



# GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 19

July 2002

## ROWE AND RAU RUN RIVALS RAGGED

Gale force winds, skiffing rain, near freezing temperatures, muddy footing, challenging terrain - "perfect cross - country conditions". Perfect that is, if you're Steve Moneghetti or Kerryn McCann or Brenton Rowe or Kelsey Rau, who all showed their liking for the notoriously tough Bundoora Park Cross - Country Course with impressive victories.

In the opening race of the afternoon over 4 kilometres, Kelsey Rau recorded her first Athletics Victoria Winter Season individual win when she streeted the field to cross the line well clear of second place. Kelsey's last two outings at Bundoora have resulted in victories so she obviously has taken a liking to the course. Great running, Kelsey.

Also racing over 4 kilometres was older sister, Taryn, whose bold front - running tactics on the first lap nearly paid off. Well done on your fine second placing, Taryn - the way you were flying home over the last kilometre shows that you're hitting top form in the lead up to the Australian Schools Cross - Country Championships on August 24.

Ashleigh Wall's comeback to running continued with an excellent fourth placing in the Under 18 four kilometre race. In a very competitive age-group, Ashleigh was just 31 seconds behind the winner. Ashleigh's high placing also earned her an invitation to the Australian Cross - Country Championships in Nowra during August. Well done, Ashleigh.

In the Under 20 race over six kilometres, Emily Rooke, Rebecca Wiasak and Celia Cosgriff all ran solidly to consolidate Geelong's position at the top of the Team Ladder. Well done, girls and welcome to the team, Celia - I'm sure the cross - country running will greatly benefit your track racing over 800 / 1500 metres.

'Dunkeld Dynamo', Brenton Rowe used Kenyan tactics (he went to the front, then improved his position!) as he raced away with the Under 16 race over 6 kilometres. Congratulations on your first A.V. Winter Season victory, Brenton. You too, look to be in great form leading up the Australian Schools Cross - Country Championships.

Also racing over 6 kilometres was Michael Kenny who ran strongly to finish just outside the top ten.

After holidaying in sunny Noosa, Tyson Mahon found the wintery chill of Bundoora a shock to the system. In the Under 18 race over 6 kilometres, a tanned Tyson finished 8th, only a couple of strides ahead of fellow Geelong athlete, Andrew Tucker.

In the Victorian 8 km. Cross - Country Championship, Joanne Lambert, Pattie Galvin and Cathryn Hoare all ran solidly to score valuable team points for the Geelong Division One Team. Well run, girls. Also, hope you had a great 21st birthday, Cathryn.

In the Victorian 12 km. Cross - Country Championship, Richard Jeremiah recorded his best performance of the Winter Season with an excellent 9th placing. Mark Boxer also returned to top form after feeling out of sorts with a virus over the last few weeks. However, arguably the race of the afternoon was further back in

the field where 'Rampaging' Ross Young and 'Dazzling' Darren Riviere staged a 'humdinger of a battle'. On the challenging rises, Otway specialist, Riviere dug deep to gain a break only to see the smooth striding Young back on his shoulder as the course levelled out. In a gut-busting sprint to the finish line, a determined Young prevailed by a few strides. Watch out for the rematch over 6 kilometres at the Geelong Cross - Country Championships - it should be a beauty!

Dean Goddard and Geoffrey Purnell, while not in peak form, both ran strongly to record valuable points for the Geelong Division One Men's Team.

Running on strongly over the last few kilometres was Travis Zimmer, whose summer track racing aspirations over shorter distances will benefit greatly from a winter of strength / endurance training over the various cross - country courses.

Finally, thank you very much to Lyn Taylor, John Perrott and Kev Varker who braved Antarctic like conditions to officiate around the Bundoora Course. Both John and Lyn have been selected as "Bush Inn Award" winners for their great support of our team.

As with all sporting pursuits, help is required behind the scenes to put teams on the field or track. During the Winter Season our club is expected to supply officials for selected races and if the required number of officials do not attend, Geelong will be disqualified and will not score valuable team points for that race.

Incidentally, John Perrott did not confine his day to just driving the team bus or officiating around the course. No, fitness - fanatic John also had time for a swim in the freezing waters of the Bundoora Park dam. Stripped down to his racing Y-fronts and looking like Ian Thorpe's older brother, John confidently entered the water to the gasps of stunned onlookers. As John neared the deepest part of the dam, one attractive lady was heard to mutter, "his stroke looks a little rusty but his legs are magnificent!" John, I hope the cap was worth it.

## BUNDOORA PARK CROSS - COUNTRY

(Saturday 6th July)

### MENS OPEN 12 km.

Richard Jeremiah	9th	38.56
Mark Boxer	27th	40.44
Ross Young	47th	42.23
Darren Riviere	48th	42.27
Dean Goddard	63rd	43.51
Geoffrey Purnell	113th	45.54
Travis Zimmer	277th	59.38

Fastest - S Moneghetti (Ballarat YCW)	- 36.44
- M Thompson (Glenhuntly)	- 37.04
- N Harrison (Glenhuntly)	- 37.19
- S Field (St. Kevins)	- 37.33
- J Bourke (Ballarat YCW)	- 37.34
- S Nankervis (Ballarat YCW)	- 38.03
- J Dwyer (St. Kevins)	- 38.08
- P Fenn (Eureka)	- 38.32
- R Jeremiah (Geelong)	- 38.56

- S Quilty (Doncaster) - 39.18

#### UNDER 20 MEN 8 km.

Travis Trevarthen D.N.F.

Fastest - C Perrett (Sandringham) - 25.31  
 - C Birmingham (Eureka) - 26.17  
 - L Rothwell (Inv.) - 26.54

#### UNDER 18 MEN 6 km.

Tyson Mahon 8th 21.50  
 Andrew Tucker 9th 21.51

Fastest - B Woodman (Glenhuntly) - 20.19  
 - L Adams (Ath. Essendon) - 20.31  
 - S Ellis (Eureka) - 20.35

#### UNDER 16 MEN 6 km.

Brenton Rowe 1st 21.14  
 Michael Kenny 12th 25.23

Fastest - B Rowe (Geelong) - 21.14  
 - S Verwey (Frankston) - 22.30  
 - M Brown (Keilor St. Bern.) - 22.56

#### UNDER 14 MEN 4 km.

Fastest - M Bayley (Knox Ath.) - 13.31  
 - C Huffer (Glenhuntly) - 14.09  
 - T Johnson (Glenhuntly) - 14.16

#### WOMENS OPEN 8 km.

Joanne Lambert 19th 32.23  
 Patricia Galvin 37th 35.33  
 Cathryn Hoare 60th 39.17

Fastest - K McCann (Inv.) - 27.11  
 - A Thompson (Glenhuntly) - 27.19  
 - K Seibold (Malvern) - 29.09  
 - L Rogers (Glenhuntly) - 29.18  
 - S Michelsson (Collingwood) - 29.26  
 - N Chapple (Box Hill) - 29.32  
 - K Baird (Ballarat YCW) - 29.56  
 - L Crowe (Diamond Valley) - 30.13  
 - S Gibbs (Peninsula R.R.) - 29.12  
 - S Braakhuis (Melb Uni.) - 30.48

#### UNDER 20 WOMEN 6 km.

Emily Rooke 5th 24.44  
 Rebecca Wiasak 13th 28.15  
 Celia Cosgriff 16th 29.28

Fastest - C McKechnie (Bendigo) - 22.45  
 - L Furst (Knox Ath.) - 23.14  
 - E Smith (Box Hill) - 23.27

#### UNDER 18 WOMEN 4 km.

Ashleigh Wall 4th 15.54

Fastest - C Boyle (Bendigo) - 15.23  
 - P Brown (Ringwood) - 15.34  
 - R Ferry (Peninsula R.R.) - 15.47

#### UNDER 16 WOMEN 4 km.

Taryn Rau 2nd 14.45

Fastest - F Nash (Doncaster) - 14.40  
 - T Rau (Geelong) - 14.45

- S Hall (St Stephens) - 15.19

#### UNDER 14 WOMEN 4 km.

Kelsey Rau 1st - 15.11

Fastest - K Rau (Geelong) - 15.11  
 - S Grahame (Knox Ath.) - 15.39  
 - S Boorn - Wells (Eureka) - 15.59

### VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETES" AT THE BUNDOORA PARK CROSS-COUNTRY

#### Senior Men.

3. Richard Jeremiah  
 2. Mark Boxer  
 1. Ross Young  
 1. Darren Riviere

#### Senior Women.

3. Joanne Lambert  
 2. Emily Rooke  
 1. Rebecca Wiasak

#### Junior Men.

3. Brenton Rowe  
 2. Tyson Mahon  
 1. Andrew Tucker

#### Junior Women.

3. Kelsey Rau  
 2. Taryn Rau  
 1. Ashleigh Wall

### "THE ATHLETE'S FOOT" GEELONG ATHLETICS CROSS - COUNTRY CHAMPIONSHIP

MARCUS OLDHAM COLLEGE

(Saturday 13th July)

A new Marcus Oldham course was selected for the running of the 2002 "The Athlete's Foot" Geelong Athletics Cross - Country Championship. Gone was the electric fence (switched on!) that gave many of last year's runners a rude shock. Gone was the gut-busting hill referred to as "The Widow - Maker!" Gone were the rocks and thistles (well, most of the thistles!) that punished the unwary and exhausted.

However, don't think for a minute that the new course was a stroll in the park. With its long uphill climb into the wind and many other challenging undulations, this was a course that would reward the strong, endurance athlete.

In the Junior Women's Race over three kilometres a small but talented field nervously toed the starting line. Going straight to the lead was Taryn Rau, keen to add the Cross - Country Championship to her Road Championship victory from earlier in the season. As the race progressed, Taryn's strength on the uphills and speed on the decents enabled her to cross the line well clear in first place. Great running, Taryn. Taking the silver medal, and keeping her older sister honest, was Kelsey Rau, who has also been in top form of late. In third place was Bianca Cheever, who was not going to let a broken wrist stop her from collecting a Championship medal.

Well done, Bianca - Geelong girls sure are tough!  
 Laura Stekelenburg's preparation for the Cross - Country Championship was interrupted by a nasty dose of flu. However, Laura ran on strongly over the second half of the course to take fourth placing from a determined Holly Lipson, who wasn't going to let a wayward thistle slow her down.

It must be noted that Holly, Laura and Kelsey still have many years in the Junior Age Group ahead of them, so all three girls have run very well against older competitors.

First home in the Junior Male Section was Steven Wishart, who ran impressively over the second half of the course to overhaul early leader, Michael Kenny. Well done, Steven. Michael Kenny's recent good form continued with a determined second placing while Ben Lynch seems to have overcome the effects of a nasty virus with a solid third placing.

In the Open Men's race, Mark Boxer bolted from the start to open up a handy lead over the field during the first 400 metres. However, the chasing pack was able to make up valuable ground over the horse-jump as Mark took a safety first approach with his hurdling technique. Once clear of this equine obstacle, Mark surged up the gut-busting climb to the water tank to open up a sizeable lead, which he held to the finish line.

Well done, Mark - "Geelong Athletics Road and Cross - Country Champion" for 2002 is a fitting reward for your determined and dedicated approach to training and racing.

Another athlete who took a liking to the challenging format of cross - country racing was Ross Young who flew over the hilly course to take a fine second placing.

Third place-getter, Dean Goddard, celebrated an important birthday milestone (No! He's not 21!) with an excellent run to take the bronze medal ahead of a host of talented Geelong athletes.

In the Open Women's race, Ashleigh Wall took off quickly and kept going as she matched strides with many of Geelong's well performed male athletes. Not even being caught behind Darren Riviere's awkward hurdling technique at the horse jump could slow Ashleigh as she held off a fast finishing Joanne Lambert to take line honours by a mere three seconds. Well done, Ashleigh, firstly on your great victory and secondly for easily passing your Learner Driver exam during the week. Inge Magher continued her return to full fitness with a solid third placing.

It was also very pleasing to see Rohan Perrott on the starting line after an injury interrupted last nine months. Rohan has suffered from the 'footballer's curse' - osteitis pubis, and has made a slow but sensible return to running. While, well off normal "Perrott Racing Pace", Rohan was happy to complete the course free of any soreness. Great to see you back, Rohan.

#### OPEN MEN. 6 km.

1.	Mark Boxer	20.23
2.	Ross Young	20.51
3.	Dean Goddard	21.30
4.	Simon Watson	21.47
5.	Darren Riviere	22.14
6.	Tyson Mahon	22.43
7.	Louis Rowan	22.45
8.	Rohan Perrott (Inv.)	23.04
9.	Simon Taylor	23.12
10.	Geoffrey Purnell	23.14
11.	Travis Trevarthen	23.34
12.	Greg Whitfield (Inv.)	25.43
13.	Chris Colley	27.12
14.	Neil MacDonald	28.02
15.	Travis Zimmer	30.33

16. Jaime Werner D.N.F.

#### OPEN WOMEN. 6 km.

1.	Ashleigh Wall	25.45
2.	Joanne Lambert	25.48
3.	Inge Magher	30.25
4.	Cathryn Hoare	30.55
5.	Celia Cosgriff	32.00
	Jill Coyte	28.17 *
*	Incomplete Course	

#### UNDER 16 MEN 3 km.

1.	Steven Wishart	12.28
2.	Michael Kenny	12.41
3.	Ben Lynch	13.05

#### UNDER 16 WOMEN 3 km.

1.	Taryn Rau	12.20
2.	Kelsey Rau	12.56
3.	Bianca Cheever	13.31
4.	Laura Stekelenburg	14.13
5.	Holly Lipson	14.40

## RUNNER PROFILE

This profile features a multi - talented young athlete who regularly makes the long trip from Casterton to compete for the Geelong Team. Not only is Emily Rooke a top middle - distance and cross-country runner, in the summer she excels in the "swim, bike, run" sport of Triathlon. However, the Rooke family's sporting pursuits are not confined to athletics and triathlon. Emily's older brother, Jarad plays senior football for the Geelong Football Club in the A.F.L.

### Emily Michelle Rooke

**School** Year 12 - The Hamilton & Alexandra College

**Age** 18 **Date of Birth** 22 / 4 / 84

**Height** 176 cm. **Weight** 63 kg.

**Married / Single** Single

**Coaches** Bruce Sciven / Derek Boothroyd (V.I.S. Triathlon Coach)

(Ed. Emily is in the V.I.S. Junior Development Squad for Triathlon)

#### Personal Bests

<b>400m.</b>	59
<b>800m.</b>	2.13.6
<b>1500m.</b>	4.38
<b>3000m.</b>	10.27
<b>5000m.</b>	17.45

**Favourite Food** Pasta

**Food Eaten Before a Race** Toast with Vegemite

**Favourite Drink** Chocolate Milkshake

**Favourite Movie** "Titanic"

**Favourite Book** Picture story books, the best being

"The Magic Faraway Tree" by Enid Blyton or something inspiring like "It's Not About The Bike" (Lance Armstrong)

**Favourite Music / Band** Kasey Chambers, Shakira, Pearl Jam

**Favourite TV Show** "Rove Live" and "The Simpsons"

**Favourite Night Spot** "The Eureka" isn't too bad!

**Favourite Holiday Spot** In the bush, around the campfire with friends.

### A Normal Run Training Week

<b>Mon.</b>	am.	Sleep
	pm.	30 min. run
<b>Tues.</b>	am.	Sleep
	pm.	Fartlek: 2 x 6 mins (2 min. recovery) 2 x 3 mins (1 min. recovery) 2 x 1 min. (30 seconds recovery)
<b>Wed.</b>	am.	Sleep
	pm.	60 min. run.
<b>Thur.</b>	am.	Sleep
	pm.	40 min. run with hill reps.
<b>Fri.</b>	am.	Sleep
	pm.	30 min. run
<b>Sat.</b>	am.	Threshold run. (ie. 10 mins. easy / 15 mins. solid / 5 mins. easy / 8 mins. solid / cool down.)
		or
	pm.	Race.
<b>Sun.</b>	a.m.	70 mins. Long / Easy Run.

### Other Training / Recovery Sessions.

2 - 3 gym sessions per week. Over summer I compete in Triathlons. (Ed. and very well too!)

**Favourite Training Session** Hill Reps. - along the cattle trails in our neighbour's paddock.

**Favourite Race** Road Races

**Best Ever Performance** 1st in Under 10 2km. National Cross-Country (Canberra 1994). More recent performances: 5th in Under 18 Final of Australian Youth Championships (Bendigo 2001), 5th in Under 19 Australian Schools Triathlon Championships in Adelaide 2002 (750m. Swim / 20 km. Bike / 5 km. Run)

**Favourite Place To Train** At home, along the dirt road heading towards the bush.

**Toughest Ever Training Session** 8 x 400 metres with 200 metre jog between.

**Most Admired Runner / Person** Lance Armstrong

**Advice to Other Runners** "Tough times don't last - tough people do!"

**Goals for the Future** 1. Complete Year 12. 2. Move to Geelong. 3. Get a Degree in Physical Education (R.M.I.T.) 4. Represent Australia in Triathlon.

### Interesting Running Stories.

"At the Albert Park Road Race, Rebecca Wiasak and I ran out of the toilets only to see the rest of the field disappearing a few hundred metres down the road. We took off, stripping our clothes off as we ran!!! Fortunately, I was able to catch up and pass most of my competitors, eventually finishing third."

"Earlier this year I was competing in my last District Schools Cross-Country Race in Casterton. The course was supposed to be 3 km.. However, it proved to be a little more challenging than that! It was held at the Casterton Race Course, with the majority of the course following the race track. An extra loop outside the

course was also included but as this was the first time this course had been used, I didn't really know where it went. Putting my faith in the officials, I set off ahead of the field. Little did I know that one particular official had left his post, unaware that the race had begun. With no one to direct me, I headed off into a paddock and was told by a young girl to do a lap around the fence-line. Meanwhile, the missing official had returned to his post and was directing the rest of the field back onto the race course. Quickly, I climbed through a fence and got back on track (after covering one big extra lap!), realising that I no longer had a lead on my competitors. In shock, I sped up and managed to win the race - in a World Record Time of 20 minutes and 19 seconds for a 'slightly long' 3000 metre course!"

**Note:** Emily's dream of representing Australian in Triathlon received a boost last week with her being awarded a V.I.S. Triathlon Scholarship. Congratulations, Emily.

## AROUND THE TRACKS AND TRAILS

Craig Mottram's European build-up for the Commonwealth Games continued when he travelled to Oslo for the opening leg of the seven-meeting Golden League Series. Lining up in the Bislett Games Dream Mile, Craig shaved a few tenths of a second from his previous best in finishing fifth in 3:52.90 behind the great Hicham El Guerrouj, who won in 3:50.12. Down the final straight, Craig was gaining on all those in front, except El Guerrouj, which all goes well for later races over 3000 and 5000 metres.

Two days later Craig travelled to Sheffield, England for a 3000 metre race. However, a fall with 1100 metres to run may have cost Craig a chance of victory. Regaining his feet, "Buster" made up ground to finish third in seven minutes 58.64 behind Mohammed Aymn of Morocco (7:57.83) and former 10 000 metre World Record holder, Salah Hissou (7:58.30). Interestingly, many metres behind in 12th place was 3000 metre World Record holder, Daniel Komen, who has struggled to regain the form that made him a 'super-star' a few years ago. Komen's 3000 metre World Record is an unbelievable 7:20.67.

Craig's last race before the Commonwealth Games is expected to be over 3000 metres at the Monaco Grand Prix on Friday July 19.

Fellow Geelong athlete and Craig's training partner, Mark Fountain had his first race of the European summer, running the British Miler's Club 1500 metres. Despite being a little 'track rusty', Mark ran a solid 3.47 for the metric mile.

Lee Troop's latest e-mail indicated that his return to full racing fitness is well on track:

"Hi all.

Had one of the best races of my life for 14th position at the Peachtree 10 km. Road Race. I ran 28.55 while Kenyan, Paul Kosgei won in 27.36 from Jackson Koech (27.52) and Dejene Berhanu (28.03). The conditions were humid. Was flat out from the gun with the front runners going through the first mile in 4.13 then 4.04 for the second mile. At that stage I was not even in the top 20! However, the first three miles are down hill, followed by 1 mile up-hill. By three miles I was 30 - 40 metres off the second pack that included Gert Thys and Hendrick Ramaala. But I surged the hill hard and was leading the second pack by mile four. Unfortunately, I tired a little in

the run for home and a few of the Africans got away. All those ahead of me were Kenyans, Ethiopians, Mexicans, Africans etc. Jonathon Wyatt of New Zealand caught me at 5 miles but I managed to hold him off. I struggled to run super-fast on the down-hills but felt super-strong on the up-hills. This race was like the World Cross-Country with Africans everywhere. I cannot ask for a better preparation for the marathon. I will finish my preparation with a 3 km. time-trial eight days before the marathon.

Well done to all who raced at Bundoora.  
Troopy."

Closer to home, Erin Littlewood and Michael Kenny both finished 7th at the Western Region Cross-Country Championships in Ballarat. Well done, Erin and Michael.

Congratulations also to Geelong Athletics' Press Correspondent, Rebecca Wiasak who will travel to Runaway Bay for a week long "Oz Squad" Training Camp. The week will culminate with an athletics carnival against many of America's best junior athletes. Rebecca will compete in the 400 / 800 metres. Hope you have a great time and run super 'fast', Rebecca.

## SAID AOUITA - NEW MAN AT THE TOP.

Interesting to see that Athletics Australia has appointed Said Aouita as the Australian Institute of Sport Distance Running Coach. As both an athlete and a coach, Aouita definitely has the score on the board.

The Moroccan-born athlete is arguably the most versatile distance runner ever with exceptional times and performances from 800 metres through to 10 000 metres.

Aouita won an Olympic gold medal at 5000 metres in 1984 and a bronze at 800 metres in 1988. He won a World Championship at 5000 metres in 1987 and in 1986 ran his only track 10 000 metre race, defeating a top class field in the world's fastest time for the year.

A look at his Best Times also makes for fascinating reading - Australian Records are in ( )

800 metres	1:43.86	(1:44.40	R Doubell)
1500 metres	3:30.63	(3:31.96	S Doyle)
3000 metres	7:29.45	(7:41.35	C Mottram)
5000 metres	12:58.39	(13:12.04	C Mottram)
10 000 metres	27:26.11	(27:31.92	S Creighton)

Yes, Aouita certainly could run. However, he has also been a successful coach with Brahim Boutayeb (10 000 metre Gold in 1988), Khalid Skah (10 000 metre Gold in 1992) and Venuste Niyongabo (5000 metre Gold in 1996) all achieving the ultimate under his guidance.

Thought you might like to read a little more about the man who led the way for the current crop of outstanding Moroccan athletes.

### WHAT MAKES A CHAMPION? Part Four

As a youth, Aouita spent much of his time playing soccer but he was always fast. One story has it that his running talent was discovered when his soccer team was running laps

after practice - and he set a new national junior record during the practice laps.

One day, Aouita's best friend was running in a cross-country race. Aouita came and watched. His friend won and, afterwards Aouita came up to him, saying, "I could beat you."

"That's not possible, Said," his friend said. "You've never trained or run a race."

"Next week I will run a race," said Aouita.

Aouita showed up and won. "I was very sick after the race," said Aouita, "but I did beat him."

While still playing soccer, Aouita began training with a sports club and winning local races.

Aouita ran his first international competition in 1978 at the Junior Division of the World Cross-Country Championships in Glasgow, Scotland. He had won the Moroccan Junior Championship and expected to do well. But it was cold and the course was thick with mud. The 17 year old led for the first four kilometres, before fading to 34th. "I was very unhappy with that because I wanted to win," Aouita said. "I will never run that badly again!"

By now, Aouita's running potential had caught the attention of the Moroccan Track Federation, which sent him to school in France, where there were better facilities for training. In 1980 he clocked 3:37.3 for the 1500 metres making him one of the best young middle-distance prospects in the world.

French doctors also tested Aouita's VO2 max on the treadmill. He tested out at 96! It was the highest reading they had seen.

In 1981, Aouita started what he called 'intensive training' and gave up playing soccer. Quickly he became a force even though he was still not well versed in track and field. When he ran his first 5000 metre race, Aouita did not know how many laps it was. "I just ran hard!" he said.

From this beginning, Aouita went onto become one of the all-time greats, setting World Records at 1500 metres, 2000 metres, 3000 metres, 2 miles and 5000 metres. From 1979 to 1989 he was undefeated at 5000 metres and recorded 44 consecutive victories in international races, from 800 metres to 10 000 metres, in 26 months.

You would think that an athlete of Aouita's range and abilities must have had a bevy of coaches watching over him, giving him advice and monitoring his workouts.

Wrong!

Aouita was self-coached.

However, while born with great talent, Aouita trained exceptionally hard, even though he is secretive when asked for specifics. "God has given me the intelligence to prepare a program", says Aouita, "And the willpower to follow it."

Aouita's training was based on careful preparation that left nothing to chance. Hard track sessions and regular altitude training were the foundation of his program. The first thing you noticed when watching Aouita train was the very long time spent stretching, then the long warm-up before starting the intervals. But those intervals were extremely hard, run with a wide-eyed ferocity. One such session was four sets of three 400's run in 57 seconds with a minute recovery and a three minute rest between sets.

"I trained between 50 and 70 miles a week", Aouita says. His training was specific for the track. When making an assault on a world record, Aouita would first break the race down into smaller increments, then train at a pace faster than that of his target times. He had three kinds of training: for 800 metres - 1500 metres, 1500 metres - 5000 metres and 5000 metres to 10 000 metres. Each kind of training had its own set of intervals.

What was important to Aouita was not the number of miles he ran but rather the quality of his hard workouts. "I would

train with hard and easy days," he says, adding that he was not tied to a set schedule. He took off as much time in between hard workouts as he thought were needed. "Always, I follow my feelings". On easy days, Aouita always ran for time, not distance.

"There isn't any great secret to being a great runner," says Aouita. "You must just train smart and very, very hard!" Anyone who runs a 7:33 3000 metre Time-Trail in training is certainly training hard!

At Mexico City, where Aouita would go for his yearly stint of high altitude training, Aouita once ran 10 x 400 metres with 90 seconds recovery, averaging 54.5 seconds per 400. He was extremely pleased with this session because he had read that Seb Coe had once done ten in just under 56 seconds. In his early days Aouita was a great fan of the British champion and often measured a lot of what he did against Coe

Aouita was often asked if he would ever run a marathon but he said that it was not likely. "I have never run over 15 or 16 kilometres so I don't know if I can run over 40 kilometres. I think a marathon would be very hard for me."

taken from  
"Running With The Legends"  
by Michael Sandrock  
(Human Kinetics)

Yes, Said Aouita is one of the all-time greats. It will be very interesting to see what changes he makes to Australian Distance Running.

## COMMONWEALTH GAMES MARATHON / TRIVIA NIGHT

**Sunday 28th July**  
(Troopy's Marathon starts at 5:00 pm.  
Dinner served at 6:00 pm.)

**\$20.00 per person**  
**or \$15.00 for Under 16**  
**Drinks at Bar Prices.**

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!)

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.

Tickets available from Neil MacDonald.  
**Don't miss this great night!**

**Don't forget** - our next race is the Road Relays at Flemington on Saturday 20th July.

1:30 pm.	Women Open Div. 1	4 x 6.2 km.
	Women Open Div. 3	3 x 6.2 km.
	Men Open Div. 1	6 x 6.2 km.
	Men Open Div. 4	5 x 6.2 km.
	Men Open Div. 7	4 x 6.2 km.
	Men Vets	3 x 6.2 km.
	Men Under 20	3 x 6.2 km.
	2:00 pm.	Women Under 20
Men Under 18		3 x 3.1 km.
Women Under 18		3 x 3.1 km.
Men Under 16		3 x 3.1 km.
Women Under 16		3 x 3.1 km.
Men Under 14		3 x 3.1 km.
Women Under 14		3 x 3.1 km.

A bus (\$6 per person) and perhaps cars will be leaving Norlane Waterworld at 11:00 am. sharp. Please confirm your seat on the bus by notifying Neil MacDonald (52 231620) by the Thursday prior to the race.

## 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"

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ATHLETICS INC.