon I'd head back to the hotel to treat athletes there. Sometimes we were treating athletes well into the night. It was pretty constant. Also, the athletes were under pressure so that increased the intensity level and stress for them and thus the stress levels for the medical staff treating them.

N.M. Which athletes did you work with?

A.L. When I was in London prior to the Worlds I was set up in a house in Hampton Hill. All the athletes who were in Europe for the Grand Prix Series were based in London sometime so I treated the sprinters like Matt Shirvington right through to the distance guys like Buster. I didn't treat many throwers, mainly because I didn't know them at that stage, but I worked with most of the track athletes and the relay team.

N.M. Dmitri Markov, what injury did he have at the World Championships?

A.L. In hindsight that was quite a funny incident. He'd been carrying a bit of a foot problem around for about three months prior and hadn't had much treatment on it. He competed in the qualifying rounds then that night he bumped his toe on a table and that's what the media picked up on. They thought his problem was caused by hurting his toe rather than the foot problem he was carrying. The morning before his competition he couldn't walk into the medical room, couldn't take weight through his foot, couldn't go up onto his toes. There was no way known he was going to run. His problem was that he'd inflamed the joint between his cuboid bone (a bone

on the outside of the foot) and the metatarsals (the bones that form the toes). So we got to work on him, although I didn't have a great deal to do with his treatment. One of the other physios mobilised and strapped his foot. Then one of the doctors injected the joint with cortisone. However, on injecting the joint with cortisone a lot of blood and inflammatory cells came out of the joint. The doctor tried to inject a little cortisone into the joint which he was able to do. Before the injection Dmitri was able to just walk with a limp but after the injection he could not walk at all. Then we tried lots of icing, strapping, compression and acupuncture. Fortunately he was able to jump on the day but even then there was a bit of drama. He was meant to have his foot taped just prior to competing but the officials would not let a physio out onto the track. Eventually, after much mucking around he was allowed to come back off the track to be strapped. Obviously he was stressed while all this was going on and when he did jump he missed his first two attempts. We were over on the warm-up track thinking the worst but he cleared his third attempt at 5.75 by about 30 centimetres and went onto win the gold, clearing 6.05!

N.M. He must have incredible mental toughness and application to bounce back from all those problems prior to competition?

A.L. He was amazing. I've never seen an athlete able to put aside adversity then come out so focused on the task at hand.

N.M. The medical staff almost deserve a gold medal for resuspecting an injured athlete.

A.L. I think we were a little bit lucky in that we were able to get onto it as soon as possible and we only did the things we knew how to do. Fortunately, it all worked on the day but that's what we are there for. Sometimes the media builds these thing up a little too much.

N.M. How was his foot the day after?

A.L. It had actually settled down a fair bit but I think the celebratory drinks that night might have dulled a bit of foot soreness.

N.M. You also worked with Jamacian 400 metre runner, Greg Haughton. How did that come about?

A.L. A lot of the American athletes, and he's based in America even though he runs for Jamaica, don't have the same level of medical cover that we have so Sandy Richards (Jamacian 400 metre runner and current World Indoor Champion), who I've treated before, told him to give me a call. He was actually in a bit of strife with nueral related hamstring tension and was disappointed in how he ran at the World Championships after thinking that he should have won. Anyway, I went to work on him but time was a factor. At the Goodwill Games four weeks later he was able to defeat the World Champion so he'd had obviously been working on the areas I'd started on. It was great experience to meet him - he was a great fellow. I think he's coming over to Australia later this year to run our Grand Prix circuit over 100 and 200 metres.

N.M. Which of the Australian athletes really impressed you in that they got the most out of their ability?

A.L. I think when you get to that level you're an amazing athlete anyway but there were a few examples of athletes who did perform pretty well. I think Tamsyn Lewis ran above the form she had shown leading into the Championships by making the semi-finals. Lauren Hewitt was another one who ran above her form. I think someone like Georgie Clarke, who hadn't been able to train much at all in the lead-up for various reasons, ran pretty well. Then you've got an athlete like Buster who, initially I thought was an outside chance to make the final, he ran pretty well to make the semi-final.

Shirvington appears to be a guy who always performs well in the big competitions. I think we'll see a lot more of Shirvo - I think

he's a very good athlete who's had a few injury problems and at the moment is not as fit as he could be. Hopefully, if all goes well for him in the lead-up to the next Commonwealth Games, he could be pushing the likes of Dwain Chambers and Christian Malcolm.

N.M. What about the International athletes at the World Championships? Who really impressed you?

A.L. I think the best performance of the meet was Andre Bucher in the 800 metres. It was just incredible how he went to the front and said "catch me if you can!" He's an incredible athlete to do that then change tactics in the Grand Prix Final where he slowed the pace and let Borzakovski go past him then run him down.

N.M. What happened after dark at the World Championships? Are there any tales you can tell that won't embarrass too many people? Did you have a few quiet reds with Scrivo?

A.L. Hah Hah! Yes, we consumed a few ordinary Californian reds. When I joined up with the medical team in Canada there were a few visits to after hours establishments (nightclubs) purely to check out the Canadian nightlife. However, there was only one big night out and that was when we had spent the day treating Dmitri Markov and there was a chance that he wouldn't be able to compete the next day. We were all a bit stressed and concerned, as you can imagine, so we went around the corner to have a few beers that eventually turned into quite a long night.

N.M. How did your own physical fitness cope with the work and the play?

A.L. When I was in London, prior to the Worlds, I was running once a day and was quite fit. During the last three weeks in Canada there just wasn't the time available because we were treating athletes constantly. Anyway, I wasn't over there for my training, I was there to treat them. When I arrived back in Australia, I had lost a bit of fitness.

N.M. Georgie Clarke and Craig Mottram have made fantastic progress under Bruce Scriven's guidance. You would remember them as junior athletes. What were your impressions when they first arrived at training?

A.L. There was no doubt that even at first sight you could see both of them had ability. And to Scrivo's credit and Georgie's and Craig's credit, they have been able to develop that ability. Scrivo has got an incredible knack for spotting athletic talent whereas I'm only a novice in that field. Early on I probably didn't think they could have gone as far as they've gone but I've got no doubt now that they will go a lot further. They're both amazingly committed athletes. Also, to look at how they've both matured as athletes is quite incredible. The present level of professionalism that they both have is fantastic, especially Buster, who perhaps was a little rude and a conceited fellow when he first arrived on the track but is now quite a gentleman.

N.M. Early on you were a training partner for both Georgie and Craig. How would you go these days - could you keep up?

A.L. Yes, I was originally Buster's training partner and I used to cut back on work so I could train with him. I think Buster eventually realised that I was holding him back so he gave me the flick and then I moved onto Georgie for a little while and tried to help her out but soon she was too quick as well. Now I just do my own thing.

N.M. Sounds like you had a taper in the days leading up to running with Georgie and Craig?

A.L. Yeah. When there was a track session coming up I

rested the day before and basically treated it like a race.

N.M. What regular sports medicine do Georgie and Craig have?

A.L. I see Georgie on a weekly basis and sometimes twice a week. At one stage, when Buster was having a few injury problems, I was seeing him 2 - 3 times a week. Ritchie Jeremiah is the same, I catch up with him once a week. All of them are really good at letting me know if there's a slight problem so we can get stuck into any little problems straight away. These days, if everything is going well I just see them once a week for maintenance which is a massage plus whatever else needs looking at. Georgie, Craig and Ritchie are three athletes I've massaged for quite a while. Because I know them so well I can pick up any tight spots before they become problems.

N.M. I know Georgie is doing regular Pilates sessions and Craig does some core-stability work as well. How important are these sessions?

A.L. I think that they are the extra things that guys like Georgie and Buster do to make themselves great athletes. Certainly your core-stability and the stability through your mid line is extremely important for all athletes. Pilates and Swiss Ball exercises are very good at giving a stable core to work your extremities.

N.M. You have been doing some work with the V.I.S. What does this involve?

A.L. I do some screening for the V.I.S. I travel with the V.I.S. to National Championships like the National Cross-Country, the National Track and Field Championships and the Selection Trials. From all of that I've now moved onto working for Athletics Australia just like what's happened with Scrivo. His early involvement with the V.I.S. has led to his present position with Athletics Australia.

I also work two days a week at the Olympic Park Sports Medicine Centre just to look after some of the Melbourne athletes I came into contact with while overseas. Athletics Australia suggested that it would be a good idea if I do some work in Melbourne.

N.M. You're living with Troopy at the moment. With the injury problems he's had over the last two years, he couldn't have picked a better person to move in with.

A.L. Yeah..... There's two ways of looking at that, I suppose. Perhaps I haven't been a great house mate because I haven't prevented some of these injuries. Unfortunately, with Troopy he's had a few problems and because he's such a mentally strong athlete and so tough with his training and so tough on himself, he can sometimes push himself too hard. He can also be quite stubborn at times. The other problem is that he's had race deadlines to meet over the last few years which has meant that he has had to rush training rather than let his body get slowly fit and healthy. I think now he has realised that and will go back to the drawing board for six months to get fit and healthy again so that he can pick races to do when he's ready. That's sensible for him at the moment. I've got no doubt that he will be back bigger and better than ever before.

N.M. Your own running career - you were Australian Junior Champion over 800 metres. What year was that and what time did you run?

A.L. That was 1990 and I was Under 16. I ran 1:54.64 for 800 metres as a 15 year old. As a junior I was placed in every Australian 800 metre Championship until 1994. In 1993 I went overseas and did an Australian Junior Tour through the U.K. Then, and Scrivo will confirm this, my socialising probably took precedence over training. However, I like to believe that I was a little too busy with University studies and was not able to be as committed to training as I once was. From there I rapidly

deteriorated into a 'has been' and a 'plodder' living on past glories.

N.M. Geelong has a pretty handy Under 16 800 metre runner at the moment. How do you think you would have fared against Tyson Mahon at his, and your, best?

A.L. I'd have to look more closely at his times. Do you know what he's run?

N.M. About 1:54.

A.L. I think he may have been a little younger than I was but being the arrogant person that I am I have got no doubt that I could have beaten him. But it's pretty easy to say that now and pump myself up. I think that Tyson is a fantastic athlete and has shown that he has a bit more ability than I've got in the sense that he's been able to win a National Cross-Country Championship. Scrivo has always said that a great 800 metre runner should be able to run a great 1500 and a great 3k. I think that Tyson has got that ability. He just needs to keep working hard and to stay dedicated because it would be a shame to see someone of his ability peter out like I did.

N.M. What was your training regime as a junior when you were training under Rudi Hochreiter?

A.L. A lot of track work. I played football over winter so I came to track athletics each year with a fair base. I also did a bit of longer running - when I say long, I mean up to 30 minutes but I did everything at a very high intensity. Basically it was a lot of speed work. I know the guys who were training with Scrivo at the time, guys like Cam Hardham and Joe Crabbe and Stewie McGregor used to laugh at me because I sometimes did 20's and 30's and 40's which was one of my speed sessions. On that type of training I was able to run 11 seconds flat for 100 metres, 22.1 for 200 metres and 48.5 for 400 metres.

N.M. What was a 'bread and butter' track session for you back then?

A.L. I remember we used to do 3 sets of 30, 60, 80, 100, 120, 250 metres with a walk back recovery. All of them were very quick.

N.M. You progressed through the ranks with Scott Peterson.

A.L. I did. Scottie and I used to race against each other all through our junior days. He probably raced more over 1500 but he obviously kicked on a lot better than I did. He was a good junior but a much better senior athlete. Now he's doing Modern Pentathlon and has a career as a Massage Therapist.

N.M. What is your current training regime?

A.L. At the moment I train just once a day. I try to make sure that I do three hard sessions a week. Tuesday is a track session, Thursday is a fartlek or a threshold session and Saturday is either a track session or fartlek/threshold session. On the other days I do one longish run of 45 minutes and the rest are a little quicker 30 minute runs.

N.M. If you had 6 months of good, solid training behind you, what do you think you could run for 800 metres?

A.L. Ummmm..... In 98, after I finished Uni, I had six months of solid training behind me and I ran 1:50.4. That was when Matty Prior was still running so I decided to move back to Geelong to train with Matty and Paul Byrne. But as soon as I moved down, Matty got injured and Paul moved to Melbourne so I guess my physio work took priority. Then Buster and Georgie came on the scene so I guess I withdrew from my serious training.

N.M. What have the been the changes in Sports Medicine over the last few years. What are the elite doing now to legally help performance?

A.L. At the elite level they are doing a lot more core-stability work. There's also a lot more regular massage, physio, just lots

of maintenance stuff to prevent rather than treat injuries. There's a lot better scans and diagnostic tools these days too so that we're a lot better equipped to diagnose problems sooner so that management plans can be put in place.

N.M. You were saying before that Greg Haughton was not able to get the necessary treatment in America. Do we lead the world in Sports Medicine?

A.L. In many ways we do. In America the physios are known as Physical Therapists and their degrees are very different to ours. They specialise in electro-therapy and it's the Oestopaths and Chiropractors who lead the way in America. They're the ones who use a lot of the techniques that we use. There are still a lot of great people overseas, it's just that it's set up differently.

Also, the really good guys can be hard to see. For example, Greg Haughton trained with the 'great' Michael Johnson but Johnson wouldn't let Greg use his own Chiropractor because he didn't want to give up what he thought was an advantage to another athlete.

N.M. Some advice for distance runners. What are some "Physio Commandments" to reduce the chances of injury?

A.L. I think a slow build up is very important if you want to reduce the chances of injuries like stress fractures. Also, you need to make sure that you're biomechanically sound so that you can avoid the 'overuse injuries' such as achilles tendonitis, iliotibial band friction syndrome, shin splints etc. I'd recommend a video assessment to check out biomechanical function and perhaps some orthotics if needed. You need to be 'in tune' with your body so that if you do have any problems you seek advice straight away rather than trying to push through. Regular maintenance work is extremely important to keep the muscles supple and to make sure there aren't any tight areas building up.

Good shoes are really important. However, because the shoes are so good these days, people with some biomechanical problems are OK and might not need orthotics if they get into the right shoes. The people in at "The Athlete's Foot" are great at analysing feet and suggesting the correct shoe for you but if you have any doubts a sports podiatrist can help.

N.M. The other day we were talking about doing some speed work year round so that there's not a shock to the body when you suddenly start running fast. Would you like to expand on that strategy?

A.L. You need to condition your muscles to the stresses they will go through. So for example, if you're an 800 metre runner you need to use quite a lot of fast twitch fibres while racing so during the winter, although you need to do a lot of your base work and longer work, you do need to get into your spikes occasionally to make sure that you're getting the strength through the calf muscles. We all know if we haven't been in the spikes for a while the first few times wearing them can hurt a lot. I also find that if I haven't done a speed session for a while I can get quite tight in the hamstrings. That's just because they haven't been put through the forces quicker running generates.

In the off season you might only need one session a week or one session every two weeks of quicker strides to keep your body in good shape for faster running in the middle distance events.

N.M. Andrew, thank you very much for your time. Hopefully you'll be able to get down close to 1:50 again.

A.L. My pleasure, Neil. But no predictions as far as my running goes.

N.M. Well, how about aiming for two minutes

flat?

A.L. Yeah... We'll start at two and if that's successful we can reduce the time from there.

AROUND THE TRACKS AND TRAILS

Six Geelong Region junior athletes travelled to Hobart for the recent Australian Cross-Country Championships. Unfortunately, due to injury, Lee Troop was unable to defend his 2000 senior title. However, Mark Fountain, Tyson Mahon, Richard Jeremiah, Jason Leishman, Hayley Cook and Taryn Rau were in top form and keen to take on Australia's best junior athletes.

In the Under 20 Men's race, Mark Fountain, racing over his least favoured terrain, turned the tables on training partner, Richard Jeremiah to take out the Australian Title.

Well done, guys - a one / two finish is a fantastic effort.

UNDER 20 MEN'S 8000 m.

Mark Fountain	VIC	1st	24.55
Richard Jeremiah	VIC	2nd	25.07
Clint Perrett	VIC	3rd	25.14
Michael Shelley	QLD	4th	25.18
Jeff Hunt	NSW	5th	25.49

Hayley Cook continued her excellent Winter Season form with a fine fifth placing in the Under 18 Women's race.

UNDER 18 WOMEN'S 4000 m.

Ruth McDonnell	QLD	1st	13.55
Clare Goodwin	NZL	2nd	14.36
Belinda Hogan	VIC	3rd	14.51
Sarah Bryant	NZL	4th	14.58
Hayley Cook	VIC	5th	15.08

In the closest race of the Australian Championships, Tyson Mahon used all his track speed to win by one second.

Great work, Tyson - you can have the two weeks rest that Scervo has set feeling very satisfied with your Cross-Country Season.

UNDER 16 MEN'S 4000 m.

Tyson Mahon	VIC	1st	12.46
Liam Adams	VIC	2nd	12.47
Matthew Woolley	TAS	3rd	13.08
Sam Ellis	VIC	4th	13.13
Scott Vance	VIC	5th	13.15

Taryn Rau travelled to Hobart keen to take on Australia's best junior athletes after an excellent Winter A.V. Season.

Unfortunately, an untimely asthma attack brought on by cold medication meant that Taryn was unable to complete the race.

UNDER 16 WOMEN'S 4000 m.

Felicity Abram	QLD	1st	14.16
Brooke Simpson	NSW	2nd	14.25
Fiona Nash	VIC	3rd	14.34
Lee Piantadosi	SA	4th	15.03
Laura Luxford	QLD	5th	15.12

Jason Leishman contested the Men's Under 18 race and ran on strongly against a top class field.

UNDER 18 MEN'S 6000 m.

Mitchell Kealey	QLD	1st	19.20
Liam Rothwell	VIC	2nd	19.28
Craig Appleby	VIC	3rd	19.36
Nick Miller	VIC	4th	19.50
Mathew Prosser	NZL	5th	19.54
Jason Leishman	VIC	31st	22.27

For those interested in how they may have fared at the Australian Cross-Country Championships, here are the top finishers in the other sections.

UNDER 14 WOMEN'S 3000 m.

Hayley Tomlinson	VIC	1st	10.22
Emily Johnson	NSW	2nd	10.54
Zhoe Warrington	VIC	3rd	11.01
Katherin Katsanevakis	VIC	4th	11.11
Emma Statham	NSW	5th	11.13

UNDER 14 MEN'S 3000 m.

Matthew Bayley	VIC	1st	10.06
Chris Hamer	VIC	2nd	10.09
Sean Verwey	VIC	3rd	10.12
Patrick Fox	VIC	4th	10.13
Jason Abbott	VIC	5th	10.24

UNDER 20 WOMEN'S 6000 m.

Erin Hargrave	NSW	1st	21.54
Annabel Luxford	QLD	2nd	22.04
Victoria Mitchell	VIC	3rd	22.20
Jane Nalder	NZL	4th	23.01
Lauren Crowe	VIC	5th	23.11
Jessica De Bruin	VIC	6th	23.22

OPEN WOMEN'S 8000 m.

Kylie Risk	TAS	1st	27.49
Angela Sheean	NSW	2nd	27.53
Kimberly Smith	NZL	3rd	28.37
Anna Thompson	TAS	4th	28.55
Joy Terry	ACT	5th	29.14
Lisa Dick	VIC	6th	29.43
Sue Clarke	VIC	7th	29.51
Tania-Saree Warrick	VIC	8th	29.55
Kate Siebold	VIC	9th	29.59
Emma Jackowski	VIC	10th	30.04

OPEN MEN'S 12000 m.

Craig Semple	VIC	1st	36.44
Nigel Adkin	VIC	2nd	37.00
Mark Thompson	VIC	3rd	37.24
Phil Sly	VIC	4th	37.31
Daniel Quin	VIC	5th	37.37
Michael Chettle	TAS	6th	37.55
Scott McTaggart	ACT	7th	37.57
Adam Leane	ACT	8th	38.03
Trent Harlow	ACT	9th	38.07
Erwin McRae	ACT	10th	38.18

Meanwhile, Geelong's own International representatives, Georgie Clarke and Craig Mottram have been busy racing around Australia.

At the Goodwill Games in Brisbane both Georgie and Craig raced over a mile against elite fields. In the Men's Mile, Craig ran 3:58.24 to finish 2 seconds behind the winner, Kenyan Olympic Champion, Noah Ngeny, while Georgie finished in 4:43.82 - almost six

seconds behind Romania's, Violeta Szekely.

Three days later both Georgie and Craig lined up again at the Grand Prix Final in Melbourne.

Running over 1500 metres, Georgie finished 8th in 4:15.10, once again behind Violeta Szekely who ran 4:03.46.

In the Men's 1500 metres, Craig stood on the starting line with the greats of modern middle-distance running. The 'greatest' of them all - Hicham El Guerrouj had talked of running under his world record of 3:26.00 but the conditions and the 22 hour plane trip to Australia were not conducive to such high goals and El Guerrouj had to settle for a time of 3:31.25 (the fastest time ever run in Australia!)

Craig ran a fantastic race to record a huge P.B. (3:35.40), making him the fifth fastest Australian in history.

One more race was on the schedule before Craig could take a well earned rest - "The Olympic Mile" along the road at the Sydney Olympic Park to celebrate the anniversary of the Sydney Olympics. The course included a steep 13 metre rise in the first 800 metres followed by an 11 metre fall to the finish line.

Over the last 300 metres Craig surged, gradually pulling away from Kenyan dual Olympic 5000 metre silver medallist, Paul Bitok, to win in 4:01.

"On the downhill, I could get my long, lanky legs going and I just kept rolling," said Craig after the race.

Not only did Craig claim some impressive scalps, he also collected an impressive winner's cheque of \$10 000, some of which I'm sure will go towards a well earned holiday and petrol for that flash new Commodore!

Mark Fountain also raced "The Olympic Mile", finishing 7th in 4:06.

A little closer to home, Geoff Purnel underlined his great recent form with a very smart time of 34:50 for a track 10 000 metre at Landy Field in the Veteran's Wednesday night competition.

Also, congratulations to Karen Dorris who has again been selected to represent Geelong in the Senshu Marathon in Japan early next year. No doubt we'll see Karen putting in the necessary kilometres around the You Yangs and the Barwon River in preparation for this most challenging of events.

TEAM PHOTO

Thanks to all the athletes and support staff who were able to attend our Team Photo shoot on Saturday the 15th of September. Copies of either / both photos will be available to purchase at cost price.

See Neil MacDonald to view the photos and to place your order.

RELAY FOR LIFE

Earlier this year our team participated in the Relay For Life at Landy Field. The event was a fantastic team-bonding weekend that certainly got our Cross-Country Season off to a flying start. In addition, we were able to raise over \$2000 for the Anti-Cancer Council and create a new record for laps completed in 24 hours. We have again been asked to enter a team (or teams) in the 2002 Relay For Life at Landy Field on March 16 and 17. Hope you're available. You'll have a great time! More details at a later date.

AND NOW FOR SOMETHING COMPLETELY DIFFERENT.

Saw this story in the newspaper a few weeks ago and thought it might amuse you.

"Apparently at the Canada Games a runner was 'stripped' of a bronze medal for dropping his shorts after finishing third in the 3000 metres steeple chase. However, it seems that Daniel Blouin ended up with his medal after all because fourth place-getter, Reid Coolsaet didn't feel comfortable about what happened, so in an unofficial ceremony in Quebec a few days later pulled it from his pocket and presented it to him. So was Blouin happy about that? Over the moon, apparently."

Fancy a runner dropping his daks. No Geelong Region athlete would even consider that!

WHAT MAKES A CHAMPION? Part Two

The June Newsletter (Issue #5) contained a short story about Frank Shorter and Steve Prefontaine and the training and self discipline that made them champions.

Earlier this year at Falls Creek, Dick Telford related a story from the Sydney Olympics about the great Haile Gebrselassie that helps to explain why he may be the 'best ever' distance runner.

In the lead-up to the Olympics, Telford had heard reports that Gebrselassie was struggling with an achilles tendon injury that could make him vulnerable for the first time since he burst onto the senior athletics world in 1993.

Still, he was expected to win. He was here, wasn't he? Well, maybe not, thought Telford as the athletics program began. Telford was out at the warm-up track helping Australian representative, Sisay Bezabeh warm-up for his 10 000 metre heat. Gebrselassie was to run in the same heat but was nowhere to be seen.

All of a sudden he appeared, and the whole arena seemed to stop as if to acknowledge 'the great man'. Gebrselassie was rugged up in a track suit, and walking with a pronounced limp. For a few minutes he proceeded to shuffle around, obviously restricted by an injury that would stop him completing even a couple of pedestrian laps. However, Gebrselassie continued on, then gradually broke into a laboured, limping jog. For about ten minutes this continued.

Telford watched closely, "Was that the famous Gebrselassie smile or a grimace?" thought Telford as the 'little master' slowly circled

the track with his Ethiopian team mates.

However, with each lap the fluency and bounce was returning to Gebrselassie's stride. Slowly but surely the pace was picking up. Eventually, Gebrselassie lined up for his heat and was able to win, doing just enough to hold off the late charge from would be qualifiers.

However, Telford knew that the final would be a war with Cross-Country great, Paul Tergat and his Kenyan team mates determined to fully test the injured Gebrselassie. Bezabeh did not qualify for the final but Telford ventured out onto the warm-up track anyway, curious to watch how Gebrselassie would prepare for the Kenyan onslaught. And once again, Gebrselassie began to warm-up like a crippled crab. There was no way known he could withstand the pressure of an Olympic 10 000 metres Final on a hard, unforgiving track against a dozen of the best endurance athletes on the planet.

Well, we all know that he did win, willing himself past Tergat in the last few metres in one of the greatest races of all time. On finishing, Tergat and Gebrselassie embraced, then the 'little master' attempted to run a victory lap but quickly stopped and shuffled on to acknowledge the cheers. The injured achilles would suffer no more.

A champion's pride had overcome the physical limitations and a great athlete in Paul Tergat.

But then again, as Jack Dempsey, former World Heavy Weight Boxing Champion once said, "a champion gets up when he can't!"

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

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