



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 2

Feb 2001

WELCOME TO A NEW YEAR

G'day everyone and welcome to a new year. I hope you are all well and running strongly with many P.B.'s and / or satisfying runs just around the corner. Contained in this newsletter is information from late last year as well as news for the up-coming season.

Neil MacDonald.

BBQ AND GET - TOGETHER

Sunday 8th April at Landy Field (11.00 am)

A BBQ has been arranged for all old and new Geelong Region Cross - Country Team runners and supporters for Sunday 8th April at Landy Field.

Information on the up-coming Winter Season will be distributed. Also, new runners will be able to register for the Geelong Team.

A long, easy run will precede the BBQ for those wishing to build up a hearty appetite and burn off a few calories.

- * 2 hour run group leaving Landy Field at 8:30 am.
- * 90 minute run group leaving Landy Field at 9:00 am.
- * shorter runs will also be available.

Please support your club and put this date in your diary. More details on the BBQ at a later date.

NEW UNIFORM / REGISTRATION AND SEASONS TICKET

Our club will have a fantastic new winter and summer uniform for the up-coming season. The singlets (uni-sex) will be made from Nike dri-fit material in navy blue with a white stripe down each side. They will also feature the Geelong "Sammy" mascot on the chest (the Sammy is the new metallic statue at Landy Field). Shorts and nicks will continue to be navy blue. Crop tops will also be available in the new uniform. Competing Geelong Region Cross - Country Team runners will be issued with these new singlets free of charge. Much thanks must go to Lee Troop for his work in designing and organising the supply of this great looking and comfortable new uniform. Could runners please notify Andrew Lambart or Neil MacDonald of their size and style of top required A.S.A.P.

Also, the Geelong Centre will re-imburse 50% of money paid to runners who purchase a Cross-Country Season Ticket. The Season Ticket, which works out much cheaper than paying for individual races, will cost approximately \$60 for Seniors down to approximately \$30 - \$40 for Juniors. Individual race entry cost \$11 last year for seniors!!!

It is expected that Registration and Club Fees will remain the same as last year.

ANNUAL GENERAL MEETING

At the Presentation Night and Annual General Meeting the following Geelong Region Cross - Country Team Office Bearers were elected for the up-coming season.

President Neil MacDonald (Phone 52 231 620)
Secretary Andrew Lambart (mob. 0417 342223)
Committee Mark Boxer, Lee Troop, Mark Tucker

It was decided to fine-tune the Committee for the up-coming winter season to make for ease of operation. As such, we will work in conjunction with the Geelong Centre and will have the one Treasurer (Peter Anderson).

VOTES FOR BEST PERFORMED GEELONG ATHLETE AT A.V. 2000 RACES

Race 1 - Brimbank Park Relays

- 3 Lee Troop
- 2 Craig Mottram
- 1 Richard Jeremiah

Race 2 - Geelong 8 km.

- 3 Craig Mottram
- 2 Rohan Perrott
- 1 Mark Boxer

Race 3 - Flemington 10 km.

- 3 Tyson Mahon
- 2 Richard Jeremiah
- 1 Rohan Perrott

Race 4 - Brimbank Park 16 km.

- 3 Richard Jeremiah
- 2 Mark Tucker
- 1 Simon Taylor

Race 5 - Bundoora 12 km.

- 3 Lee Troop
- 2 Tyson Mahon
- 1 Rohan Perrott

Race 6 - Sandown Relays

- 3 Lee Troop
- 2 Matthew McDonough
- 1 Michael McNaughton

Race 7 - Coliban Relays

- 3 Mark Boxer
- 2 Michael McNaughton
- 1 Simon Cole

Race 8 - Albert Park 15 km.

- 3 Lee Troop
- 2 Tyson Mahon
- 1 Simon Taylor

Race 9 - Burnley Half Marathon

No Runners - No Votes.

TOTALS

Lee Troop	12
Tyson Mahon	7
Richard Jeremiah	6
Craig Mottram	5
Rohan Perrott	4
Mark Boxer	4

Michael McNaughton	3
Mark Tucker	2
Simon Taylor	2
Matthew McDonough	2
Simon Cole	1

SEASON 2000 AWARD WINNERS

Best Clubman	Bob Pitcher
Best Performed U / 20	Richard Jeremiah
Best Performed U / 18	Simon Cole
Best Performed U / 16	Tyson Mahon
Best Performed Veteran	Geoff Purnell
Most Improved	Mark Boxer and Michael McNaughton
Geelong City Physiotherapy	
Best Performed Athlete	Lee Troop
WJP Wood Trophy	Lee Troop

RUNNER PROFILE

Following on from profiles of two of the club's Olympians (Lee Troop and Craig Mottram) in the last newsletter, this profile features one of Geelong's very promising juniors.

Tyson Mahon

Occupation Student (Christian College)
Age 14 **Date of Birth** 9 / 10 / 86
Height ??? **Weight** ???
Married / Single Single (I'm just a kid!)
Coach Bruce Scriven

Personal Bests

400m.	50.80 sec.
800m.	1:55.01
1500m.	4:02.64
3000m.	9.18

Favourite Food Mud Cake
Food Eaten Before a Race Banana
Favourite Drink Dr Pepper
Favourite Movie Cruel Intentions
Favourite Book Prefer to read "Australian Athlete"
Favourite Music / Band Blink 182
Favourite TV Show Jerry Springer
Favourite Night Spot (I'm just a kid!)
Favourite Holiday Spot Anywhere hot

A Normal Training Week (or a Recent Training Week)

Mon.	pm.	Fartlek Session (ie. 2 x 3 min. 2 min. 1 min. with 1/2 time recovery)
Tues.	pm.	Speed Track Session (ie. 6 x 60 metres fast plus 150 metre surges)
Wed.	REST	
Thur.	pm.	Track Session (ie. 500 metres, 6 min. recovery, 400 metres, 4 min. recovery, 300 metres, 2 min. recovery, 200 metres)
Fri.	REST	
Sat.	RACE	
Sun.	a.m.	Long Run (60 minutes)

Other Training / Recovery Sessions.

Surf Life Saving
Favourite Training Session 500 metres (6 min. rec.)
 400 metres (4 min. rec.) 300 metres (2 min. rec.) 200 metres.
Favourite Race 800 metres
Best Ever Performance National Champion 1998, 1999, 2000 over 800 metres. 2001 Australian Under 16 Youth Champion over 800 / 1500 metres where he ran P.B.s of 1.55.01 (800 metres) and 4.02.64 (1500 metres)
Favourite Place To Train Eastern Beach
Toughest Ever Training Session 3 x (600 metres fast, 30 seconds recovery, 200 metres fast)
Most Admired Runner / Person Haile Gebreselassie
Advice to Other Runners "Enjoy yourself!"
Goals for the Future To make an Australian Team.

PROPOSED ATHLETICS VICTORIA WINTER RACE SCHEDULE FOR 2001

Sat. May 5	-	Cross - Country Relays (Brimbank Park)
Sat. May 19	-	10 km. Road Race (Flemington)
Sat. June 2	-	8 km. Cross - Country (Warragul)
Sun. July 1	-	15 km. Road Race (Albert Park)
Sat. July 14	-	12 km. Cross - Country (Bundoora)
Sat. July 21	-	Road Relays (Sandown)
Sat. Aug 4	-	Long Road Relay (venue to be announced)
Sat. Aug. 18	-	16 km. Cross - Country (Brimbank Park)
Sun. Sept. 16	-	Half Marathon (Burnley)
Sun. Oct. 14	-	Melbourne Marathon.

Juniors and women athletes will usually race over shorter distances than listed above - see last page for actual race distances.

In addition to the Athletics Victoria Winter Season Races, Geelong Athletics will hold the Geelong Road Championships at the Eastern Gardens on the inner road circuit and the Geelong Cross - Country Championships at Marcus Oldham College. These races will be contested by many of Geelong's (and Australia's) best runners but will be open to athletes of all standards. The aim of these runs is to further develop Geelong's proud running history with time tested races. Both races will also be useful for selection of Geelong Teams for up-coming Athletics Victoria relay events.

Sat April 28	Geelong Road Championships (Eastern Gardens) 2 laps of inner road circuit for seniors (4.7 km.) 1 lap of inner road circuit for juniors (2.35 km.)
Sat June 23	Geelong Cross - Country Championships (Marcus Oldham College)

8 km. for senior men
4 km. for juniors / women.

The above races have been included in the enclosed Winter Athletics Planner. Hopefully many of the listed races will fit in with your proposed racing schedule.

For those with Sunday afternoons free, Geelong Athletics conducts Cross - Country races of varying distances. Geelong Region Cross - Country members who run long on Sunday morning may choose to do their second recovery run of the day at these races.

GEELONG ATHLETICS SUNDAY AFTERNOON CROSS - COUNTRY RACE PROGRAM

- | | | |
|--------|-----------------------|--|
| Apr 8 | Eastern Park. | Geelong Aths Club Relay Champs.
(4 x 2.2 km.) |
| Apr 22 | Zillah Crawcour. | Queens Park Bridge.
3 km. & 6 km. |
| May 6 | Balyang Sanctuary | 3 km. & 6 km. |
| May 20 | Rippleside | 3 km. & 6 km. |
| Jun 3 | Deakin University. | Handicap Event
3.8 km. & 7.6 km. |
| Jun 17 | Waurm Ponds. | Pioneer Road
3 km. & 6.2 km. |
| Jul 15 | Deakin University | 3.8 km. & 7.6 km. |
| Jul 22 | McCann's Lane. | Fyansford
3.7 km. & 7.4 km. |
| Jul 29 | Limeburner's Lagoon. | Geelong Grammar School
3 km. & 8 km. |
| Aug 19 | Seagull Paddock | Princess Hwy. Norlane
3 km. & 6 km. |
| Sep 2 | Fyansford | 3 km. & 7 km. |
| Sep 9 | Landy Field Handicap. | BBQ & Presentation
3 km. & 5 km. |

AROUND THE TRACKS AND TRAILS

Many Geelong athletes have performed brilliantly over the last few months.

Congratulations to Craig Mottram, Lee Troop, Richard Jeremiah, Georgie Clarke and Joanne Wall who have all been selected for the World Cross - Country Championships to be held in Ireland (March 23 / 24). Five Geelong athletes out of an Australian Team of nineteen is a fantastic effort. Congratulations also must go to Bruce Scriven who coaches Craig, Richard, Georgie and Joanne.

Craig Mottram, Lee Troop and Georgie Clarke did not confine their outstanding form to cross - country with fine performances on the Grand Prix circuit. In Sydney, paced over the first part of the race

by team mate Richard Jeremiah (3:06 at 1200 metres), Craig Mottram claimed the Australian 3000 metre record with a fantastic win in 7:41.35. Lee Troop, returning to form, ran an encouraging 6th in 7:55.27 - good signs with the Rotterdam Marathon scheduled for late April. Georgie Clarke is also on the way back to full fitness with an impressive second behind Sonia O'Sullivan over 1500 metres. Georgie ran only 2 seconds off her best to finish in 4:08.91.

Last Winter Season's Most Improved Runner, Mark Boxer has also continued the fine form with impressive wins in the "Dawn Buster Fun Run", the "Rip to River Fun Run" (equal first) as well as a P.B. for 5000 metres at State League (15.13). Joanne Wall was also a comfortable winner of the Women's "Rip to River Fun Run".

Distance specialist, Darren Riviere was again selected to represent Geelong in the Senshu Marathon in Japan. Despite injury setbacks during his preparation, Darren put in his usual gutsy performance to finish 41st in 2 hours 49.16. Joining Darren in Japan was Karen Dorris who battled on gamely over the last part of the race with hip problems to finish her first marathon in 15th place (3 hours 11.37). This follows up Karen's impressive win in the "Dawn Buster Fun Run" and improving times over 5000 metres at State League.

At the Victorian Track and Field Championships Geelong athletes were also in excellent form. Lee Troop ran from the front to comfortably win the 5000 metres in 13:54. Improving runner, Jamie Godwin ran a P.B. of 16:02 in the same race (since improved to 15:54). In the Under 20 section, Richard Jeremiah showed that he is a runner with great potential with firsts in both the 5000 metres (14:57) and the 1500 metres (3:52.46). Simon Taylor managed 4th in both the Under 20 800 metres (1:56) and 1500 metres (4:01) A week later at State League, Simon ran brilliantly to set a new 800 metre P.B. of 1:54.70.

In the Under 20 Women's section, Libby Crowe finished 8th in both the 800 metres (2:32) and 1500 metres (4.49).

Another junior Geelong runner on the improve is Travis Trevarthen who ran a huge Personal Best over 5000 metres at the Victorian Country Championships. Travis went under 18 minutes for the first time when he finished full of running in 17 minutes 37 seconds.

Apologies to Geelong runners that I have missed - keep running well and I'll get to you soon!

RELAY FOR LIFE

Eighteen club members have registered to participate in the "Relay for Life" at Landy Field (March 17 / 18). Over a 24 hour period runners complete laps of Landy Field. All money raised by club members will be used in the fight against cancer. Last year the Geelong "Relay for Life" raised an impressive \$70 000 for this most deserving cause. The run begins at midday on Saturday 17 March.

Please come along and support your team mates. I'm sure Darren Riviere, Rohan Perrott, Geoff Purnell, Andrew Lambart, Jamie Godwin, Jodie Godwin, Mark Tucker, Michael McNaughton, Paul Wilson, Simon Cole, Travis Trevarthen, Lee Troop, Bruce Scriven, Dean Goddard, Libby Crowe, Graeme Watkins, Tyson Mahon and Neil MacDonald will appreciate your encouragement - especially those runners circling the track during the mind-numbing midnight to dawn shift.

GEELONG REGION CROSS - COUNTRY TEAM 2001 WINTER RACING PROGRAM

Saturday 28 th April	Geelong Road Championships (Eastern Gardens) 2 laps of inner road circuit for Senior Men / Women (4.7 km) 1 lap of inner road circuit for Juniors (2.35 km)
Saturday 5 th May	Cross – Country Relays (Brimbank Park)
Saturday 19 th May	10 km. Road Championships (Flemington)
Saturday 2 nd June	8 km. Cross – Country (Warragul)
Saturday 23 rd June	Geelong Cross – Country Championships (Marcus Oldham College) 8 km for Open Men. 4 km. for Women and Juniors.
Sunday 1 st July	15 km. Road Championships (Albert Park)
Saturday 14 th July	12 km. Cross – Country. (Bundoora)
Saturday 21 st July	Road Relays (Sandown)
Saturday 4 th August	Long Road Relay (venue to be announced)
Saturday 18 th August	16 km. Cross – Country (Brimbank Park)
Sunday 16 th September	Half Marathon (Burnley)

ATHLETICS VICTORIA WINTER AGE GROUP RACE DISTANCES

	CROSS - COUNTRY				ROAD RACES				
	Warragul	Bundoora	Brimbank	Brimbank Relay	Flemington	Albert Park	Burnley Half M.	Sandown Relay	Long 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 2001 for Under Age Competition / 1 st January for Over Age.