



# GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 13

April, 2002

## WELCOME TO A NEW WINTER SEASON

G'day everyone and welcome to a new Winter Season. I hope you are all well and running strongly with many P.B.'s and / or satisfying runs already under your belt or just around the corner. Contained in this newsletter is information on the up-coming Winter Season as well as news / gossip about Geelong athletes. Neil MacDonald.

## BBQ, REGISTRATION AND GET - TOGETHER DAY

Sunday 21st April at Landy Field (12 pm.)

A BBQ / Information Day has been arranged for all old and new Geelong Region Cross - Country Team runners and supporters for Sunday 21st April at Landy Field beginning at 12 pm.. Food will be supplied. Please B.Y.O. drinks.

Information on the up-coming Winter Season will be distributed. Also, Geelong Senior Club representatives will be on hand so that old and new runners can register for the Geelong Team (please bring your cheque book, credit card or cash). If re-registering from last season, your club should have your registration form.

Runners will also be able to enter Athletics Victoria Winter Races either individually or with a Season Ticket. As with last year, the Geelong Centre will reimburse 50% of money paid to runners who purchase a Season Ticket. The Season Ticket, which works out much cheaper than paying for individual races, will cost \$60 for seniors down to: \$28 (U 14 , U 16) \$36 (U 18) and \$40 (U 20) Individual race entry will cost \$12 for seniors!!!!

Please hand completed Season Tickets / money to Neil MacDonald who will forward a photocopy of your form onto the Geelong Centre for reimbursement. Completed forms / money will then be sent onto Athletics Victoria.

New runners will also be able to order a new Geelong Region singlet / crop top in their size. New singlets / tops will be distributed at the first A.V. race.

Please support your team and put Sunday 21st April in your diary.

## "THE ATHLETE'S FOOT" GEELONG ROAD CHAMPIONSHIPS Saturday 27th April

With the Eastern Gardens Road Circuit still out of action, "The Athlete's Foot" Geelong Road Championships will be held around the inner road circuit of Deakin University on Saturday 27th April. Results from these races will assist in the selection of Geelong Region Cross-Country Teams for the first Athletics Victoria race on Saturday 4th May (Brimbank Park Cross-Country Relays)

2:00 pm. Under 16 Girls / Boys 1 lap 3.42 km.  
2:30 pm. Senior Women / Men 2 laps 6.11 km.

Start / Finish at top of Deakin Ave near K.D. Stewart

Administration Building. No dogs allowed.  
Junior Ages taken as at 31st December 2002

**Note:** To be eligible for placings / trophies in the Geelong Road Championships athletes will need to be currently registered with a senior local club or running "Second Claim" for the Geelong Region Cross-Country Team.

Unregistered athletes will be able to run but will not be considered in the placings.

Athletes are asked to run in their local club singlet (ie. Bellarine, Chilwell, Corio, Deakin, Geelong Guild, Lara Harriers, St Josephs, South Barwon) or their Geelong Region Cross-Country Team singlet for "Second Claim" runners with A.V. numbers attached.

The Committee of the Geelong Region Cross-Country Team hopes that you can support "The Athlete's Foot" Geelong Road Championships and register / enter A.V. races as soon as possible so that the 2002 Winter Season begins on a great note.

## GEELONG REGION CROSS-COUNTRY TEAM COMMITTEE

The following Geelong Region Cross-Country Committee Members were elected for the up-coming season.

**President** Neil MacDonald (Phone 52 231620)  
**Committee** Mark Boxer, Dean Goddard, Lee Troop

Please don't hesitate to contact any of the above Committee members if you have any questions, concerns or suggestions.

## GEELONG REGION TEAM BUS

A 24 seat Team Bus, supplied at a generous discount by Reilly's U-Drive, has been organised for the up-coming Winter Season. The cost per race will be approximately \$5 - \$8 per person with seats allocated on a first in / first served basis. Travelling to races as a group is a fantastic way to build team spirit so I would encourage all to consider this hassle free way to arrive ready to run 'fast'!

The bus will leave Norlane Waterworld at the following times:

Cross-Country Relays (Brimbank)	Sat 4 May	11:15 am
Flemington Road Race	Sat 18 May	11:15 am
Coliban Road Relay	Sat 1 June	10:30 am
Albert Park Road Race	Sun 23 June	6:30 am
Bundoora Cross-Country	Sat 6 July	11:15 am
Road Relays (Flemington)	Sat 20 July	11:15 am
Brimbank Cross-Country	Sat 3 Aug	11:15 am
Ballarat Cross-Country	Sat 31 Aug	11:15 am
Burnley Half Marathon	Sun 15 Sept	6:00 am

## RELAY FOR LIFE

March 16 / 17 at Landy Field

It's funny how time can dull the senses and help eradicate the pain from previous endeavours. Well, almost twelve months to the day that the Geelong Region Team managed to smash the

"Relay for Life" laps record (and raise over \$2300 for Cancer Research) we were back at Landy Field ready to face pain, sleep deprivation and litres of lactic acid again.

However, we had learnt from last year and a different game plan was implemented. No more easy 60 minute jogs, no more fatty BBQ at 7:30 pm. that came back to haunt the midnight to dawn shift runners with swift exits to the toilets. No, this year it was to be shorter bursts at a quicker pace and delicious, more 'runner friendly' food (supplied by "Subway" and the "Pakington Bakery") Well, the plan worked to perfection with the Geelong Region Team breaking the old record, covering 933 laps in the 24 hour period (which works out to be 3:48 minute / kilometre pace.) However, the Geelong Cross-Country Club ran brilliantly to complete 948 laps to just pip our gallant band of runners. With the score now at one win all, next year's "Relay for Life" should be a 'humdinger!"

Georgie Clarke, Craig Mottram and Lee Troop have already indicated that next year's World Athletic Championships will take a back seat to the 2003 "Relay for Life".

But seriously, the "Relay for Life" is a fantastic event with more than \$150 000 raised at Landy Field this year for Cancer Research. Our team raised close to \$1400 with more money still to be handed in. Incidentally, a "Relay for Life" T Shirt signed by Georgie Clarke, Craig Mottram and Lee Troop raised more than \$230 (thanks Georgie, Craig and Lee).

We have also found that the event is a fantastic 'team-bonding' opportunity and a wonderful way to begin our winter season.

Thank you very much to the following runners and supporters who contributed to our team's participation: Andrea Cannell, Simon Cole, Libby Crowe, Jason Farnell, Carolyn Farnell, Mark Fountain, Dean Goddard, Prue Goddard, Jamie Godwin, Andrew Lambart, Joanne Lambert, Erin Littlewood, Inge Magher, Tyson Mahon, Neil MacDonald, Michael McKenzie, Michael McNaughton, Geoff Purnell, Louis Rowan, Darren Riviere, Bruce Scriven, Travis Trevarthen, Kevin Varker, Simon Watson, Paul Wilson and Ross Young.

A special thank you to Craig Goddard (Subway) and Crichton Collins (Pakington Bakery) for refuelling our team with fantastic food.

## AROUND THE TRACKS AND TRAILS

Geelong's athletes have been very busy over the summer racking up many impressive performances.

Congratulations to Jo Wall for a fabulous last few months with selection in the Australian Team for the International Women's Ekiden in Yokohama, Japan and a fabulous 20th place in the World Cross-Country Junior Women's Race in Dublin, which helped Australia to fourth in the Team's Event. Jo has also just begun a Physiotherapy Course at Melbourne University so she is certainly doing very well both athletically and academically.

Georgie Clarke also underlined her class and versatility with an impressive win in the Women's World Cross-Country Selection Trial at Bundoora before concentrating on track racing in preparation for the Australian Championships and Commonwealth Games.

Richard Jeremiah is another athlete who is closing in on Commonwealth Games selection with a 9 second P.B. (8.41) and a few impressive scalps over the daunting 3000 metre steeple at the Telstra A Series in Hobart.

Craig Mottram's rise to the top continues with a string of impressive performances over differing terrain and distances.

From winning a 12 km. IAAF Cross-Country Race in Chiba, Japan to setting an Australian 5000 metre Record to finishing a fabulous 5th in the World Cross-Country Short Course Championship, Craig is certainly in top form.

Tyson Mahon continues his rise through the junior ranks after taking out two Australian Youth Titles in Adelaide. Competing against older athletes in the Under 18 Division, 15 year old Tyson won both the 800 metres and the 1500 metres titles and is now setting his sights on competing in the Under 20 Division at the Australian Titles in Brisbane. Tyson has also substantially reduced his 800 metre (1:52.9) and 1500 metre (3:52.4) P.B.'s over the summer thus earning a number 1 National Ranking in the Under 16 Age Group.

Mark Tucker has taken a liking to running indoors during the cold American Winter. Competing for Bulter University on a sporting scholarship, Mark has continued to lower both his 5000 metre P.B. (13.58) and the Australian best for 5000 metres indoors (14.02). The old Australian indoor best was set by Olympian, Allan Lawrence in 1961. Before leaving for America, Mark won the popular Rip to River Fun Run in 32 minutes 34 seconds, breaking the course record in the process.

Closer to home, Geelong Centre Press Correspondent extraordinaire, Rebecca Wiasak ran a brilliant P.B. of 2:13.82 in winning the Under 20 Division 800 metres at the Victorian Championships. Great running Rebecca and well done on your excellent work as an Athletics Journalist.

Out on the roads Geelong has also been prominent at the Dawnbuster Fun Run over 5.5 km. with; Jo Wall (18.52 - 1st Open - course record), Karen Dorris (19.55 - 2nd Open), Geoff Purnell (19.13 - 3rd Vet), Pattie Galvin (22.06 - 1st Vet), Michael McNaughton (17.18 - 2nd Open), Vin Gasper (20.01 - 3rd Vet), Travis Trevarthen (20.12 - 2nd U 18) and Taryn Rau (21.35 - 1st U 18)

Karen Dorris, Vin Gasper and Inge Magher all travelled south for the Hobart Cadbury Half Marathon over a testing course. However, the trip was to prove a great success with Karen winning the Open Women's Division in 82.32, Vin placing second in the Veteran Men's Section stopping the clock at 81.32 and Inge starting to regain full fitness after an injury interrupted year.

The Half Marathon was also great preparation for the Senshu Marathon in Japan during February where Karen ran brilliantly to break the magic three hour barrier in clocking 2 hours 58 minutes.

Endurance specialist, Darren Riviere was also mighty impressive in an overseas race when he lined up for the "King Island Imperial 20 Coast To Coast Foot Race" against a 'retired' Steve Moneghetti. Over 32 kilometres, Moneghetti showed that he still has plenty of life in those old legs in running the fastest time of 97:48 followed by Melbourne Marathon Winner, Michael McIntyre (112:31) and our own "Dazzling" Darren Riviere running third fastest in 115:08.

At the recent Barwon Banks Fun Run, Geelong Team athlete, Kelsey Rau showed her junior competitors a clean pair of heels in winning the Junior 2 kilometre Race in a very smart 7:15. Also prominent at the Barwon Banks were Jo King (1st in the 5 km.), Karen Dorris (2nd in the 5 km.), Taryn Rau (3rd in the 5 km.) and Pattie Galvin (4th in the 5 km.)

Well done, girls - our women's teams look to be in great shape for the up-coming winter season.

Geelong athletes were also well represented at the Sheepwash Classic with Pattie Galvin dominating the Veteran's section, Jo Lambert fine tuning her running for a return to the Geelong Team and a host of promising new junior athletes, including Laura Stekelenburg (who placed 3rd despite running further than the official 4 km.), all running well in the Under Age section.

On the Professional running scene, Peter McDonough has shown outstanding form over the shorter distances with two fine wins. Brother, Matt has also returned to form after a long battle with injuries - great to see you running well again, Matt. Louis Rowan, Dean Goddard and Mark Boxer have all been up in the placings over the summer professional running season.

And finally, for those who enjoy variety in their sport. How about a touch of running, pistol shooting, swimming, horse riding and fencing (no, not nailing on fence palings!)

Well, one of our team mates does all of the above in the Modern Pentathlon. In fact, 20 year old Jeremy Thompson does them so well that he has earned the No. 1 Australian ranking as both a junior and senior competitor (and beating the Atlanta Olympic Gold medallist in the process) thus booking himself a ticket to the Senior World Championships to be held in San Francisco in July and the Junior World Championships to be held in Sydney in September.

Well done, Jeremy - great work. You're well on the way to realising your long term dream of representing Australia at the Athens Olympics in 2004.

## FALLS CREEK - A RUNNER'S HIGH

Australia's best distance runners have been travelling to Falls Creek over the Christmas / New Year period ever since Mexico City, with its rarified air, was awarded the 1968 Olympic Games. And while many still argue as to whether it's the 1600 - 1800 metre high altitude, the group training effect or a combination of both that provides a boost, Falls Creek has certainly produced results with many fine performances coming after a stint on the Bogong High Plains.

Falls Creek is the best altitude venue in Australia, a fact now recognised by the establishment by Athletics Australia of a regular training camp catering for both senior and junior athletes. Other areas of Australia offer higher altitude but none match the scope and variety of running at Falls Creek.

Not that Falls Creek is for everyone for the terrain can be tough and unforgiving. David Fitzsimons, a 1976 Olympic 10 000 metre finalist, lasted just one night at Falls Creek before departing, declaring, "it's like running on the moon!"

What Falls Creek does offer is the chance to learn from the best, to watch what they do and to have a chat once the serious running has been completed.

Another advantage of a summer at Falls is that the weather is usually 'runner friendly' with temperatures rarely exceeding 25 degrees. However, runners should not forget the winter gear as the weather can change quickly. This year a run up the exposed Spion Kopje was cancelled due to blizzard like conditions - we were warned that death from hypothermia was a possibility! Even so, an alternative run through the snow along the more protected Langford's Gap Aquaduct was certainly 'character building' due to the howling wind, horizontal sleet and snow that reduced the wind chill factor temperature to a freezing - 20 degrees. And this was the 2nd of January!

This year Geelong was well represented at Falls Creek

with Nick Ashton, Georgie Clarke, Mark Fountain, Richie Jeremiah, Craig Mottram, Neil MacDonald, Bruce Scriven, Jeremy Thompson, Lee Troop, Mark Tucker, Jo Wall and Greg Whitfield all in attendance for Thursday's "Quarters" session at Langford's West.

The sessions at Falls Creek have evolved over the last thirty years with each developing its own proud history and legends. Unlike most running programs, at Falls Creek the main session of the day is completed in the morning with runners leaving the Snowman General Store car park at 9:30 am. (9:00 am on long run days). An easy recovery run leaves from the aquaduct above the Snowman at 5:30 pm.

For those contemplating a few weeks running at Falls Creek, this is the standard running program:

### Mon. Langford's Gap - East Aquaduct.

16 km. Flat, out and back course. Easy first half / if feeling good, pick it up on the way back.

### Tues. Langford's Gap - East Aquaduct.

5 km. warm-up. "Mona" Fartlek. 5 km. warm-down Runners turn around after 9:55 of "Mona" fartlek so all abilities have a chance to be first back to the starting point.

### Wed. Spion Kopje.

23 km. First 20 minutes is up-hill, then up and down till the turn around at the Spion Kopje marker.

The trip back involves the infamous 'grassy knoll' - a steep rise of about a kilometre that caused Aussie running great of the 70's, Gerard Barrett to walk on his first attempt!

On a clear day the views are fantastic with Mount Kosciusko visible in the distance.

### Thur. Langford's West Aquaduct.

5 km. warm-up. "Quarters" session. 3 km. warm-down.

The "Quarters" session is carried out on a 600 metre section of trail that has runners 'floating' 200 / 'fast' 400 then turning and the same again down the other side of the track. It looks like organised chaos with up to 80 athletes coming and going but strangely it works with everyone finding their own patch of track. This year Craig Mottram set a new Falls Creek record with a digitally timed 14.44. Chris "Rab" Wardlaw claims to still own the analogue record!

### Fri. Water Tower.

12 km. Easy run over rolling hills early then flat around to the Rocky Valley Dam Water Tower.

However, watch out for the plovers and the blue metal track is tough on the feet and ankles. First time runners are encouraged to write their initials or name on the dusty water tower door then touch the door on each subsequent run for good luck. Troopy's name, with countless marks to indicate each completed Water Tower run, has a prominent position on the top right hand corner of the door.

### Sat. Fitzgerald's Hut.

17 km. The first 7 km. along the aquaduct is flat and 'usually' easy. However, get ready because then it gets serious with a sharp left, jump the creek, bush bash until a rough track suddenly appears and it's off to "Fitzzy's Hut" where runners stop to catch

their breath and sign the visitor's book. Flick through the book and you'll see that Deek and Mona and Rab and Scottie and other legends of Australian running have all left their comments. Then you're off again across the high plains back to Langford's Gap. First timers please note: keep the bunch in sight as it is very easy to become lost once the bush bashing begins.

#### Sun. **Pretty Valley.**

First 21 kms. to Langford's Gap the same for everyone.  
21 km. Langford's Gap  
28 km. Falls Creek  
35 km. Marm's Point  
First 30 minutes straight up-hill along rough blue metal road. Then down hill to the Pretty Valley alpine walking track and across to Langford's West and around to Langford's Gap. The distance runners usually continue on to Falls Creek while the marathoners add on the Marm's Point route.

#### p.m. **Roper's Hut.**

run. 8 km. Recovery run along the Falls Creek aqueduct, across the Rocky Valley Dam Wall and around the Roper's Hut track. Marathon runners often add on an extra few kilometres at the end.

### BY SPECIAL ARRANGEMENT

#### **Mount McKay**

6 km. hill climb up the rough, rocky track to the Mount McKay summit. Deek once contemplated six reps up Mount McKay but quit mid-way through the second ascent claiming it was too tough. Unfortunately, the group of Swedish runners who nearly killed themselves repeating the session weren't told of this until too late!

#### **Howman's Gap**

8 km. hill climb along a bush track back to Falls Creek. The marathoners often complete this session on Saturday instead of Fitzzy's Hut.

#### **Mount Bogong**

The toughest run you will ever do! 'Rab' Wardlaw claims he stumbled upon this run when locals told him of the 6 km. ascent back in the 70's. Thinking he would use it as an afternoon recovery run after he'd completed the testing Spion Kopje session that morning, he set out late one afternoon with a couple of mates. Half way up the tortuous climb, the rest of the group, realising that this was no recovery run, turned back. Wardlaw, not to be beaten, continued on, finally reaching the top as the sun disappeared below the horizon. Apparently, the journey down, in fading light was hair-raising but a legend was born.

Still interested???

Jog 12 minutes along Mountain Creek track to "The Staircase". Then it's 6 kilometres straight up to the highest point in Victoria - Mount Bogong (1896 metres above sea level). Sounds easy? After all, it's only 6 kilometres. But this is no ordinary run. The track is steep, overgrown, rutted, rocky and down-right dangerous in places. This run is completed more for its mental toughening than any physical gains that may be had. And just to remind runners what can happen in the high country, a monument is situated half way up, a monument to hikers who died on the mountain.

Mona holds the record for running "The Staircase" - an unbelievable 54 minutes! The view from the top is amazing but then you realise that you have to run down which is dangerous

and a real killer on the quads.

In 2000 Darren Lynch ran Bogong for the first time and took a wrong turn on the way down. Eight hours after setting out from the Mountain Creek car park, he staggered back to a group of very worried running mates.

Between sessions the going is certainly relaxed with runners meeting daily at the Milch for a latte and a chat or they head to the Falls Creek Primary School for talks with many of the top coaches, athletes and sports scientists staying on the mountain.

If you love distance running and the great outdoors, if you don't mind running up and down hills over testing terrain, if you enjoy mixing with many of the greatest runners in the world, if you don't mind standing thigh deep in freezing mountain water to help the legs recover from a 'killer session', then I reckon Falls Creek over summer is just the place for you.

## HOW TO RUN AN AUSTRALIAN RECORD. A RECIPE FOR SUCCESS.

Do you want to run an Australian Record? Do you want to run twelve and a half laps of an athletic track faster than any Australian has ever run - faster than Clarke, Scott, Barrett, Moneghetti, Troop and a host of other great Aussie runners. Well, you'll need the following ingredients:

- \* **perseverance** - doing the sessions even when you'd rather go out with your mates or sleep in.
- \* **discipline** - eating correctly, doing the supplementary exercises that make you stronger and less likely to get injured, going to bed on time.
- \* **recovery** - knowing when to ease off so your body can rebuild and become stronger.
- \* **staying injury free** - you can't improve if you're not running.
- \* **expert coaching.**
- \* **knowledgable management.**
- \* **a balanced life** - you can't be an athlete 24 / 7. Knowing when to relax and 'turn off'.
- \* **a great support team** (physio, masseur, training partners, family and friends). You can't do it on your own!
- \* **a race plan.** - run even pace early on. Richie Jeremiah will lead through the first three laps @ 63 seconds pace.
- \* **strong belief** - yes! I can do it, even when Cherono throws in a 60 second lap at the 3000 metre mark and scoots ahead to a 25 metre lead. Stick to the game plan!
- \* **focus** - ignore the head wind down the home straight, but soak up the local support from the crowd.
- \* **a ton of determination** - your body is a sea of tiredness, your legs feel like lead and you have to raise a sprint over the last lap to hold off Cherono and dip under Troop's old record. You over-ride the signals and run the last 400 metres in 60 seconds. and of course, **talent**. You can't put in what God has left out! However, life is full of talented people who don't make the grade.

Carefully mix the above ingredients, cook slowly over many years and you may just come up with something that works.

Oh, by the way - I thought you'd like a peek at Craig Mottram's Training Diary in the lead up to his Australian 5000 metres Record. During these 25 days Craig put the icing on the cake that has taken years in the making (or is that baking?)

<b>Mon.</b>	<b>am.</b>	50 min. relaxed run in Melbourne.
11/2	<b>pm.</b>	32 min. easy run.
<b>Tues.</b>	<b>am.</b>	Track (Olympic Park) 12 x 400 metres made up of 3 sets of 4 with 30 secs between reps and lap jog b/w sets. Ran 61, 61, 61, 58 for all sets.
12/2	<b>pm.</b>	30 mins. easy run.
<b>Wed.</b>	<b>am.</b>	Off - Sore achilles.
13/2	<b>pm.</b>	-
<b>Thur.</b>	<b>am.</b>	Fartlek inc. 15 minute warm-up. 3 x 3 mins 'on' with 1 min. b/w. 15 minute warm-down.
14/2	<b>pm.</b>	30 mins. easy run.
<b>Fri.</b>	<b>am.</b>	50 mins. steady run along river.
15/2	<b>pm.</b>	30 mins. easy run.
<b>Sat.</b>	<b>am.</b>	50 mins. steady run. Got rolling at end.
16/2	<b>pm.</b>	35 mins. easy with Mona and Troopy in Ballarat.
<b>Sun.</b>	<b>am.</b>	90 mins in You Yangs.
17/2	<b>pm.</b>	Off
<b>Mon.</b>	<b>am.</b>	50 min. relaxed run in Melbourne.
18/2	<b>pm.</b>	30 min. easy run.
<b>Tues.</b>	<b>am.</b>	Track (Olympic Park) 1600 metres @ 61 - 62 sec pace. 1 lap jog. 5 x 300 metres in 43 secs. 100 m. easy b/w 1 lap jog. 1200 metres @ 62 sec pace.
19/2	<b>pm.</b>	30 mins. easy run.
<b>Wed.</b>	<b>am.</b>	70 mins relaxed run in You Yangs
20/2	<b>pm.</b>	30 mins along river. Got rolling.
<b>Thur.</b>	<b>am.</b>	45 mins from Landy Field with 4 x 100 m. strides and drills at end.
21/2	<b>pm.</b>	35 mins. easy run.
<b>Fri.</b>	<b>am.</b>	40 mins. easy.
22/2	<b>pm.</b>	20 mins. easy run. (Newcastle)
<b>Sat.</b>	<b>am.</b>	20 mins easy. (Newcastle)
23/2	<b>pm.</b>	1500 metre race in Telstra A Series at Newcastle. 2nd in 3.38.9. "p@#*\$% off"
<b>Sun.</b>	<b>am.</b>	90 mins at Ferny Creek (solid run!)
24/2	<b>pm.</b>	Off.
<b>Mon.</b>	<b>am.</b>	50 min. along river. Got rolling.

A little easier due to sore achilles

25/2	<b>pm.</b>	35 min. easy run.
<b>Tues.</b>	<b>am.</b>	Track (Landy Field) 9 laps continuous made up of: 4 laps @ 70 secs pace. 3 laps @ 64 secs pace. 2 laps @ 60 secs pace. Jog 1 lap. Then 3 x 300 metres in 43 secs. 100 metres easy b/w.
26/2	<b>pm.</b>	30 mins. easy run.
<b>Wed.</b>	<b>am.</b>	60 mins relaxed in You Yangs.
27/2	<b>pm.</b>	30 mins easy along river.
<b>Thur.</b>	<b>am.</b>	Fartlek along river inc. 8 minutes of: 15 secs 'on' / 15 secs 'off'. 4 minutes easy. 6 minutes of: 15 secs 'on' / 15 secs 'off'. 4 minutes easy. 2 x 3 min. reps with 1 minute b/w.
28/2	<b>pm.</b>	30 mins. easy run.
<b>Fri.</b>	<b>am.</b>	30 mins. easy run
1/3	<b>pm.</b>	1500 metre heat @ Victorian Champs. 1st in 3.46.
<b>Sat.</b>	<b>am.</b>	35 mins. easy.
2/3	<b>pm.</b>	Victorian Champs. 1500 metre Final. 1st in 3.42 off 2.02 @ 800 metres.
<b>Sun.</b>	<b>am.</b>	70 mins. in You Yangs.
3/3	<b>pm.</b>	Off.
<b>Mon.</b>	<b>am.</b>	Easy track. 2 sets of 5 x 200 metres in 29 / 30 secs with 30 secs b/w reps and lap jog b/w sets.
4/3	<b>pm.</b>	35 min. easy run.
<b>Tues.</b>	<b>am.</b>	40 mins. very easy from Troopy's place.
5/3	<b>pm.</b>	30 mins. very easy.
<b>Wed.</b>	<b>am.</b>	35 mins easy along river.
6/3	<b>pm.</b>	15 mins easy then drills / strides. Finished with 10 minutes easy.
<b>Thur.</b>	<b>am.</b>	15 minutes easy.
7/3	<b>pm.</b>	Melbourne Grand Prix. Ran 13 minutes 12.04 seconds for 5000 metres. <b>AUSTRALIAN RECORD!</b>

## DID I SAY THAT?

Have you ever said something silly, then immediately wished you could take it back? Come on, be honest!

Well, I did, and while I felt a bit of a goose, it does make an interesting story.

While overseas last year Troopy met up with a Swiss marathoner by the name of Viktor Roethlin ( P.B. 2:10.54) and invited him to Falls Creek to train over the summer. Viktor took up the offer and travelled to Australia for a holiday and some serious training in preparation for the London Marathon.

Early in the New Year Viktor called Troopy to say that

he would be arriving at Falls Creek with a German friend that afternoon. Troopy was staying at the Woodsmoke Lodge, where space was at a premium, so he asked me if there was room at the Schuss Lodge where I was staying. We had plenty of room so everything was set.

Viktor and his friend, Jirka (pronounced Yilka) arrived late that afternoon. Troopy introduced our guests by saying, "this is Viktor, Swiss marathon record holder and his friend, Jirka."

We then helped carry in their gear. Viktor had a dozen pairs of Asics runners and enough running gear to outfit a small African country. Jirka carried in a laptop computer, a small overnight bag and a digital camera. OK, I thought, Jirka must be "Terry Tourist", just here for a holiday.

Later that night, over a meal, the talk turned to running and Viktor was asked many questions about his training and his running career.

Eventually, there was a lull in conversation so I turned to Jirka, who had not said much, and asked, "so Jirka, do you do a bit of jogging?"

Deathly silence, with Viktor and Jirka exchanging curious glances.

Then Viktor, sensing my embarrassment, broke the silence. "Yes, he does a bit of jogging. He came 8th in the Olympic 5000 metres final in Sydney!"

Unknown to me Jirka Arndt was recovering from a stress fracture of the femur and had not been able to run for a couple of months.

The next day I told Troopy of my gaff. He was most sympathetic (once he stopped laughing!) and immediately told everyone on the mountain of my stupidity. He claims that he didn't know who Jirka was either, but I'm not so sure!

## **IT'S HARD TO KEEP TRACK OF THOSE TALENTED KENYANS.**

If you have seen any of this year's Telstra A Series, it would have been handy to have a program and a keen eye, not to mention a good memory for names, especially when it comes to the talented Kenyans.

The reason for that is the Kenyan propensity for confusing and changeable names, although with brothers William and Cornelius Chirchir, it's pretty straight forward.

They were here with Shadrack Korir (he helped with the early pace in Craig Mottram's Australian 5000 metres Record at Olympic Park at the Melbourne Grand Prix) and Paul Korir, but they are not related.

But Shadrack is a brother of world-ranked middle distance runner, Laban Rotich, who is no relation to another outstanding Kenyan, Willy Rotich. Are you keeping track?

Several years ago, three-time World Champion Moses Kiptanui was known as Moses Tanui until he found out about another Moses Tanui who lived in the same valley. By adding Kip, he was able to distinguish himself from his running neighbour.

Subtracting Kip might have been the go for one of another pair. That's because there are two Wilson Kipketers (not related). But the steeple-chaser added the name Boit to become Wilson Boit Kipketer and avoid confusion.

A couple of years ago, 800 metre runner, Sammy Kibet was in Europe, ready to race on the summer circuit, when he heard of two other runners named Kibet (David and Robert). So, although they could be identified by their given names, Sammy Kibet changed his name to Sammy Langat on the plane

trip to Oslo for the Bislett Games.

I'm not sure if he declared the change at customs, but he stayed Sammy Langat for the rest of his career.

So, as you can see, running in Kenya is not as straight forward as in Australia.

Then again, Craig "Boit" Mottram or Lee Troop "Keter" or Georgie "Kip" Clarke might just catch on.

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

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**Hoping you have a great Winter Season running for the Geelong Region Team .**