



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 14

May 2002

TWELVE GEELONG TEAMS TO TOE THE LINE FOR THE BRIMBANK PARK CROSS-COUNTRY RELAYS

Brimbank Park will host the opening of the Athletics Victoria Winter Cross-Country Season. With twelve teams entered for the Cross-Country Relays, Geelong's distinctive navy blue racing top with the Sammy logo will be prominent in both Junior and Open Divisions.

A special welcome to new runners: Christine Bauer, Celia Cosgriff, Lauren Ellis, Cathryn Hoare, Michael Kenny, Holly Lipson, Erin Littlewood, Ben Lynch, Brianna Ricketts, Brenton Rowe, Will Schofield, Laura Stekelenberg, Ashleigh Wall, Simon Watson, Steven Wishart, Ross Young and Travis Zimmer. We hope you enjoy the challenges and team atmosphere involved in representing Geelong in Australia's Premier Winter Competition. It's also great to see Joanne Lambert, Matt McDonough and Jaime Werner return to the Geelong Team after a year off through injury and other pursuits.

Good luck and fast running to all Geelong Region athletes.

"THE ATHLETE'S FOOT" GEELONG ATHLETICS ROAD CHAMPIONSHIPS

(Saturday 28th April.)

Last Saturday saw the running of "The Athlete's Foot" Geelong Athletics Road Championships around the Deakin University Road Circuit. As with last year, a special thank you to Tony Stewart from "The Athlete's Foot" for his most generous support with Perpetual Trophies for our junior winners.

In the Open Men's Championship, outstanding wheelchair competitor, Richard Colman reached speeds in excess of 30 km./hour. on the downhill to cross the finish line first. However, if not for some strategically placed speed humps, Richard may have been booked for exceeding the Deakin University Speed Limit! First Geelong registered athlete across the line in the Road Championship was Mark Boxer who has just returned to full training after a short break from his intensive running program. Mark's run was even more impressive when it was revealed that he had completed a threshold run that morning. Second place went to 800 metre specialist, Louis Rowan with 'retired footballer', Jaime Werner, relishing the non-contact aspect of road running, running on strongly to take third placing.

However, the run of the Championships went to World Cross-Country representative, Jo Wall who ran the smart time of 20.38 over the challenging Deakin Course to claim the Women's Title for the second year running. Amazingly, Jo was 7th across the line overall!

In the Junior Boy's Road Championship, Michael Kenny ran strongly over the undulating road circuit to claim first place from Will Schofield, Ben Lynch and Steven Wishart. All four boys will line up for the Geelong Region Team in the Under 14 / Under 16 Divisions this year.

In the Junior Girl's Race, Taryn Rau and Brianna Ricketts staged an epic battle as they ran stride for stride over the first 3000 metres before Taryn was able to gain a small break within sight of the finish line. Well done, Taryn and Brianna - your race was a highlight of the afternoon. Bianca Cheever - basketball, runner and all-round sportsperson, finished strongly to take third placing from Kelsey Rau and Chelsea Merry. Well done also to new Geelong Region athletes, Laura Stekelenberg, Holly Lipson and Lauren Ellis who ran very well against older athletes.

WOMEN'S and MEN'S OPEN. 2 LAPS OF DEAKIN ROAD CIRCUIT. (6.11 km.)

1.	Richard Colman	18.10	(wheelchair)
2.	Tim Bentley	18.59	(Inv.)
3.	Mark Boxer	19.45	
4.	Louis Rowan	19.52	
5.	Michael McNaughton	20.07	(Inv.)
6.	Jaime Werner	20.36	
7.	Joanne Wall	20.38	
8.	Dean Goddard	20.39	
9.	Simon Taylor	20.47	
10.	Michael McKenzie	20.57	
11.	Andrew Lambart	21.08	
12.	Jamie Godwin	21.25	
13.	Ross Young	21.57	
14.	Geoffrey Purnell	21.58	
15.	Paul Stewart	22.38	
16.	Paul Wilson	23.24	
17.	John Moore	23.32	
18.	Joanne Lambert	24.02	
19.	Neil MacDonald	24.34	
20.	Pattie Galvin	24.36	
21.	Ashleigh Wall	24.59	
22.	Rebecca Wiasak	25.40	
23.	Phoebe Darbyshire	25.45	
24.	Travis Zimmer	27.23	
25.	Cathryn Hoare	28.32	
26.	Erin Littlewood	30.30	
27.	Peter Anderson	30.33	(Inv.)
28.	Tyson Mahon	D.N.F.	

ROAD CHAMPIONSHIP OPEN MEDAL WINNERS

WOMEN

1st	Joanne Wall
2nd	Joanne Lambert
3rd	Pattie Galvin

MEN

1st	Mark Boxer
2nd	Louis Rowan
3rd	Jaime Werner

JUNIOR GIRLS and BOYS. 1 LAP OF DEAKIN ROAD CIRCUIT. (3.45 km.)

1.	Taryn Rau	12.20
2.	Brianna Ricketts	12.23
3.	Michael Kenny	12.51
4.	Bianca Cheever	13.17

5.	Kelsey Rau	13.23
6.	Will Schofield	13.38
7.	Chelsea Merry	13.41
8.	Ben Lynch	13.45
9.	Steven Wishart	13.58
10.	Laura Stekelenberg	14.22
11.	Holly Lipson	14.27
12.	Angela Burt	15.05
13.	Lauren Ellis	15.40
14.	Eleisha Burt	18.17

ROAD CHAMPIONSHIP JUNIOR MEDAL WINNERS

GIRLS

1st	Taryn Rau
2nd	Brianna Ricketts
3rd	Bianca Cheever

BOYS

1st	Michael Kenny
2nd	Will Schofield
3rd	Ben Lynch

DON'T MISS THIS EVENING!

COMMONWEALTH GAMES MARATHON / TRIVIA NIGHT

Put **Sunday 28th July**
(starting at 5:00 pm.)
in your diary now
as this will be a fantastic night.

Come along to Buckley's to see
Troopy run the Commonwealth
Games Marathon
on a big screen
(he's even promised to give
us all a wave!)

A delicious meal will also
be provided.

But wait, there's more!
The marathon will be followed
by a fantastic Trivia Night with
wonderful prizes galore so start
planning your
table of 6 - 8 now.

More details at a later date.

Don't forget!!!!
Sunday 28th July
at Buckley's!

RUNNER PROFILE

Micky McNaughton is about to forgo the easy-going life of a full-time university student to take up a research position in Sweden. Between packing his winter woolies and completing a thesis on "Irreversible and Bivalent Liquids for Selected G Protein Coupled Receptors", Mick was able to complete the following profile. As you will see, Mick has some pretty impressive times to his name so he will be greatly missed this Winter Season. All the best for your time overseas, Mick. There should be plenty of Cross-Country Skiing P.B.'s to your name when you return home to Australia.

Michael McNaughton

Occupation Ph. D student at Deakin University.

Age 25

Date of Birth 16 / 5 / 76

Height 180 cm. **Weight** 72 kg.

Married / Single Single.

Coach Rohan Perrott

Personal Bests

400m.	56
800m.	2:01
1500m.	4:00.8
3000m.	8.59
5000m.	15:05.6
10000m.	32.40
Other	Eastern Beach Hills Course Record - 15.45

Favourite Food Pavalova

Food Eaten Before a Race Bananas

Favourite Drink Boag's Premium Lager

Favourite Movie Star Wars

Favourite Book "Irreversible and Bivalent Liquids for Selected G Protein Coupled Receptors" (Ed. Can't wait for the movie!)

Favourite Music / Band Avalanches

Favourite TV Show "The Fat"

Favourite Night Spot Most Pubs

Favourite Holiday Spot Haven't had a holiday in years!

A Normal Training Week.

Mon.	pm.	60 min. run.
Tues.	pm.	Mona Fartlek or 2 sets of 6 x 200 metres.
Wed.	pm.	70 min. run.
Thur.	pm.	Track Session. 8 x 400 metres with 90 seconds recovery
Fri.	pm.	40 min. run.
Sat.	am.	Hard lap of Eastern Gardens then Eastern Beach Hills Course.
	pm.	30 - 40 min. jog.
Sun.	am.	100 min. easy long run.
	pm.	30 - 40 min. jog.

Favourite Training Session Any time I cane 'Daz' (Darren Riviere)

Favourite Race Any race I cane 'Daz'.

Favourite Place To Train Sea Mist

Toughest Ever Training Session

Any Saturday morning session with a hang-over!

Most admired Runner / Person My little brother, Adrian.

Advice to Other Runners "Don't forget to breathe!"

Goals for the Future "to continue running"

AROUND THE TRACKS AND TRAILS

A host of Geelong's premier athletes travelled to Brisbane for the Australian Track and Field Championships, which also doubled as Selection Trials for the up-coming Commonwealth Games.

Georgie Clarke opened proceedings with an emphatic win in the 1500 metres, surging away from her opposition over the final 250 metres to win in 4:14.17 and thus clinch a place in the team for the Commonwealth Games. Great running, Georgie!

Fellow 1500 metre runner, Craig Mottram must have liked Georgie's tactics as he too sat back early before unleashing a sub 54 second last lap to career away to a 3:41.19 win. Although Craig has a place in both the 1500 metres and the 5000 metres for the Commonwealth Games, he has opted to contest the longer event where he believes he has a great chance of a medal. Craig topped off a fantastic Championships by being named Australian Male Athlete of the Year / Best Performed Male in Distance Events. Well done, Craig - I'm sure the \$22 000 will be put to good use!

Both Lee Troop (marathon) and Nathan Deakes (20 k. walk) have been pre-selected in the Commonwealth Games Team but will have to prove their fitness in the lead-up to Manchester.

Special mention must also be made of Bruce Scriven's appointment as Head Coach of Middle Distance / Distance for the Commonwealth Games Team. Also joining Bruce in Manchester will be Andrew Lambart who has been appointed to the Medical Team. Congratulations, Bruce and Andrew - it's great to see your fantastic coaching and physio work being recognised by Athletics Australia.

Hopefully, in the lead-up to the Games, Bruce and his trusty mountain bike will be able to safely negotiate the new speed traps installed around the Barwon River Track or he may be a late scratching from the Manchester Team. It appears Bruce was pedalling furiously last Saturday to keep up with a rampaging Craig 'Buster' Mottram when he had cornering problems.

Also in Brisbane, Jo Wall continued her fine form with a convincing win in the Australian Championships Under 20 3000 metres. Jo's time of 9:35.25 was just over 5 seconds off a World Junior Championships Qualifier and coach Scriven is confident that Jo can run under 9.30 with better pace judgement.

Other Geelong running performances at the Australian Championships included:

Mark Fountain	- 9th in the 1500 metre final (3:47.42)
Tyson Mahon	- 4th in Under 20 800 metre heat (1:57.08)
	- 3rd in Under 20 1500 metre final (3:54.96)
Ritchie Jeremiah	- 11th in 3000m. Steeplechase (9:25.53)
Louis Rowan	- 7th in 800 metre heat (1:54.97)
Travis Zimmer	- 6th in ambulant 800 metres (2.27)
	- 4th in ambulant 1500 metres (4:59.21 - a 8 second P.B.) Well run, Travis!

It's a long way from Warrnambool to Europe, or so says Hayley Cook. Hayley travelled to the Czech Republic in March for the International School Sports Federation Cross-Country Championships where she finished a creditable 38th. Well done, Hayley.

Also overseas, "Mark Tucker's Fantastic American Adventure" continues with a 19th placing at the World University Cross-Country Championships in Spain. Mark's recent fine overseas form almost led to a last ditch attempt at a Commonwealth Games berth by flying back for the Selection Trials. However, the logistics and the travel involved meant that the plans were shelved.

On the local scene, Geelong Region athletes were up in the placings at the recent Sunicrust - Rebel Geelong Half Marathon held around the picturesque Barwon River. In the Open Female section Karen Dorris finished 4th (84.56) while Ocean Grove "Super-Mum", Pattie Galvin finished 3rd in the Veteran's section (91.53). In the Under 20 section Travis Trevarthen showed he is set for a big Winter Season with a fine second placing over the 21.1 km. river course. Travis finished in an impressive 81.52 and immediately indicated he would smash that time later in the year at the Burnley Half Marathon. Good luck, Travis.

However, while Geelong Region athletes were to the fore in the race, the highlight of the day was Vin Gasper winning the major spot prize - a family holiday in the beautiful Otway Ranges. Hope you enjoy your prize, Vin.

JEREMY THOMPSON. MR MULTI-TALENTED.

The Geelong Region Cross-Country Team is made up of many talented people. One such person is Jeremy Thompson, Australia's Number 1 ranked Junior and Senior Pentathlete. Jeremy also has a dream of representing Australia at the 2004 Olympic Games in Athens. And with his discipline, determination and talent, you'd be silly to bet against him. I was fortunate to catch up with Jeremy for a relaxing chat while he was resting between training sessions.

N.M. Jeremy, congratulations on your recent great successes. You have just finished a week off to recharge the batteries. How are you feeling?

J.T. I bit tired actually, Neil. I'm still feeling the effects of having time off, particularly in the water where it's been hard to get up and be swimming at 5:30 in the morning.

N.M. The Modern Pentathlon. What does it involve?

J.T. It involves shooting with an air pistol over a ten metre range - we have a 20 shot match. Then we fence using an epee where we fence every other athlete so that usually means 31 matches. We fence for one hit. Next we swim over 200 metres. Then it's horse riding on a borrowed horse that involves show jumping. We get to have a 20 minute warm-up to familiarize ourselves with the horse. And finally, it's a cross-country run over 3 kilometres. It's actually a chase-run where the person with the most points goes first, the second most points second and so on. It means that the person who crosses the line first in the run is the winner of the whole event.

N.M. I understand that you're emulating a Napoleonic soldier delivering a message where you begin riding, have the horse shot out from under you, are forced to swim a river, fight off enemy with pistol and sword, then finally deliver the message on foot.

J.T. That's correct.

N.M. Your recent form has been fantastic with firsts in the Victorian Championships, in both the junior and senior events then finishing first junior and second senior in the Australian Championships. You have also defeated Alexander Parygin, the Atlanta Olympic Champion. Your form and your victory over Parygin must be very satisfying?

J.T. Yes, it was great to do so well. It makes all the training worthwhile.

N.M. And defeating Parygin, a 'super-star' of the sport?

J.T. Yes, he certainly was a 'super-star' a couple of years ago. His '96 Olympic win is one of the greatest in history with his fantastic run leg getting him up into first place. The Russian, who was leading, fell just before the line as Alex surged past him. That race has now passed into folk-lore. He has now become an Australian citizen and that probably has caused him to make a few adjustments because he doesn't receive the same level of funding that he received in Kazakhstan. But he would still be capable of finishing in the top 20, or higher, at World Championship level, so, yes, it was great to beat him.

N.M. Has he passed on some of his knowledge and advice to the Australian athletes?

J.T. Yes, we have certainly learnt a lot from him, just by competing against him. There's also a group of us that are in the World Championship Team who train together in Melbourne which is great.

N.M. At the Australian Championships you scored 5323 points. Is that a P.B.?

J.T. Yes, it is.

N.M. Is there a World Record or World Best Score for Modern Pentathlon?

J.T. No, because the run course and fencing opponents can vary so much it would be difficult to compare events. It would be too easy to 'set-up' a World Record.

N.M. What sort of score would be needed to win an Olympic Gold Medal?

J.T. The Sydney Olympics was won in just under 5500 points but we now receive a possible extra 100 points for the horse-riding section.

N.M. Is the scoring similar to how they score the decathlon?

J.T. Yes, that's right.

N.M. So 1000 points for any discipline would be a top score?

J.T. Yes, but the way the fencing is done, with everyone fighting each other, 70% victories is a 1000 points. Because of that you rarely score 1000 points in fencing whereas in swimming or running a score of over 1000 points is very possible.

N.M. What are your best and worst disciplines? Which ones are you really working on and which ones do you hope to score highly in?

J.T. My best at the moment are shooting and the riding. My worst would be fencing, particularly when I compete in Europe. In Australia I can get away with it a little because the standard isn't so high and it doesn't hurt me so much. But at World Championships a bad fencing section would be disastrous.

N.M. I would think that you would need a lot of stamina to fight 31 opponents.

J.T. Specific fitness plays a big part in fencing. There's a lot of mental fatigue involved too.

N.M. Most of us, when we are kids, play footy or cricket or swim or play tennis. How on earth did you become involved in Modern Pentathlon?

J.T. Well, actually, as a kid I played footy and cricket too. However, I also did a bit of show-jumping. One day I was at an equestrian event and I got talking to a Modern Pentathlete. And because I had been pretty good at athletics when I was younger and had also done a bit of swimming, I thought I might give it a go. I was about 13 or 14 at that stage. But it was four years later until I really got into it.

N.M. What is a normal training week for you? With five disciplines, it must be tough to fit everything in?

J.T. Yes, especially with University to fit in as well.

Monday - swimming at 5:30 am. covering 5 - 6 kms. Then I shoot. In the afternoon I do weights followed by a 30 minute easy run.

Tuesday - swimming again in the morning, then running on the track with Scrivo's group followed by fencing which can be a lesson and bouting.

Wednesday - swimming in the morning followed by a 60 minute run. Then shooting at night with my coach. I also do some exercises.

Thursday - swimming in the morning, then a fartlek or a threshold run. In the afternoon I do fencing.

Friday - an easier day, swimming in the morning, then weights and a small shoot.

Saturday - a run in the morning and a shoot later in the day.

Sunday - just a 90 minute long run.

But on top of that we have drills and exercises that we do outside our normal training. So on days where I don't shoot I do 15 minutes of what we call 'dry fire' where I don't use ammunition. I have a normal target and do things like shooting with my eyes closed, trying to control heart-rate, trying to visualise and creating better body awareness. I also do 10 minutes of fencing drills on Monday and Wednesday. And once every two weeks I have a horse ride on Saturday.

N.M. That's a big week's training! How many hours would you spend training each week?

J.T. In a hard week it would be 30 hours and up to 35 hours in a really hard week.

N.M. I'll bet you sleep well at night!

J.T. Oh yeah! I sleep very well. I must say that I enjoy Saturday and Sunday where I get to sleep in a little.

N.M. And you fit in University as well. What course are you doing?

J.T. I'm doing a Bachelor of Business in Entrepreneurship.

N.M. Would you consider going full-time as a Pentathlete as the 2004 Olympics draw closer?

J.T. Yes, I have considered that. I have had a few offers to go to Hungary to train. I would just have to pay my own air fare. That might even happen as early as next year.

N.M. It must be hard with five different coaches?

J.T. Actually, I have six coaches - one for each of the disciplines plus one coach overseeing and co-ordinating everything.

N.M. Who are you coaches?

J.T. My Uncle, John Boas oversees my program. He's probably better known as a track and field coach. He coached

Gary Honey (Ed. 1984 Olympic Silver medallist in the long jump behind the great Carl Lewis). We actually work on a four week cycle with three hard weeks followed by an easier week.

N.M. The week you outlined earlier, I hope that wasn't the easier week?

J.T. No. That was a pretty hard week.

N.M. I'm glad to hear that! And your other coaches?

J.T. Well, of course I have Scrivo for my running. Fencing is Scott Arnold and pistol shooting is Tivor Gonczol. For show-jumping I have Russell Johnstone and swimming is Buddy Portier.

N.M. The show-jumping event must be interesting because you don't compete on your own horse - I understand that a random draw is made from a group of horses. It sounds a bit like the old joke where the Foreign Legionnaires are chasing after a herd of wild camels when the recruit asks, "why are we racing, there's enough camels for everyone?" "Yes", answers the veteran, "but nobody wants an ugly one!"

Surely luck plays a big part in the show-jumping?

J.T. What happens is that there's an 'owners round' the day before competition where the owners ride the course. If the horse can't get around, it's taken out. But, yes, there are some horses that suit your style. Also, the person in first place coming into the show-jumping draws first.

N.M. And if your horse goes lame during the event?

J.T. If it happens during your round it's classified as your fault. All of the horses are supposedly sound before they start.

N.M. I would imagine, with the high skill level involved in each discipline, that it takes years to reach the top in Modern Pentathlon. What is the age for peak performance and how long can the elite continue?

J.T. It varies but I reckon that 25 - 28 should be your best years. Most of the guys winning World Championships are in that age range. However, there are exceptions to the rule with younger guys doing well. Interestingly, at the Women's World Championship event in 2000 the winner was 39 so if you're good enough you can keep going.

N.M. Do you receive any financial support to train or compete?

J.T. No, not really. I suppose it's not a high profile sport, which doesn't help. The last pentathlete who received a fair bit of financial support was Kitty Chiller but she was ranked No. 1 in the world.

N.M. So basically, you fund yourself?

J.T. Yes, although when we go overseas the National and Victorian Federation gives us about a \$1000 each and I do get an extra \$500 grant for living in a country area.

N.M. So you're not in it for the money?

J.T. No, certainly not.

N.M. How big is Modern Pentathlon overseas?

J.T. Very big in some countries. For example, in Hungary, during the season they have a Pentathlon segment on the news everynight.

N.M. Is there prize money for winning events?

J.T. Yes, for World Cup events.

N.M. Who is the best in the world at the moment?

J.T. Ummm, probably a guy from Hungary named Gabor Balogh. He's been so consistent. He's only ranked 8th in the world but he doesn't do as many events as some of the others. He won the silver medal at the Sydney Olympics.

N.M. Your immediate goals are the Junior World

Championships in Sydney from September 21 - 26 and maybe the Senior World Championships in San Francisco from July 16 - 21. First of all, what sort of opposition do you expect at the Junior Worlds?

J.T. Very tough competition because in Pentathlon the Juniors are Under 22 and the gap between junior and senior is not that great. I remember when I did the World Juniors a couple of years ago, one of the Russian guys who had placed 3rd in the Senior World Cup Final the year before could only finish 14th in the World Juniors.

N.M. When are you going to decide whether you'll contest the Senior World Championships?

J.T. I have decided. I'm only going to do the Team Event, which is a three-man relay. I'm not quite ready for the Individual Senior Worlds yet. But we have a pretty good team so I'm looking forward to the Team Event. It should be a lot of fun.

N.M. Your long term goal is Athens 2004. What do you have to do to qualify?

J.T. There's a few ways I can qualify. I can qualify by getting a high placing at the World Championships. The Oceania Region also has one spot up for grabs. Also, if you win certain World Cup events you can qualify.

N.M. Sounds a little like how the triathletes qualify.

J.T. Yes, except that the Pentathlon at the Olympics is limited to only 32 competitors whereas I think the triathlon field can have a few more than that.

N.M. For our running readers, what sort of time would the quick guys be running for 3000 metres?

J.T. It's a bit hard to say because we only see them running cross-country rather than on the track. However, I've heard that some of the quicker guys run about 8.25 on the track.

N.M. And your 3000 metre P.B. at the moment?

J.T. I've not run a 3000 metres on the track but I have run 9.07 for cross-country, but that was a while ago and Scrivo is pretty confident that I can go under 9 minutes now.

N.M. And your P.B. for swimming 200 metres?

J.T. At the moment it's 2.17 but we're working hard to reduce that with five days of intensive swimming each week. For the juniors 2.17 keeps me about mid-range but I'm hoping to get into the top few heats in senior competition so the goal is to be around 2.10 by September.

N.M. Do you follow any special diet to help you perform at your best?

J.T. Yes, I have a diet prepared by a dietitian in Melbourne. From the diet I know how much I should be eating for each meal. Basically, I do a lot more snacking than I used to. I still have my three major meals each day but I also have four other snacks. This means that my metabolism is constant and that I have enough energy for all the different training sessions.

N.M. One last question. In the 1988 Olympics Modern Pentathlon received lots of coverage for all the wrong reasons when Alex Watson had one too many cups of coffee and failed a drug test for caffeine. I hear that Alex is now back in the sport.

J.T. Yes, as an administrator. He's our President and he actually ran the Sydney Olympic Pentathlon. However, I think he got the wrong end of the stick and his great record tends to be overlooked. He was a three-time Olympian who finished just outside the top ten. Having spoken to Alex a few times I think he was very hard done by. Also, nothing was ever proved.

N.M. Thank you very much for your time, Jeremy. All the very best for your up-coming events. And in the long term, I hope Athens 2004 becomes a reality.

J.T. I hope so too. Thanks very much, Neil.

A couple of stories from the London and Rotterdam Marathons to illustrate just what some people will do to get to the finish line.

MAD DOGS AND ENGLISHMEN.

The recent London Marathon was arguably the greatest "Big City" race ever with Paula Radcliffe, Khalid Khannouchi, Paul Tergat and Haile Gebrselassie all producing startling performances.

Radcliffe, so often the bridesmaid in major track races, defied all conventional marathon running wisdom and opted to run solo for the last 30 kilometres to win on her debut at the marathon in a stunning 2 hours 18 min 56 sec, just 9 seconds shy of Catherine Ndereba's world best of 2:18.47.

In the men's race, Khalid Khannouchi needed to break his own world best just to beat the greatest field of marathon runners ever assembled, clocking 2 hours 5 min 38 sec. But while Radcliffe's marathon debut was a solo effort, Khannouchi had a real foot race to win. Dogging his footsteps for 39 of the 42 kilometres were two of the world's greatest distance runners. Paul Tergat placed second for the third time in his three marathon starts to clock 2:05.48 - becoming the second fastest marathoner in history, while Gebreselassie clocked 2:06.35 - the fastest time in a debut marathon.

However, at the rear of the field an equally amazing story was unfolding where Englishman, Lloyd Scott was shuffling into the history books. Scott entered the London Marathon in a 54.5 kg. antique deep sea diving suit with each lead boot weighing more than 22 kgs. (I wonder if they come in racing flats?)

But the former fire-fighter and professional soccer player did raise \$269 250 for a children's cancer fund for finishing in 128 hours, 29 minutes, 46 seconds, more than five days behind Khannouchi and Radcliffe.

BREAKING MORE THAN RECORDS

Kenyan, Simon Biwott won the 2002 Rotterdam Marathon in 2 hours 8 minutes 39 seconds. So what, you say? - Kenyans seem to win more than their fair share of road races and a 2.08 marathon is a pretty common occurrence these days.

However, Biwott ran the last 32 kilometres with a broken arm after treading on another runner's heels and tumbling to the ground at the 10 kilometre drink station.

Biwott has now won six of his twelve marathon starts. However, this time he certainly ran through the pain barrier to cross the finish line first.

Who says you've got to be nuts to run a marathon!

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

**BUCKLEY'S GAMING
CENTRE**

**GEELONG
PHYSIOTHERAPY
CENTRES**

**TONY STEWART AND
"THE ATHLETE'S FOOT"**

**CRICHTON COLLINS AND
THE
"PAKINGTON BAKERY"**

SUBWAY

REILLY'S U-DRIVE

**TONY KELLY AND
"THE BUSH INN HOTEL"**

**GEELONG
ATHLETICS INC.**

**Please support the above
businesses and organisations.**

**Don't forget to say
that you're from the
Geelong Region
Cross - Country Team
whenever you
use their services.**

GEELONG REGION CROSS - COUNTRY TEAM BUS

A 25 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 **\$8 per person for your first trip**, then **\$6 per trip for subsequent races**. Seats will be allocated on a first in / first served basis so please inform Neil MacDonald if you plan to travel on the bus. (Phone 52 231620)

Travelling to and from 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'!

All Geelong Region Team Members and supporters are also invited back to the Team Bus after races for a chat and to enjoy the delicious buns, rolls and scrolls generously supplied by Crichton Collins and the Pakington Bakery.

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

Please keep this sheet for future reference.

GEELONG REGION CROSS – COUNTRY CLUB

2002 WINTER RACING PROGRAM

Saturday 27 th April	Geelong Road Championships (Deakin University) Senior Men / Women 2 laps of road circuit (6.11 km) Under 16 Boys / Girls 1 lap of road circuit (3.45 km)
Saturday 4 th May	Cross – Country Relays (Brimbank Park)
Saturday 18 th May	10 km. Road Championships (Flemington)
Saturday 1 st June	Coliban Relay (Harcourt)
Sunday 23 rd June	15 km. Road Championships (Albert Park)
Saturday 6 th July	12 km. Cross – Country (Bundoora)
Saturday 13 th July	Geelong Cross – Country Championships (Marcus Oldham College) 8 km for Open Men. 4 km. for Women and Juniors.
Saturday 20 th July	Road Relays (Flemington)
Saturday 3 rd August	16 km. Cross – Country (Brimbank Park)
Saturday 31 st August	8 km. Cross – Country (Ballarat)
Sunday 15 th September	Half Marathon (Burnley)

ATHLETICS VICTORIA WINTER AGE GROUP RACE DISTANCES

	CROSS - COUNTRY				ROAD RACES				
	Ballarat	Bundoora	Brimbank	Brimbank Relay	Flemington	Albert Park	Burnley Half M.	Flemington Relay	Coliban Relay
Open Men	8 k	12 k	16 k	6 k	10 k	15 k	21.1 k	6.2 k	
Open Women	6 k	8 k	4 k	6 k	10 k	15 k	21.1 k	6.2 k	
Men 40 +	8 k	12 k	16 k	6 k	10 k	15 k		6.2 k	
Men 50 +	8 k	12 k	16 k	6 k	10 k	15 k		6.2 k	
Women 40 +	6 k	8 k	4 k	6 k	10 k	15 k		6.2 k	
Men U 20	4 k	8 k	6 k	6 k	10 k	5 k		6.2 k	
Women U 20	3 k	6 k	4 k	3 k	10 k	5 k		3.1 k	
Men U 18	8 k	6 k	4 k	3 k	10 k	5 k		3.1 k	
Women U 18	3 k	4 k	6 k	3 k	10 k	5 k		3.1 k	
Men U 16	4 k	6 k	3 k	3 k	3 k	5 k		3.1 k	
Women U 16	6 k	4 k	3 k	3 k	3 k	5 k		3.1 k	
Men U 14	2 k	4 k	3 k	3 k	3 k	5 k		3.1 k	
Women U 14	2 k	4 k	3 k	3 k	3 k	5 k		3.1 k	

Ages Calculated at 31 st December 2002 for Under Age Competition / 1 st May 2002 for Over Age.

Please keep this sheet for future reference