



# GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 17

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## JEREMY THOMPSON / RON CLARKE NIGHT A GREAT SUCCESS

On Friday the 7th of June, one hundred and nineteen Geelong sporting fans braved wet and windy winter conditions as they left the comfort of warm homes to have dinner with distance running great, Ron Clarke. With proceeds going to support Jeremy Thompson's dream of representing Australia in the Pentathlon at the 2004 Athens Olympics, all those attending had a fantastic night.

The highlights of a great night were:

- \* Ron Clarke relating his life in athletics as well as his thoughts on a range of topics from Percy Cerutti, to football, to running shoes, to Australian athletics, to world records, to .....
- \* Jeremy Thompson telling us about the Modern Pentathlon and his dream of wearing the Australian colours.
- \* the auctioning of an Australian singlet signed by the last three 5000 metre record holders (Clarke, Troop and Mottram). For 'only' \$600.00, Rob Jeremiah certainly got a bargain. Rob, will we see you wearing it on one of your training runs around the Barwon River?
- \* the auctioning of a fabulous, Ray Reardon painting titled "You Yangs Dreaming No. 3". At \$350.00, it will look great on the wall of Ian McTaggart's Ocean Grove home.

Finally, well done to Nick Ashton who did an excellent job hosting the night. Now that Bert Newton has re-signed with Channel 10, I hear that there's an opening for next year's Logies!

## COLIBAN WATER RELAYS HARCOURT - BENDIGO

(Saturday 1st June)

Sometimes results do not indicate the worth of a run. Sometimes we need to look deeper to see the guts, determination and pride that propels a runner forward when the legs are burning, the heart rate has reached maximum and the up-hill ahead seems to go on forever.

Such was the case with the three teams representing Geelong at the Coliban Water Relays. Unlike previous years, there would be no medals for Geelong Teams this year. But just as the A.N.Z.A.C.s were heroic in defeat at Gallipoli, so were the guys and gals representing Geelong terrific every inch of the way from Harcourt to Bendigo.

And with the Division One Men's Team covering 48.8 kilometres and the Division Four Men's and Division One Women's Team covering 32.3 kilometres of the most challenging terrain imaginable, this was no "Fun Run!"

In fact, the bus trip to Bendigo was a sombre affair as the old-timers (anyone who had raced Coliban before!) sat quietly trying to conserve every ounce of energy while the youngsters joked nervously about what lay ahead. Past glories and heroic runs were relived in hushed tones as the Reilly's U-Drive bus, expertly piloted by John Perrott, made it's way to the starting line at the Harcourt Swimming Pool.

However, in the back of everyone's minds was one question; "who would run the infamous Mount Alexander Leg?" Finally, after much deliberation, volunteers were called for. And quicker than you could say, "torn hamstring!", everyone took a quick step back. Everyone, that is except Simon Watson. "Yeah, I'll do it", said Simon in his cheerful Welsh voice, "it can't be too hard!"

**"WRONG!"**

Anyway, with team selection democratically completed, seventeen supremely fit athletes prepared to give their all for the Geelong Team.

"Young Gun", Tyson Mahon led off for the Division One team and despite a recent virus, ran strongly against much older athletes to have the Geelong Team in a handy position at the first change-over.

Simon Watson, despite a limited warm-up and illness/injury problems over the last 6 weeks, then took off after the lead runners with the extremely challenging Mt. Alexander Leg ahead of him. Although exhausted and sore from the lung sapping up-hills and the quad crushing down-hills, Simon managed a superb sprint over the last 500 metres to pip his nearest rival. Well done, Simon - a gutsy effort worthy of a meal for two at the "Bush Inn Hotel". I wonder who he will take?

Meanwhile, third Geelong runner, Richard Jeremiah was pacing around at the change-over area like a caged lion as he scanned the distance for a fast finishing Simon Watson. Was he eager to start? Was he nervous about racing Australian Marathon Representatives; Rod De Highden, Nick Harrison and Magnus Michelsson? No! Actually, he looking for one Bruce Scriven who had driven off to check out a nearby winery with Ritchie's racing flats on the back seat of his red rocket. Eventually, a fast finishing Scivo just beat a fast finishing Simon to the change-over, and Ritchie was off along the challenging "The Gap Leg". Despite an unexpected, gut-busting hill in the middle of his leg, Ritchie ran very well to record the 4th fastest time, behind Australia's three 'marathon men'.

Fourth runner, Nick Ashton, returned to racing on the Coliban Water Race Leg last season after an injury lay-off. So why change a successful strategy? Well, we didn't and Nick again ran very well over the challenging 5 km. distance.

Our fifth athlete and accomplished middle-distance runner, Louis Rowan then took off along the Sedgwick Valley Road determined to keep Geelong in a prominent position. Louis looked extremely smooth and strong as his long, long, long legs propelled him towards the next change over with Darren Riviere. Darren, despite a few minor injury niggles over the last few months, dug deep along Hogan's Road to peg back the leaders. Urged on by an enthusiastic support bus, Darren gritted his teeth, then strode out along the 1700 metre gradual dirt road downhill to hand over to a 'nervous' Geoffrey Purnell.

Geoff's form over the last 18 months has been sensational and a promotion to the Division One Team was well earned. Even so, he looked 'as toey as a Roman sandal' as he waited for good mate, Darren Riviere, to finish.

A top three finish was now out of the question for Geelong but every placing was vital for the year's overall team standings. With this in mind, Geoff ran an excellent final leg, finishing with a Matt Shirvington like final sprint around the Bendigo Athletics

Track, to carry Geelong's Division One Men's Team to a creditable 6th placing behind the extremely strong Doncaster Team.

Fantastic running, guys!

The Division Four Men's Team was sent on it's way by John Moore. Despite nursing a 'niggly calf', John ran well to have Geelong mid-field after his 6.3 km. leg.

Second runner, Travis Zimmer, appreciating a distance closer to his preferred track specialities, then took off after the lead pack along the Coliban Water Leg. Twenty-three minutes and 55 seconds later a fast finishing T. Zimmer strode into the change over point.

Long striding, Michael McKenzie then flew out of the blocks along Sedgwick Valley Road to record the second fastest Division Four Men's time for the 7.5 km. leg to keep Geelong in with a chance of a medal.

Geelong's fourth runner, Travis Trevarthen, bounced back to top form with an excellent run (and like Michael McKenzie, the second fastest Division Four time for his leg) over the undulating Hogan's Road Leg.

As with the Division One Team, a win was not possible for the guys of Division Four at the final change-over. However, there was a bronze medal up for grabs as Paul Wilson flew over the One Tree Hill Leg making up nearly two and a half minutes on the third placed team, eventually falling just 35 seconds short of a medal. Well done, guys - great running!

As late as Friday evening the Division One Women's Team was yet to be finalised with injury, illness and unavailability ruling out many runners. However, as a beautiful race day dawned, five focused Geelong women athletes stepped from the team bus determined to fly around the tracks and roads between Harcourt and Bendigo.

Cathryn Hoare led off for Geelong and ran solidly over the unfamiliar and difficult terrain to reach the first change-over point looking strong.

Experienced Coliban competitor, Rebecca Wiasak, then sped off along the now familiar Coliban Water Race Leg to record an excellent time of 24.58.

Third Geelong runner, Inge Magher ran the Sedgwick Valley Road Leg last year with a broken ankle and a virus. This year she was in much better shape and really enjoyed her journey along the seven and a half kilometres of country road.

First-time Coliban runner, Phoebe Darbyshire, fresh from a solid run over 10 kilometres at Flemington, then took off along the undulating Hogan's Road Leg determined to run strongly and peg back a few placings for her team.

With one leg to run, the Geelong Women's Team was well out of the placings and running for pride. However, Joanne Lambert sped over the final 4.9 km. leg to record the fastest Women's time for the One Tree Hill Leg. Interestingly, Jo's time of 19.13 took 22 seconds off our own Pattie Galvin's One Tree Hill Leg Record set in last year's race. Great running, Jo!

And well done to all five Division One Girls who competed so well.

Last minute changes to a couple of the legs as well as the military precision required for change-overs and pick-ups meant that John Perrott and Bruce Scriven worked as hard as the 17 runners. (great effort, John and Scrivo - your support and encouragement was greatly appreciated!)

While the actual Coliban Relay was a great race and a fantastic 'team bonding' event, mention must also be made of a memorable bus trip back to Geelong with Paul "Tucky" Wilson and "Dazzling" Darren Riviere premiering not one, but two versions of the Geelong Team Song. Both Paul and Darren will be at Sanity's Geelong store next Friday to sign copies of their new C.D. Fans are advised to

arrive early.

Also, we were most fortunate to celebrate Rebecca Wiasak's 18th birthday on the trip back to Geelong with a delicious cake, candles, sparklers and much 'off key' singing. Hope you had a great day (and night), Rebecca!

#### **DIVISION 1 MEN** (48.8 km. 7 runners)

(The Orchards Leg - 5.2 km. "Hard Leg")

Tyson Mahon	19.45	
Fastest Times	- Abera Abay (Doncaster)	- 18.10
	- Tyler Coady (Glenhuntly)	- 18.32

(Mt. Alexander Leg - 8.3 km. "#@&%\$#@ Hard Leg")

Simon Watson	33.49	
Fastest Times	- Gemechu Woyecha (Doncaster)	- 27.43
	- Jeremy Horne (Glenhuntly)	- 28.03

(The Gap Leg - 9.3 km. "Very Hard Leg")

Richard Jeremiah	31.05	
Fastest Times	- Rod De Highden (Doncaster)	- 29.10
	- Nick Harrison (Glenhuntly)	- 29.53

(Coliban Water Race Leg - 5.0 km. "Relatively Flat")

Nick Ashton	17.42	
Fastest Times	- Travis Longmuir (Doncaster)	- 15.52
	- Rob O'Donnell (Glenhuntly)	- 16.28

(Sedgwick Valley Leg - 7.5 km. "Relatively Flat")

Louis Rowan	23.34	
Fastest Times	- David Ruschena (Glenhuntly)	- 21.20
	- Sean Quilty (Doncaster)	- 22.22

(Hogan's Road Leg - 8.6 km. "Undulating")

Darren Riviere	28.56	
Fastest Times	- Simon Field (St. Kevins)	- 24.54
	- Grant Schmidlechner (Doncaster)	- 25.18
	- Shane Nankervis (Ballarat YCW)	- 25.18

(One Tree Hill Leg - 4.9 km. "Relatively Flat")

Geoffrey Purnell	17.32	
Fastest Times	- Dean Paulin (Doncaster)	- 15.07
	- Peter Hulbert (Glenhuntly)	- 15.07

6th place in 2:52.23 (1st place Doncaster in 2:33.42)

#### **DIVISION 4 MEN** (32.3 km. 5 runners)

(The Orchards Leg - 6.3 km. "Hard Leg")

John Moore	28.56
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(Coliban Water Race Leg - 5.0 km. "Relatively Flat")

Travis Zimmer	23.55
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(Sedgwick Valley Leg - 7.5 km. "Relatively Flat")

Michael McKenzie	25.38
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(Hogan's Road Leg - 8.6 km. "Undulating")

Travis Trevarthen	31.36
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(One Tree Hill Leg - 4.9 km. "Relatively Flat")

Paul Wilson	18.29
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4th place in 2:08.34 (1st place Knox Athletic in 2:02.41)

#### **DIVISION 1 WOMEN** (32.3 km. 5 runners)

(The Orchards Leg - 6.3 km. "Hard Leg")

Cathryn Hoare	33.34
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Fastest Times - Serena Gibbs (Peninsula R.R.) - 24.00  
 - Leah Rogers (Glenhuntly) - 25.07

(Coliban Water Race Leg - 5.0 km. "Relatively Flat")

Rebecca Wiasak 22.58  
 Fastest Times - Lee Furst (Knox Ath.) - 20.26  
 - Lesley Grimes (Glenhuntly) - 21.24

(Sedgwick Valley Leg - 7.5 km. "Relatively Flat")

Inge Magher 32.54  
 Fastest Times - Hayley McGregor (Knox Ath.) - 22.41  
 - Anne Lord (Ringwood) - 26.27

(Hogan's Road Leg - 8.6 km. "Undulating")

Phoebe Darbyshire 35.54  
 Fastest Times - Nikki Chapple (Box Hill) - 29.55  
 - Sue Clark (Peninsula R.R.) - 30.38

(One Tree Hill Leg - 4.9 km. "Relatively Flat")

Joanne Lambert 19.13  
 Fastest Times - Joanne Lambert (Geelong) - 19.13  
 - Janine Higham (Ath. Essendon) - 19.35

9th place in 2:24.33 (1st place Knox Athletic in 2:02.32)

## VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETES" AT THE COLIBAN WATER ROAD RELAY

### Senior Men.

3. Richard Jeremiah  
 2. Louis Rowan  
 1. Nick Ashton

### Senior Women.

3. Joanne Lambert  
 2. Rebecca Wiasak  
 1. Phoebe Darbyshire

## RUNNER PROFILE

This profile features one of Geelong's most promising junior athletes who, at the age of just 11, competed with distinction for the Geelong Team last Winter Season. This Winter Season, she's a year older and really giving Victoria's best Under 14 athletes a 'run for their money'. Kelsey is also an accomplished netballer (when she's not running!).

### Kelsey Rau

**School** Grade 6 at Montpellier Primary School

**Age** 12 **Date of Birth** 16 / 4 / 90

**Height** 148 cm. **Weight** 32 kg.

**Married / Single** Single but I have been going out with a boy for 1 1/2 years.

**Coach** Percy Cerutti (Dad - Peter Rau!)

### Personal Bests

**400m.** 68 seconds

**800m.** 2:30

**1500m.** 4.57

**Favourite Food** A nice warm stew on a cold day

**Food Eaten Before a Race** Toast

**Favourite Drink** Milo

**Favourite Movie** "Harry Potter and the Philosopher's Stone".

**Favourite Book** "Harry Potter" books

**Favourite Music / Band** "Usher"

**Favourite TV Show** "Charmed"

**Favourite Night Spot** Sleep-over with friends

**Favourite Holiday Spot** Hawaii

### A Recent / Normal Training Week

**Mon.** pm. Basketball training

**Tues.** pm. Usually at Deakin University.  
 1 km. warm-up  
 2 km. fartlek made up of: 2 mins. hard, 1 min. easy, 1 min. hard, 2 mins. easy etc.  
 Jog around Deakin as cool-down.

**Wed.** pm. Netball training.

**Thur.** pm. Track Session at Landy Field.  
 4 x 300 metres with 100 metre walk recovery.

**Fri.** REST.

**Sat.** am. Netball with South Barwon  
 pm. Athletics Victoria Race.

**Sun.** a.m. Netball training (sometimes?)

### Other Training / Recovery Sessions.

Basketball and Netball.

**Favourite Training Session** 200 metre Hill Circuit at Eastern Gardens.

**Favourite Race** State Cross-Country at Bundoora.

**Best Ever Performance** Finishing 5th in the National Cross-Country Championships and running 4:57 for 1500 metres at State Track Championships.

**Favourite Place To Train** Eastern Gardens.

**Toughest Ever Training Session** Four sets of "Suicides" (a "Suicide" is: 50 metre hard up-hill, 50 metre jog down, 100 metre hard up-hill, 100 metre jog down, 150 metre hard up-hill, 150 metre jog down, 200 metre hard up-hill, 200 metre walk recovery)

**Most Admired Runner / Person** Lee Troop, Steve Moneghetti

**Advice to Other Runners** "Try your Hardest" and "Have Fun!"

**Goals for the Future** To continue my running and to become a Forensic Scientist.

### Anything Else?

"Beware of swooping birds if you go running at Deakin University!"

## AROUND THE TRACKS AND TRAILS

In the lead - up to the Commonwealth Games, Craig Mottram and Mark Fountain (along with Australian team-mate, Michael Power) have been training at the 1900 metre altitude of

Laguana Mountain in the harse deserts of Southern California. Apparantly, conditions are pretty Spartan with water for coffee / tea having to be boiled in a sauce pan on the stove, little or no TV reception and rattle snakes littering the running trails. Then, there's the deer that was hit and killed as the boys drove their small Suzuki wagon down the mountain to the nearest town. Apart from that, the training is going well, plenty of card games are being played and the TV reception is still variable. After three weeks at Laguana Mountain, the athletic trio fly to the more luxurious surrounds of Teddington, England to continue their Commonwealth Games preparations with a few lead-up races and lots of 150 - 160 kilometre training weeks.

Also in America is Lee Troop, who, along with fellow Australian marathon runners, Shaun Creighton and Andrew Letherby, is completing Commonwealth Games altitude preparations at Boulder, Colorado. Lee reports that he does have a kettle, TV reception is good, rattle snakes are friendly and the training is progressing well.

Closer to home, Geelong Cross - Country Team Junior athletes have been in top form in winning their way through to the State Primary Schools Cross-Country Championships at Bundoora on June 11. Well done to Kelsey Rau, who finished a fantastic second in the 3km. event in a swift 10.57, while Laura Stekelenburg (16th in 12.18) and Holly Lipson (16th in the B Final in 12.43) also ran very well against Victoria's best Primary School athletes. Harriet Brown was also a Geelong representative but unfortunately was unable to finish due to illness.

At the Geelong Inter-School Cross-Country Championships at the Eastern Gardens, Year 11 student, Erin Littlewood, competing for Belmont High School, convincingly won the Senior Girls' Race. Erin will now compete at the Western Region Cross-Country Championships in Ballarat. All the best, Erin.

Geelong athletes have also been to the fore in the Professional running scene with many of our top middle-distance athletes competing in the "A.F.L. Dash For Cash" over 1600 metres at Colonial Stadium before the thrilling Geelong / Carlton game.

4th	Mark Boxer	4:20	(45 metres)
5th	Matthew McDonough	4:20.5	(Scratch)
6th	Louis Rowan	4:21	(25 metres)

Jaime Werner also ran and was just out of the top ten. The race was won by former Commonwealth Games Marathon Silver Medallist, Sean Quilty in 4:16 (55 metres) with Dean Paulin second in 4:18 (15 metres).

Great to see that both Joanne Lambert and Simon Watson have pulled up well from their Coliban runs. Both ran the Geelong Cross-Country Club's Fyansford 8 km. Race on Sunday 9th June with Joanne recording the second fastest time in the Open Female Section (33.07) behind Karen Dorris (31.14) and Simon recording the third fastest time in the Open Male Section (28.01) The rolling hills of Fyansford would have seemed like a stroll in the park after the hell of the Mt. Alexander Leg!

## NEW NUMBERS FOR JUNIORS

To make it easier for junior athletes to identify who is in their age group when running in mixed races, junior athletes will now run with an Age ID on their back as well as A.V. rego numbers front and back.

These numbers will be supplied in club envelopes each week. Red numbers for girls / black numbers for boys.

These numbers must be attached to the back of singlets / crop tops (please don't cover A.V. Rego. No.)

These numbers are to be returned to the lovely ladies in the white Administration tent at the end of the race.

## PROGRESSIVE 2002 WINTER LADDERS

Many Geelong Teams are up with the leaders after 3 races for Open Men / Open Women (Brimbank Park Relays, Flemington and Coliban Relay) and 2 races for Junior Boys / Girls (Brimbank Park Relays, Flemington).

To score team points for each race we must have the following number of finishers:

Division 1 Men	-	6 finishers (4 for Half Marathon)
Division 4 Men	-	5 finishers
Division 7 Men	-	4 finishers
Division 1 Women	-	3 for all races except relays
Division 3 Women	-	3 finishers
All Under Age	-	3 finishers

If we don't have the required number of finishers for a Division or an Age Group, we score no points for that race. The first team for each race scores 13 points, the second team 11 points, the third team 10 points and so on.

MEN'S DIV. 1	1	2	3	Total
Doncaster	13	13	13	39
Glenhuntly	11	11	11	33
A.P.S.	10	8	10	28
Geelong	9	10	7	26
Box Hill	8	7	9	24
Ballarat Y.C.W.	5	9	8	22

MEN'S DIV. 4	1	2	3	Total
Geelong	13	13	9	35
Keilor St. Bern.	8	10	11	29
Knox Ath.	6	9	13	28
Diamond Valley	7	8	8	23

MEN'S DIV. 7	1	2	3	Total
Keilor St. Bern.	6	9	13	28
Geelong	13	13	0	26
Oakleigh	8	10	8	26
Coburg	9	8	6	23

MEN'S 40 +	1	2	3	Total
Keilor St. Bern.	13	11		24
Ath. Essendon	7	13		20
A.P.S.	10	8		18
Diamond Valley	11	4		15
Geelong (10th)	8	0		8

MEN'S UNDER 18	1	2	3	Total
Keilor St. Bern.	10	13		23

Glenhuntly	13	0		13
Frankston	11	0		11
Ballarat Region	9	0		9
Geelong	8	0		8
<b>MEN'S UNDER 16</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>Total</b>
Knox Ath.	7	13		20
Frankston	13	0		13
Glenhuntly	11	0		11
Williamstown	10	0		10
Geelong (9th)	4	0		4
<b>WOMEN'S DIV. 1</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>Total</b>
Knox Ath.	11	9	13	33
Peninsula R.R.	10	11	11	32
Ath. Essendon	13	7	6	26
Ringwood	9	10	7	26
Glenhuntly	8	8	9	25
Geelong (9th)	4	4	4	12
<b>WOMEN'S UNDER 20</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>Total</b>
Box Hill	13	13		26
Geelong	11	0		11
St. Stephens / Haw.	10	0		10
Peninsula R.R.	9	0		9
Keilor St. Bern.	8	0		8
<b>WOMEN'S UNDER 18</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>Total</b>
Sandringham	13	0		13
Box Hill	11	0		11
Bendigo Region	10	0		10
Ballarat Region	9	0		9
Western Aths.	8	0		8
Geelong (7th)	6	0		6
<b>WOMEN'S UNDER 16</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>Total</b>
Geelong	11	13		24
Doncaster	13	11		24
Ballarat Region	9	10		19
Box Hill	10	0		10
Keilor St. Bern.	8	0		8
<b>WOMEN'S UNDER 14</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>Total</b>
Ballarat Region	9	13		22
Keilor St. Bern.	10	11		21
Keilor St. Bern. 2	8	10		18
Frankston	13	0		13
Geelong	11	0		11

**Don't forget** - our next race is a Road Race at Albert Park on Sunday 23rd June.

<b>8:30 am.</b>	Women Under 14	5 km.
	Women Under 16	5 km.
	Women Under 18	5 km.
	Women Under 20	5 km.
	Men Under 14	5 km.
	Men Under 16	5 km.
	Men Under 18	5 km.
<b>9:00 am.</b>	Women Open	15 km.
	Men Open	15 km.

A large bus (\$6 per person) will be leaving Norlane Waterworld at 6:30 am. sharp. Please confirm your seat on the bus by notifying Neil MacDonald (52 231620) by the Thursday prior to the race.

## WHAT MAKES A CHAMPION? Part Three

The June 2001 Newsletter (Issue #5) and September 2001 Newsletter (Issue #11) contained short stories on champion athletes Frank Shorter, Steve Prefontaine and Haile Gebrselassie.

Thought this short story on Steve Ovett might also interest you.

"To be the best requires that ineffable something extra only champions have: a fiery determination and perseverance that is hard to describe. However, you know it when you watch someone who has "it". "It" is seen sometimes in photos of Sebastian Coe, Haile Gebrselassie or Hicham El Guerrouj concentrating on the last lap of a world - record race.

American, Craig Masback, a 3:52.7 miler, found out just what "it" was when he was racing on the European circuit in the summer of 1983. Between races, Masback was in Brighton, England, training with Steve Ovett. The two were getting ready for the Bislett Games mile in Oslo. One morning Ovett and Masback ran a ladder on the track consisting of: 100 metres, 200, 300, 400, 300, 200 and 100 metres.

"The idea was to run faster on the way down than on the way up", recalls Masback. And the times were quick, too, such as 37.8 seconds for the 300 metres and 50.6 for the 400 metres. Masback was able to hang with Ovett until the final 200 metres. Then Masback hit the wall.

"You could see the whole difference between us in that one 200," said Masback. "I was supposed to lead, but Ovett went right by me. I was so overloaded with lactic acid I could barely get across the line. Two weeks later Steve broke the world - record for the mile."

taken from  
"Running Tough" by Michael Sandrock.  
Human Kinetics

## YOUNG HAILE

And while on the subject of champions, this short story might explain why Haile Gebrselassie is such a fantastic runner.

Perhaps the greatest distance runner of all time, Ethiopian, Haile Gebrselassie recently ran the London Marathon, finishing third in 2:06.35 behind Khalid Khannouchi (2:05.38 - World Record) and Paul Tergat (2:05.48).

However, this was not Gebrselassie's first marathon. At the age of 16 he travelled from the southern highlands of Ethiopia to the capital of Addis Ababa, encountering electricity for the first time and carrying his clothes in a plastic bag. Gebrselassie finished his first marathon in 2 hours 42 minutes.

In fact, his teenage years make fascinating reading. He used to run 10 kilometres to school, which helps explain his odd running style (his right arm swings back and forth while his left arm remains static and cocked.) Said Gebrselassie of his left

arm: "It is not very active always, because it was in this arm that I carried my school books. My carrying arm was always my strongest. Now I think my other arm has developed more muscles from signing all the autographs."

That doesn't explain his speed, though. He attributes that to hereditary factors: "My father was not a runner, but he was quick. I always remember it was very difficult to escape from him when he was angry. If he wanted to discipline us he would always catch us. Even me, he could always catch me!"

## DON'T MISS THESE NIGHTS!

### A MEAL AT THE BUSH INN

**What:** A fabulous meal and drinks.  
**When:** Saturday July 13 at 7:00 pm.  
**Where:** The Bush Inn Hotel.  
**Why:** After competing in the Geelong Cross-Country Championships come along and have a delicious meal with your team mates.  
 (then tell them how well you ran!)

### 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**

## 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.**