



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 12

Oct. 2001

2001 WINTER SEASON A GREAT SUCCESS FOR GEELONG ATHLETES AND TEAMS

A smart new team uniform, promising recruits, new junior and women's teams, great team spirit developed on the bus trips to races, enjoyable social events, fantastic individual results and high team placings.

Yes! The 2001 Athletics Victoria Winter Season was a great success for Geelong Athletics.

Personally, my highlight was to see ten highly competitive Geelong Teams lining up for the Brimbank Park and Sandown Relays. On those Saturdays, the cream of Geelong's endurance athletes certainly looked fast and fabulous and gave the other teams something to think about.

Well done to all athletes who have raced for Geelong this Winter Season - there were forty-eight of you!
I hope you have enjoyed representing our wonderful city and feel great pride when you pull on the Geelong colours.

Congratulations also to our runners who have performed up to high standards - Ritchie Jeremiah, Tyson Mahon. Pattie Galvin and Vin Gasper were the leading winter athletes for their age groups while Taryn Rau (2nd), Mark Fountain (3rd) and Geoff Purnell (3rd) were high in the overall placings. Tyson Mahon and Mark Fountain followed-up their impressive winter season form by taking out the Australian Cross-Country Championship Title for their respective age groups.

And of course, Craig Mottram's fabulous efforts, both in Australia and overseas, Georgie Clarke's World Youth Championship Gold and Lee Troop's Rotterdam Marathon have been a highlight for all Geelong middle and long distance running followers.

However, we should not forget the Geelong runners who have recorded Personal Bests or have just been happy to run up to their own standards while enjoying the team spirit generated on race day or on trips to races.

We also need to acknowledge our wonderful support crew. Much thanks and appreciation to; Greg Trevarthen, John Perrott, Lyn Taylor and Kevin Varker for driving buses, marshalling, time-keeping, preparing much needed post-race drinks and food or just cheering us on. We couldn't race without you guys!

Also, thank you very much to the athlete's parents and non-competing runners who were able to step-in at a moment's notice to act as time-keepers and marshalls.

Behind the scenes our hard working committee of Mark Boxer, Andrew Lambart, Lee Troop and Mark Tucker have organised several highly successful social events as well as the general running of the team. Well done, guys!

Finally, thank you very much to The Athlete's Foot, The Pakington Bakery, Geelong Physiotherapy Centres, The Bush Inn Hotel, The City of Greater Geelong and Geelong Athletics Inc. for their fantastic support and encouragement throughout the year.

FINAL 2001 WINTER LADDERS

All Team Premiership Ladders were decided with the running of the Burnley Half Marathon.

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: Simon Cole, Mark Fountain, Richard Jeremiah, Jason Leishman, Michael McKenzie, Simon Taylor and Travis Trevarthen. Great running guys!

Also, in a nail-biting finish to the year, our Open Women's Team took out the Division Two Premiership in their first year of A.V. competition. A fantastic effort by Andrea Cannell, Karen Dorris, Pattie Galvin, Inge Magher, Jo King, Lucy Mills, Emily Rooke, Jo Wall and Rebecca Wiasak over the season meant that the result was never in doubt!

In the highly competitive Division One section our Men's Team finished fourth, but just one point from last season's final position of third.

Our Under 20 Women's team, despite many of our athletes competing against older athletes in relay events, finished the season in third place just 4 points from the winning team.

MEN'S DIV. 1

Glenhuntly	117
APS United	85
Box Hill	76
Geelong	75
Ballarat	72

MEN'S DIV. 4

Traralgon	103
Glenhuntly	71
Knox Ath.	60
Geelong	59
Diamond V.	55

MEN'S DIV. 7

Traralgon	48
South Melb.	33
Glenhuntly	30
Ballarat	24
Geelong	23

WOMEN'S DIV. 2

Geelong	90
Peninsula R.R.	89
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.	78
Diamond V.	62
Aths. Essendon	62
Keilor St. B.	57
Geelong (9th)	34

WOMEN'S UNDER 16

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

W.J.P. WOOD TROPHY

For those athletes new to the Geelong Team,
a little background information on the
W.J.P. Wood Trophy.

Ron Palmer and Stuart Robley were entrusted by the family of the late Bill and Ivy Wood with the care of a silver cup won by Bill Wood in 1935 for cross-country running as a member of the Geelong Guild Amateur Athletic Club.

After much thought and discussion it was decided that the WJP Wood Trophy would be awarded by Geelong Athletics on a perpetual basis to the athlete who has demonstrated a commitment to the Geelong Region Cross - Country Team and has proven to be an outstanding winter athlete at any level (local, state, national or international.)

Last season, Lee Troop was awarded the WJP Wood Trophy for his outstanding A.V. Winter Season form that culminated in Lee winning the Australian Cross-Country Championship.

This year, Craig Mottram is the winner of the WJP Wood Trophy for his great A.V. Winter Season form and a fantastic 8th placing at the World Cross-Country Short Course Championships in Belgium. Congratulations, Craig on your selection as the winner of the WJP Wood Trophy for 2001.

FINAL TOTAL VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETE" FOR 2001 WINTER SEASON

Men.

16	Richard Jeremiah
13	Tyson Mahon
5	Craig Mottram
5	Mark Fountain
4	Rohan Perrott
3	Mark Boxer
2	Andrew Lambert
2	Lee Troop
2	Nick Ashton
2	Damian Cranage
2	Dean Goddard
2	Vin Gasper
2	Simon Cole
2	Geoffrey Purnell
2	Simon Taylor
2	Tom Paton

Women.

14	Taryn Rau
9	Jo Wall
7	Hayley Cook
6	Patricia Galvin
6	Emily Rooke
2	Karen Dorris
2	Kelsey Rau
2	Andrea Cannell
2	Rebecca Wiasak
2	Inge Magher

GEELONG REGION CROSS-COUNTRY TEAM BEST PERFORMED AGE GROUP ATHLETES 2001

Under 14 Female	Kelsey Rau
Under 16 Female	Taryn Rau
Under 18 Female	Hayley Cook
Under 20 Female	Joanna Wall
Open Female	Karen Dorris
Veteran Female	Patricia Galvin
Under 16 Male	Tyson Mahon
Under 18 Male	Michael McKenzie
Under 20 Male	Richard Jeremiah
Open Male	Rohan Perrott
Veteran Male	Geoffrey Purnell
Most Improved	Mark Boxer Geoffrey Purnell

2001 ATHLETICS VICTORIA INDIVIDUAL WINTER RANKINGS

MENS OPEN (Five Best Performances)

1st	Craig Semple (Glenhuntly)	34
2nd	Nick Harrison (Glenhuntly)	32
3rd	Mark Thompson (Glenhuntly)	29
4th	Phil Sly (Peninsula R.R.)	26
5th	Michael Power (Glenhuntly)	22
15th	Craig Mottram (Geelong)	9
18th	Rohan Perrott (Geelong)	8

UNDER 20 MEN (Four Best Performances)

1st	Richard Jeremiah (Geelong)	44
2nd	Clinton Perrett (Sandringham)	34
3rd	Mark Fountain (Geelong)	28
6th	Simon Taylor (Geelong)	19

UNDER 18 MEN (Four Best Performances)

1st	Craig Appleby (Ringwood)	36
2nd	Collis Birmingham (Eureka)	29
3rd	Matt Warrington (Peninsula R.R.)	20

UNDER 16 MEN (Four Best Performances)

1st	Tyson Mahon (Geelong)	44
2nd	Sam Ellis (Eureka)	35
3rd	Dean Locke (Peninsula R.R.)	34

MENS 40 + VETERAN (Five Best Performances)

1st	Phil Bowes (South Melb.)	42
2nd	Andrew Edwards (A.P.S.)	40
3rd	Steve Vernal (Aths. Nunawading)	38
13th	Paul Stewart (Geelong)	7

MENS 45 + VETERAN (Five Best Performances)

1st	Jeff Broderick (Aths. Nunawading)	53
2nd	Peter Gaffney (Keilor St. Bern.)	47
3rd	Geoffrey Purnell (Geelong)	34

MENS 50 + VETERAN (Five Best Performances)

1st	Vin Gasper (Geelong)	42
2nd	Paul Twining (Collingwood)	40

3rd Chris Wardlaw (Glenhuntly) 34

WOMENS OPEN (Five Best Performances)

1st Susie Power (Glenhuntly) 44
 2nd Sue Clark (Peninsula R.R.) 34
 3rd Serena Gibbs (Peninsula R.R.) 31
 4th Kate Seibold (Malvern) 27
 5th Susan Michelsson (Collingwood) 26
 17th Karen Dorris (Geelong) 5

UNDER 20 WOMEN (Four Best Performances)

1st Victoria Mitchell (Eureka) 44
 2nd Jessica De Bruin (Box Hill) 35
 3rd Melissa Jones (Traralgon) 30
 6th Jo Wall (Geelong) 18

UNDER 18 WOMEN (Four Best Performances)

1st Clare McKechnie (Bendigo) 37
 2nd Gayle Locke (Peninsula R.R.) 25
 3rd Lisa Biffin (Keilor St. Bern.) 24
 6th Emily Rooke (Geelong) 18
 8th Phoebe Darbyshire (Geelong) 13
 10th Hayley Cook (Geelong) 12
 18th Rebecca Wiasak (Geelong) 6

UNDER 16 WOMEN (Four Best Performances)

1st Fiona Nash (Doncaster) 44
 2nd Taryn Rau (Geelong) 37
 3rd Nichole Menhennet (Wendouree) 28

UNDER 14 WOMEN (Four Best Performances)

1st Hayley Tomlinson (Box Hill) 44
 2nd Kate Katsanevaki (Doncaster) 37
 3rd Zhoe Warrington (Peninsula R.R.) 31
 6th Kelsey Rau (Geelong) 20
 16th Chelsea Merry (Geelong) 5

WOMENS 40 + VETERAN (Five Best Performances)

1st Patricia Galvin (Geelong) 47
 2nd Chris O'Halloran (Ballarat) 45
 3rd Sharon Higgins (Richmond) 45

TEAM PHOTO

Copies of either / both photos
 (30 cm. x 20 cm.)
 are available to purchase at
 \$10 each or \$20 for the
 beautifully framed, limited edition,
 collector's print.

Thanks must go to Richard
 Lawsyz for his great work on
 these photographs,
 If you have not already done so,
 see Neil MacDonald to view the
 photos and to place your order.

AROUND THE TRACKS AND TRAILS

While many Geelong athletes have been having a well earned rest after a pretty demanding season, Mark Tucker has continued his comeback to top racing form at the recent Australian University Games in Sydney.

In the 3000 metres steeple Mark ran 9.06 to finish second behind former N.C.A.A. Champion, Matthew Kerr who ran 9.01. Kerr has a 3k steeple P.B. of 8:32.

Mark also contested the 1500 metres where he again collected a silver, running 3:51.06, in challenging conditions. Determined to take home a gold medal, Mark lined up for the 10 000 metres two hours after the metric mile. In a tactical race, Mark outsprinted his main opposition to win strongly in 31:51.

Well done, Mark - we're all glad you collected that much sought after gold medal as we hear you were considering entering the walk if the 10k result was another silver!

Congratulations also to Hayley Cook who has been selected in the Australian Team for the International School Sports Federation Cross - Country to be held next March in the Czech Republic. Well done, Hayley.

Meanwhile, at the recent Victorian U17 - U20 All Schools Track and Field Championships, Geelong athletes were recording some impressive results.

In the Under 18 Women's 800 metres, Emily Rooke finished second in 2:21.56 with Rebecca Wiasak third in 2:26.02. Emily, then backed up with a win in the 1500 metres (4:51.51) Hayley Cook, despite coming off a break from training, finished second in the 1500 metres, running 4:55.31. Michael McKenzie's solid winter season form continued with a third placing in the Under 18 1500 metres (4:13.78)

Other placings were:

Leanne Spokes (Under 17 - 2nd in Shot Put - 10.82m., 2nd in Discus - 31.70m.)
 Erin Millard (Under 18 - 1st in Triple Jump - 10.94m. / 1st in Long Jump - 4.66m.)
 Bridgitte Burns (Under 20 - 1st in 5000 metre Walk - 27:30.89)
 David Baskin (Under 17 - 1st in High Jump - 1.90m.)
 Sean Baskin (Under 18 - 3rd in 400 metres - 51.03)
 Nicholas Wightman (Under 17 - 3rd in 1500 metres - 4:12.04)
 Adam Barnes (Under 18 - 1st in 3000 metre Walk - 14:50.49)
 Fraser Trevaskis (Under 20 - 1st in 100 metres - 11.55)
 Jamie Barnes (Under 20 - 2nd in 5000 metre Walk - 24:50.59)

In the Melbourne Half Marathon, Karen Dorris continued her build-up for a February Marathon with a solid 6th placing in 1:23.24.

PROPOSED 2002 CROSS-COUNTRY AND ROAD RACE FIXTURE

January

25 Friday or World Cross - Country Trial.
 26 Saturday Bundoora or Yarra Bend ? (to be confirmed)

March

24 Sunday Sussan Women's 10k.

April	
20 Saturday	Geelong Athletics. Road Championships. Eastern Park.
27 Saturday	A.V. Cross-Country Relays. Brimbank Park.
May	
18 Saturday	A.V. 10 km. Road Race. Flemington.
25 Saturday	Schools Cross-Country Relays. Coburg.
June	
1 Saturday	A.V. Coliban Relay. Harcourt.
15 Saturday	Schools Cross-Country. Bundoora.
23 Sunday	A.V. 15 km. Road Race. Albert Park.
29 Saturday	Geelong Athletics Cross-Country Champs. Marcus Oldham.
July	
6 Saturday	A.V. 12 km. Cross-Country. Bundoora.
16 Tuesday	VSSSA Cross-Country. Bundoora.
20 Saturday	A.V. Sandown Road Relays. Springvale.
	Commonwealth Games July 25 - August 4
27 Saturday	Schools Road Relays. LaTrobe University
28 Sunday	VLAA Cross-Country. Brimbank Park.
August	
3 Saturday	A.V. 16 km. Cross-Country Brimbank Park
11 Sunday	City to Surf 14 km. Sydney
24 Saturday	A.V. 8 km. Cross-Country. Ballarat.
September	
7 Saturday	Australian Cross-Country Championships and Schools Cross-Country. N.S.W.
15 Sunday	A.V. Half Marathon. Burnley.
October	
	World Masters Games. Melbourne. October 5 - October 13
13 Sunday	ASICS Melbourne Marathon.

Also, Geelong Athletics conducts races most Sunday afternoons beginning on April 14 through to September 8. Race distances range from 3 km. up to 9.9 km.

Racing usually gets under way at 1:00 pm.

A complete Geelong Athletics Winter Cross-Country Race Schedule will be published in the first Newsletter of 2002.

NEXT YEAR?????

Next Winter Season we hope to continue developing Geelong as a distance running centre. Already, a couple of promising new recruits have indicated that they are very keen to have a run. This will add great depth to our teams which will be so important if we are to continue challenging the big Melbourne Clubs. We also hope to see the return of talented runners such as; Louis Rowan, Nick Ashton, Jamie Godwin, Jamie Werner, Jeremy Thompson, Matt McDonough and Joanne Lambert who unfortunately missed most of the season through injury.

Please refer to the proposed 2002 Winter Race 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. Winter Season.

On the social front, plans are already underway for a couple of great nights of fabulous fun, so be ready to put these events into your diary as soon as the dates are announced.

**FINALLY, THANK YOU TO THE
FOLLOWING FOR THEIR
FANTASTIC SUPPORT OF THE
GEELONG REGION
CROSS-COUNTRY TEAM
DURING THE 2001 ATHLETICS
VICTORIA
WINTER SEASON**

**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.**

*Well, that's it for the 2001 Athletics Victoria
Winter Season.
Stay fit, stay healthy and enjoy your running.*