



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 22

Sept. 2002

TROOP AND JEREMIAH TAKE FIRST AND FOURTH AT BALLARAT CROSS - COUNTRY

Just five weeks after his encouraging seventh placing in the Manchester Commonwealth Games Marathon, Lee Troop was back in Geelong colours doing what he does best - running fast! Despite a most conservative training period post marathon and only two quality sessions (a Mona Fartlek and a 5 x 3 minute fartlek) before the race, Lee was able to use his marathon strength to overhaul the early pace-setters to win by sixty metres. Lee reports that, while tired, he has pulled up well and is looking forward to an injury free build up to a possible February Marathon in Japan. In the meantime, Lee has pencilled in the Adelaide City to Bay 12 km. (September 15), the Burnie 10 (October 13), the Noosa Bolt 5km. (November 2) and the Zatopek 10 km. (December 14) as lead-up races. He will also spend time at Falls Creek before and after Christmas to further raise his fitness levels. Excellent running on Saturday, Lee - it's great to have you back in Geelong colours.

And for his fine win on Saturday, Lee has been chosen as the "Bush Inn Award" winner for the Ballarat Cross-Country Race.

Not far behind Troop was Richard Jeremiah who continued his fine winter season form with an excellent 4th placing. Last season Ritchie was the dominant cross-country athlete in the Athletics Victoria Under 20 Division. Twelve months later and twelve months stronger, Ritchie has made a most successful transition to open age racing.

Rounding out the top three Geelong runners was endurance specialist, Darren Riviere, who is nearing top form as his marathon training 'kicks in'. At the time of going to print, Darren was still undecided as to whether he would run the Melbourne Marathon on October 13 or a Japanese Marathon later in the year.

Ross Young's training over the last few weeks has been interrupted by foot soreness and a nagging virus. However, despite not feeling 'super fit and fast', Ross was able to finish 42nd and thus collect valuable team points for the Division One Men's Team.

The fifth Geelong runner home was new Dad, Dean Goddard - congratulations Dean and Prue on the birth of Emerson. Dean ran on strongly over the sloppy Ballarat University course to finish just outside the top 50. Interestingly, Dean was fresh enough to back-up and finish in second place (running 27.39) in the Geelong Cross-Country Club 8 km. handicap race the following day.

Cross-country running is supposed to be a non-contact sport. However, try telling that to Simon Taylor, who hit the ground hard in the frantic dash to the first turn. Bravely, Simon dusted himself off and was able to work his way through the field to be Geelong's final point scorer for the Division One Team.

Not far behind 'Simmo' was another Simon - Simon Watson. This Simon has been out of action for the last few weeks with a broken collar bone sustained in a snow skiing accident. Considering he has enough metal in his shoulder to build a small car, Simon did very well to scoot around in under 4 minute kilometre pace over the testing Ballarat course.

Hot on the heels of the two Simons was the consistent Geoff Purnell, who again ran on strongly to finish 7th in the highly competitive Veteran's Section.

The two Pauls, Wilson and Stewart, despite not being in top form

due to training interruptions, used the race as a fitness boost while also collecting team points for the Division Four Team. It was also great to see Peter Rau's return to racing go so well with a steady paced run around the Ballarat University course. Peter has been troubled by knee problems over the last few years and has only been back running consistently for the last few months. Welcome back, Peter - we've already got you pencilled in for next year's first Cross - Country Relay at Brimbank Park. However, I reckon some of your toughest running might be trying to keep up with your speedy daughters, Taryn and Kelsey!

In the Under 20 race over four kilometres, Travis Trevarthen recorded his best placing of the Winter Season in finishing 7th. Before the race, coach Graeme Watkins set a goal time for the distance which Travis was able to better. Good running, Travis.

Middle - distance track specialist, Tyson Mahon lined up for the longest cross-country race of his season with a most determined look in his eyes. Despite not being suited to the heavy going and the rhythm breaking terrain, Tyson ran on strongly to finish in the top ten. Fellow under 18 athlete, Andrew Tucker also maintained a solid pace over the second half of the race to make up ground on the early pace-setters.

Under 16 athlete, Michael Kenny has been in good form over the last few A.V. races. This good form continued with an excellent 6th placing overall as well as being second country athlete to finish. Steven Wishart also ran solidly to finish mid-field while averaging just over 4 minute / kilometre pace for the distance.

Racing over the relatively short two kilometre distance were Will Schofield and Ben Lynch. With each run Will's fitness is rapidly improving and he had an excellent race to finish 7th. Just two places behind Will was Ben Lynch, who took off like Maurice Greene and was leading the race after half a kilometre. Understandably, Ben slowed a little over the remaining distance. With more realistic pacing, Ben should be able to substantially reduce his Personal Bests over 800 / 1500 metres when track racing resumes in October.

Joanne Lambert, Inge Magher and Cathryn Hoare lined up for Geelong in the Open 6 kilometre race. Despite finding the heavy going and rolling terrain not to their liking, all three Geelong girls battled on well to collect valuable team points for our Division One Women's Team. Well done, Jo, Inge and Cathryn - we really appreciate your efforts.

Going into the last Under 20 race of the Winter Season, the Geelong Women's Team held a handy lead over the opposition in the prestigious team's competition. And so, it was a very determined trio of Emily Rooke, Libby Crowe and Celia Cosgriff who toed the starting line for the three kilometre race. First home for Geelong was Emily Rooke who placed an excellent 4th, with Libby (9th) and Celia (11th) helping to secure the team title. Great work, Emily, Libby and Celia. Also, well done to Rebecca Wiasak, Ashleigh Wall, Phoebe Darbyshire, Jo Wall, Erin Littlewood, Christine Bauer and Lauren Ellis who have all scored points for the Under 20 Team during the Winter Season.

Brianna Ricketts decided that the best way to race the extra distance of the Under 16 six kilometre cross-country was to go out hard and run her opposition off their legs. And for a while this bold tactic was successful with Brianna leading a pack of very talented junior athletes a merry dance. However, Brianna eventually tired a little over the last two kilometre loop but still ran very well to finish a brave fourth.

At the time of going to print the final team ladders had not been finalised. However, it appears that our Under 16 girls have secured the team title. Well done to: Bianca Cheever, Chelsea Merry, Brianna Ricketts, Laura Stekelenburg and Taryn Rau who have all raced for the Under 16 Team during the Winter Season.

Kelsey Rau tuned up for her final 2002 Winter Season Race over two kilometres with lots of cross-training at a school bike-riding camp. Unfortunately, Kelsey was not feeling 100% during her race but battled on gamely to finish a gutsy fourth. Congratulations on your outstanding individual Winter Season, Kelsey.

BALLARAT CROSS - COUNTRY

(Saturday 31st August)

MEN'S OPEN 8 km.

Lee Troop	1st	24.29
Richard Jeremiah	4th	25.10
Darren Riviere	30th	27.29
Ross Young	42nd	28.15
Dean Goddard	57th	28.51
Simon Taylor	89th	30.07
Simon Watson	93rd	30.19
Geoffrey Purnell	103rd	30.37
Paul Wilson	165th	33.00
Paul Stewart	175th	33.21
Neil MacDonald	202nd	34.50
Peter Rau (Inv.)	209th	35.23

Fastest	- L Troop (Geelong)	- 24.29
	- M Power (Glenhuntly)	- 24.38
	- S Field (St. Kevins)	- 24.55
	- R Jeremiah (Geelong)	- 25.10
	- G Woyecha (Doncaster)	- 25.11
	- J Horne (Glenhuntly)	- 25.22
	- N Harrison (Glenhuntly)	- 25.38
	- G Schmidlechner (Doncaster)	- 25.47
	- R De Highden (Doncaster)	- 25.57
	- D Quin (Melb. University)	- 26.06

UNDER 20 MEN 4 km.

Travis Trevarthen	7th	14.27
-------------------	-----	-------

Fastest	- C Perrett (Sandringham)	- 12.20
	- C Appleby (Ringwood)	- 12.35
	- C Birmingham (Eureka)	- 13.00

UNDER 18 MEN 8 km.

Tyson Mahon	9th	29.22
Andrew Tucker	15th	30.15

Fastest	- S Ellis (Eureka)	- 27.10
	- D Saw (Diamond Valley)	- 27.17
	- Z Holland (Frankston)	- 27.45

UNDER 16 MEN 4 km.

Michael Kenny	6th	15.39
Steven Wishart	12th	16.22

Fastest	- S Vance (Frankston)	- 13.09
	- M Bayley (Inv.)	- 13.53
	- S Gibb (Ballarat YCW)	- 14.28

UNDER 14 MEN 2 km.

Will Schofield	7th	7.26
Ben Lynch	9th	7.44

Fastest	- W Barber (Eureka)	- 6.42
	- C Huffer (Glenhuntly)	- 6.50
	- K Fitzgerald (Wendouree)	- 6.56

WOMEN'S OPEN 6 km.

Joanne Lambert	34th	26.28
Inge Magher	55th	29.13
Cathryn Hoare	59th	30.00

Fastest	- S Jamieson (Ath. Essendon)	- 20.35
	- A Thompson (Glenhuntly)	- 21.05
	- C Fearnley (Knox Athletic)	- 22.04
	- K Baird (Ballarat YCW)	- 22.18
	- L Crowe (Diamond Valley)	- 22.24
	- N Chapple (Box Hill)	- 22.42
	- R Gibney (Traralgon)	- 23.09
	- J Petrie (Ringwood)	- 23.17
	- S Wallace (Peninsula R.R.)	- 23.29
	- H Stanton (Ballarat YCW)	- 23.32

UNDER 20 WOMEN 3 km.

Emily Rooke	4th	11.51
Libby Crowe	9th	13.04
Celia Cosgriff	11th	14.24

Fastest	- C McKechnie (South Bendigo)	- 10.54
	- J Keage (Box Hill)	- 11.20
	- E Smith (Box Hill)	- 11.28

UNDER 18 WOMEN 3 km

Fastest	- P Brown (Ringwood)	- 11.48
	- A Daniel (Western Ath.)	- 12.17
	- L Quick (Ballarat YCW)	- 12.26

UNDER 16 WOMEN 6 km.

Brianna Ricketts	4th	24.55
------------------	-----	-------

Fastest	- H Tomlinson (Box Hill)	- 23.04
	- F Nash (Doncaster)	- 23.22
	- Z Warrington (Frankston)	- 23.44

UNDER 14 WOMEN 2 km.

Kelsey Rau	4th	7.50
------------	-----	------

Fastest	- S Grahame (Knox Athletic)	- 7.23
	- R Owen (Frankston)	- 7.28
	- S Boorn-Wells (Eureka)	- 7.40

VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETES" AT BALLARAT CROSS - COUNTRY

Senior Men.

3. Lee Troop
2. Richard Jeremiah

1. Darren Riviere

Senior Women.

3. Emily Rooke
2. Joanne Lambert
1. Libby Crowe

Junior Men.

3. Will Schofield
2. Tyson Mahon
1. Michael Kenny

Junior Women.

3. Brianna Ricketts
2. Kelsey Rau

RUNNER PROFILE

This profile features Dean Goddard, one of our hard working committee members. Dean has been in top form during the winter season, due in part to regular training sessions with 'Jesmond, the wonder dog'. However, Dean has also been a talented sportsman in other areas with captaining the Geelong Under 19 Football Team surely a highlight. One of his most vivid memories from his footballing days was when a rampant Gary Ablett ran through him at an Inter-Club practice match. Understandably, Dean states that he was a little the worse for wear after this brief but brutal encounter with "Gazza".

Dean Goddard

Occupation Chiropractor

Age 30 **Date of Birth** 4 / 7 / 72

Height 181 cm. **Weight** 78 kg.

Married / Single Married to Prue. New son, Emerson.

Coach Graeme Watkins

Personal Bests

100m.	11.4
400m.	54.2
800m.	2.01
3000m.	8.58
5000m.	15.43
10 000m.	33.01
Half Marathon	74.50

Favourite Food Anything!!!

Food Eaten Before a Race Subway

Favourite Drink A Full Bodied Red

Favourite Movie "Two Moon Junction"

Favourite Book "The Man Who Mistook His Wife For A Hat" by Oliver Sachs

Favourite Music / Band 80's Rock / "Australian Crawl"

Favourite TV Show "The Practice"

Favourite Night Spot "going out for dinner"

Favourite Holiday Spot Nepal.

A Normal Run Training Week

Mon. am. 40 minutes with occasional 30 second 'effort' with my dog, Jesmond (my regular training partner)

Tues. pm. Ladders - 3 x 3 km. with each rep. faster. ie. 11:30, 11:00 and last as fast as possible.

Wed. pm. 60 min. run with group

Thur. am. 30 - 40 mins. with 'training partner'.

Fri. pm. 30 - 40 mins. easy run.

Sat. am. Threshold Run. 10 minutes out and come back quicker.

Sun. am. 90 minutes 'slow' run with group.

Other Training / Recovery Sessions.

9 holes of golf on Sunday afternoon (male bonding!)

Occasional massage.

Favourite Training Session Long Sunday run at the You Yangs.

Favourite Race Stawell

Best Ever Performance Winning the Mile Race at Stawell.

Favourite Place To Train Noosa.

Toughest Ever Training Session 20 x 400 metres with 2 minutes recovery between.

Most Admired Runner / Person Carl Lewis and my wife, Prue.

Advice to Other Runners "Use it while you've got it because it isn't going to last forever!"

Goals for the Future "to improve my P.B.'s for 3 km., 5 km. and 10 km. Also, to beat my dog over 30 second 'efforts'.

Anything Else?

"After enjoying the culture and festivities that England and Europe had to offer for six months I thought it was time to resurrect the runner in me. Carrying a little extra winter insulation, I set off one afternoon in the North of England for a run. The temperature was 2 degrees and falling so I rugged up and headed off ambitiously for an hour run. However, 40 minutes into the run I realised I was lost. Snow was now falling and everything looked the same so I was running around and around in circles. Eventually, I arrived home one hour and 45 minutes later a 'tired and broken blob of a man!' I didn't run for the next two months and reacquainted myself with the cosy English pub environment. Sipping on a Guinness that night I thought it best to leave my running comeback for my return to Australia."

"From my footballing days I vividly remember a pre-season training session in September 1990. Geelong had missed the finals after its epic Grand-Final battle with Hawthorn the previous year and Malcolm Blight was not a happy man. The 1990 final series was almost completed but we'd had a few weeks off because of our ordinary season so, it was with great trepidation that we ventured down to Queens Park for the Wayne Oswald ('fitness adviser') designed torture-test. The session was 20 x 400 metres with 2 minutes recovery between. Of the 50 footballers who began the session, 15 of them threw up!"

AROUND THE TRACKS AND TRAILS

Congratulations to our junior athletes who competed at the National Cross-Country Championships in Nowra on August 17th over an extremely challenging course:

Hayley Cook (U18 4 km.)	8th	16.08
Ashleigh Wall (U18 4km.)	15th	16.43
Tyson Mahon (U18 6km.)	7th	19.41
Andrew Tucker (U18 6km.)	20th	20.49
Emily Rooke (U20 6km.)	13th	24.04

A week later in Sydney we again saw Geelong junior athletes competing, this time in the School Sport Australia Cross-Country Championships. Well done to:

Kelsey Rau (12 years 3km.)	7th	12.29
Brianna Ricketts (14/15 yrs 4km.)	14th	18.19
Ashleigh Wall (16/17 yrs 4km.)	11th	18.17
Emily Rooke (18/19 yrs 6km.)	3rd	25.38
Brenton Rowe (14/15 yrs 4km.)	2nd	15.19

Congratulations also to Patti Galvin who won the Adelaide Festival City Marathon in 3 hours 20 minutes and 17 seconds last month. Unsure as to whether she would compete until a few days before race day, a very secretive Patti showed all her marathon experience and determination to take out her second Adelaide Marathon. Great running, Patti!

Interestingly, Geelong athlete, Elad Haas took out the Adelaide Marathon Men's Race in a time of 2:31.03, more than 14 minutes ahead of second place.

Overseas, Craig Mottram raced over 5000 metres at the Berlin Golden League Meeting. Craig ran 13:14.36 to finish 12th, just over 2 seconds outside his own Australian Record. The winner was Luke Kipkosgei in 13:10.41. Next stop for Craig will be the World Cup in Madrid where he will contest the 3000 metres before heading home for a well earned rest. All up, Craig will have been overseas racing and training for 20 straight weeks!

VIKTOR AND JIRKA. HAVE RUNNERS - WILL TRAVEL.

You may remember Viktor Roethlin and Jirka Arndt from the April 2002 Newsletter (Issue 13). Viktor and Jirka were invited to train at Falls Creek by Troopy and ended up staying with me at the Schuss Ski Lodge. Viktor is the Swiss Marathon Record Holder (2:10.54) and Jirka finished 8th in the Sydney Olympic 5000 metres final (even though I embarrassed myself on our first meeting when I asked Jirka if he did a bit of jogging!) Anyway, they were both fantastic guys and they did agree to be interviewed for our Newsletter as long as we were finished before a special on Queen's Freddy Mercury came on the TV.

N.M. Viktor and Jirka, welcome to Australia. Why have you travelled across the world to Australia?

J.A. Well, I am still recovering from my injury - a stress fracture to the femur, so a lot of my time has been a holiday. First, we were in Perth, then we drove across Western Australia, South Australia and onto Melbourne. We have had a great time and now I am here in Falls Creek ready to resume some light training.

V.R. I am actually here for sight-seeing only as I don't like training that much. No, seriously - I have heard that there's a good running group from Geelong up here at Falls Creek so I thought I had better train with them. But the real story is that I hate the winter time in Switzerland and I wanted to spend three months training here during the Australian summer. Out here I can put in some better quality training because the weather is so

much better.

N.M. I understand that you met Lee Troop and he told you about Falls Creek.

V.R. Yes, I met Lee overseas at a couple of races. Then, after his great race in Rotterdam (Lee ran 2:10.04) we talked about training and he told me that he was coming up to Falls Creek after Christmas and that I should come up to train too. So here I am.

N.M. Viktor - you are a trained Physiotherapist and are giving Jirka a massage as we speak.

V.R. Yes. I work at home as a Physiotherapist. It is good as a runner as I always have my own personal physiotherapist with me when I travel so I can treat myself if needed. The only part of my body that is hard for me to treat is my back. Also, I can massage my friends if they are kind to me.

N.M. And Jirka - you are a university student studying architecture.

V.R. Yes. I started studying in 1995. Then in 1997 I took a break so I could prepare for the 2000 Olympic Games. I felt pretty good as a full time athlete so I am still having a break from study. I just found it very hard to be a dedicated athlete and a full-time student at the same time. I think you can run when you are young then study when you are older.

N.M. Both of you represented your countries at the 2000 Olympic Games in Sydney. Jirka, you represented Germany in the 5000 metres and Viktor you ran for Switzerland in the marathon. What were your impressions of the Olympics?

J.A. It was amazing and a great experience. It was my first Olympics and I will never forget it. However, I didn't see a lot of the Olympics outside the village as my event was one of the last on the program. I also met lots of people from other nations which was fantastic. My race result was a bit of an unexpected bonus.

N.M. You came 8th in the 5000 metre final. For those people who can remember the race, you were the person who pushed the pace and led the final for a fair way. What were your coach's instructions?

J.A. I followed my coach's instructions in both the heat and the final. Both times my instructions were similar. My first goal was to make the final and to do that I had to run aggressively and fast in the first heat to make it hard for the other guys. I came 9th and was the last qualifier for the final. In the final the other guys didn't want to run so fast early on so I took up the pace. However, it was a sprint finish where I ran 2.29 for the last kilometre. Unfortunately for me, Million Wolde ran 2.27 and won the gold medal.

N.M. Viktor, your race was the marathon. How tough was that?

V.R. It was very, very, very tough. I have now run six marathons and that was my hardest by a long way. It was not a problem with the hills but rather the wind in our faces in the second half was just crazy. The first half of the race was easy to run and the people on the streets were so supportive. But from Darling Harbour onwards the wind just killed us. Also, for a lot of the second half we were alone out on the highway. When I was hurting so much during the last 5 kilometres of the race my dream of finishing in the Olympic Stadium kept me going.

N.M. And you were disappointed with the crowd's reception when you finally ran into the stadium?

V.R. Yes. It was a huge disappointment and the only bad thing about the whole Olympics. At the Opening Ceremony I

saw the feeling and emotion given off by over 125 000 people and I thought it would be the same when the marathoners entered the stadium. Maybe the medallists got all the applause but when I arrived there was no clapping and it was deathly quiet. All the other marathoners that I talked to were shocked by our reception. Later, when we were talking we thought maybe the stadium was full of people there only for the Closing Ceremony - maybe they were not true athletics fans and didn't understand what the marathon is all about. Perhaps they wanted us to leave the stadium as quickly as possible so the Closing Ceremony could begin.

N.M. Your goals for the future? Firstly, Jirka - I understand that you are moving up to the marathon.

J.A. That's right. I feel that I was a little lucky with my 8th place at the Olympics and I think that was the best I can do over 5000 metres. I trained very, very hard and I think that I will not improve too much more over the shorter distances. Also, I needed a new motivation and that was either the marathon or the 10 000 metres. Last year I prepared for the Berlin Marathon but that didn't work out because of my stress fracture. Now I hope to run either the Hamburg or Rotterdam Marathon at the end of April. However, it will all depend on how my return from injury goes. Then, if I run well, I hope to record a qualifying time for the European Championships to be held in August.

N.M. What sort of time would you have to run to qualify for the European Championships?

J.A. I guess, under 2.14. Because it's in Munich, our Federation will have a full starting list.

N.M. Jirka, I understand that you played a part in Ronaldo da Costa's World Best time at the Berlin Marathon in 1998?

J.A. Yes, I was one of the pace-makers for the first part of the race. I was asked to run World Record Pace for the first 15 kilometres. However, the lead group didn't go with us and we had to keep slowing down and wait for them. Eventually, they went through half way in 64.42. I watched the second half from the pick-up van. Da Costa ran an unbelievable 61.23 to smash the old record. He even had the energy to do cart wheels near the finish line.

N.M. And Viktor - you're training for the London Marathon. There are some very big names racing there! Apart from yourself - who is running?

V.R. Khalid Khannouchi, the World Record Holder is running, so is Tergat, Pinto, and then of course it will be the first serious marathon from Haile Gebrselassie.

(Ed. Gebrselassie ran a marathon at the age of 16. He ran 2 hours 42 minutes) Everybody will be watching to see how the 'great' Gebrselassie goes. It will be wonderful for me to run in the same race as him.

N.M. What marathons have you run?

V.R. My first marathon was in Hamburg where I ran 2:13.36. My second was in Berlin where I had to pull out with muscle problems. Then I ran Rotterdam and ran the Olympic Qualifying time (2:12.53). My fourth was the Sydney Olympics where I ran my slowest time of 2 hours 20 minutes. Last year I ran Rotterdam, the same race as Lee Troop, and ran a new P.B. of 2:12.21. Finally, I ran the Berlin Marathon in September 2001 and ran the Swiss Record of 2:10.54.

N.M. So, except for the Olympics, each completed race has been an improvement. Is your next goal to run under 2:10?

V.R. For me, my most important race this year is the European Championships. But of course, every marathoner would love to run under 2:10 at least once in their life and that is my dream too.

N.M. Both of you have been to Kenya to train. How did this come about and can you relate some of your experiences there?

J.A. One of the main reasons was that the weather was so much better in Kenya. The temperature is always over 20 degrees. Also, we went there for the high altitude. Training there is great preparation for the spring races.

N.M. And you trained at Eldoret?

J.A. Yes, at Eldoret where most of the good Kenyans come from. Also, Kip Keino has a farm there and we stayed with him for a couple of weeks. We were able to train with the Kenyans a few times a week.

N.M. You only ran with the Kenyans a few times a week?

J.A. Yes, if you train with them more than that it would kill you. There are so many of them and there is always someone ready to push the pace. Each training session could be like a world-class race if you weren't careful.

N.M. So you did your quality training with the Kenyans and your recovery days by yourself?

J.A. Yes, most people would not last too long if they did it any other way.

N.M. How high is Eldoret?

J.A. About 2100 metres. (Falls Creek is about 1600 metres)

N.M. Did you enjoy your time in Kenya?

J.A. I like it very much there because the Kenyans are very friendly people, it's warm and there are lots of great places to train.

N.M. Viktor, what were your experiences in Kenya?

V.R. For me, Kenya was great for four reasons: firstly, it was only a one day trip to get there from Europe - it was a ten hour flight to get from say, Zurich to Nairobi then a one hour flight from Nairobi to Eldoret. So it's not a big trip and there's little time difference. Secondly, there is the summer weather. Third, there is the altitude and last, you have great people to run with. In Kenya it opens your mind to what is possible if you train hard. Also, you have to improve just to keep up.

N.M. What were some of the Kenyan sessions you completed that were particularly hard?

V.R. The hardest part for me was the fact that they start training in the early morning - about 5:30 am. For this session they might run for 60 minutes with a very slow beginning, then the pace increases. At the beginning of this session there might be 20 runners and at the end probably 50 runners. Then, for the second session later in the morning we might do 10 x 1 kilometres. We might do the first of these at 2.55 pace, then get faster and faster until we might run the last one in 2.48. There would be 90 seconds recovery between. And don't forget, this is all at altitude and on dirt roads. Then, there would be a third session later in the day.

N.M. You have mentioned that the Kenyan timetable is a bit hard to understand?

V.R. Yes. We would often have a meeting to discuss what time the next session would take place and we would have to ask if they were talking Kenyan time or European time. For example, if they said we would train at 8:00 am. that could mean anywhere from 8 o'clock up to 11 o'clock. To train with the Kenyans you need to be able to cope with unexpected changes. They always say that there is no hurry in Africa. Also, the session can change too. The problem is that they talk in their 'mother tongue' so we often weren't sure what was happening. One morning we had decided to do a session of 25 x 1 minute. Anyway, I was just about to start the first repetition when someone said, "hey, we've changed the program and now we're doing 10 x 3 minutes!" so you have to be very flexible. But for me it was good because if

you can train with the Kenyans, you can train with anyone.

N.M. You have said that you really enjoyed the Kenyan diet including food like ugali (a stiff porridge made from water and ground maize).

J.A. Yes, their food was very nutritious. Everything they eat is very fresh and is grown in the area without chemicals. We stayed at a farm and had all the cooking done for us. Early in the day we would eat light meals like rice with other substitutes but the evening meal would be a big meal with salads and stews with meat. We only ate meat in the evening. It was like a huge celebration at every evening meal.

N.M. Jirka, I understand that you set a record for the most chapattis eaten in one session.

J.A. Yes, we had a special meal where they cooked chapattis, which are a flat, wheat pancake that is grilled. The chapattis are then filled with salads and vegetables and they're very tasty. Sometimes they are filled with sweets too.

N.M. How many did you eat?

J.A. I ate nine and I'm told that is the record.

N.M. What did the Kenyans say?

J.A. They were stunned!

N.M. Well, I'm glad the Kenyans are beatable in something.

Viktor, you were saying that you feel so much better after eating the Kenyan food.

V.R. Yes, even your skin feels better because for 4 - 5 weeks you are eating no junk food at all. It is one of the other great things about training in Kenya. In Switzerland we are born with chocolate and we tend to eat it every day but in Kenya we don't see chocolate so we don't eat it. I always felt very healthy after training in Kenya.

N.M. Viktor, could you please relate your story about your first meeting with Daniel Komen.

(Ed. Daniel Komen still holds two of the great World Records - 3000 metres in 7:20.67 and 2 miles in 7:58.6)

V.R. Yes, we were running along on my first day in Kenya when he came up to me and said, "I am Daniel Komen, please don't run in front of me." At that stage he was running really well and he was the "King" so he expected everyone, but especially white athletes, to show him respect. I found that very strange because the Kenyans are usually so friendly. However, there is a real hierarchy in Kenyan athletics and the top athletes can do whatever they like. The 'boss' used to be Moses Kiptanui, then it was Komen - it all depends on who is running well. Anyway, I said that I was European and I didn't understand his 'Kenyan Rules' so I would stay where I was.

N.M. I understand that Daniel Komen loves motor cars.

V.R. Yes, he has a very big house and many, many cars. All his relatives live with him. Many people say that all his money will run out after about five years. At the moment he lives like a king but who knows about the future?

N.M. Both of you train very hard. What sort of theories do you have on training? You go first, Jirka.

J.A. I have now moved up to the marathon so my training has changed. However, I believe that once you can run the full 42 kilometres you then need to be able to run at Marathon Pace so some of my long runs incorporate Marathon Pace efforts.

N.M. Your thoughts on training, Viktor?

J.A. I agree with what Jirka has said about doing some training at Marathon Pace. The big difference I have noticed about Australian Training and my training is that we have three to four high level weeks then we have a couple of easier weeks to recover and become stronger. Also, at different times of the

year I do three main types of sessions. I do speed work under Marathon Pace so Marathon Pace feels easier, then we do Marathon Pace training so your body is ready for marathon day. I might do anywhere from 15 minutes to one hour at Marathon Pace depending on where I am in my preparation. Then every second week I do Marathon Pace training on a running machine (treadmill). This is one of my favourite sessions because I can set the running machine for exactly the correct pace. Finally, the long runs are very important. They are usually for 2 hours and 30 minutes, sometimes with some faster 5 kilometre sections. For example, I might run 50 minutes at 4 min. / km. pace then 5 kilometres at 3.04 pace then repeat. To be a good runner you need to be smart and to have a good body that doesn't get injured. We always say in Switzerland that marathon training is very easy because all you need to do is train for years and years without getting injured!

N.M. Perhaps that's why Steve Moneghetti and Robert De Castella were so good for so long!

V.R. Exactly.

N.M. Viktor, you mentioned hard weeks and easy weeks. How many kilometres would you run in each?

V.R. A hard week is over 200 kilometres. My highest week was 240 kilometres. An easy week is 150 kilometres.

N.M. Both of you make sure you have a nap in the afternoon. How important is this in your training week?

J.A. It is very important for me. If I miss my nap for a week I feel very stressed and don't recover from my training sessions as well. If you are training two and sometimes three times a day like we do, it is important that you have quality rest. Unless I have at least 8 hours sleep a night and an hour nap during the day, I don't absorb my training.

V.R. Yes, I agree with Jirka.

N.M. Both of you also include regular gym and circuit training in your week's training. What does this involve?

V.R. At least three times a week we do gym training. I have done gym since I began running. At first I did gym without weights to learn correct technique but now I use weights. I think the benefit of gym training can be seen in the six marathons I have completed where I have not had any cramps or muscles problems. I also do 20 minute circuits involving 30 seconds of easy skipping alternating with 30 seconds of core stability / strength / flexibility work.

N.M. Two quick questions before Freddy Mercury comes onto the TV. How do your countries assist you?

V.R. We have a Sports Institute like the A.I.S. For me this is really good because I work there and they understand that I need three months off to travel to Australia to train. Fortunately they don't put too much pressure on me. This Sports Institute also has all the facilities and medical back-up that an athlete needs. However, because the money comes from the Federation, sometimes pressure can be put on athletes to compete in certain races.

J.A. For me the assistance is similar to Viktor. The only difference is that Germany is bigger so we have centres spread throughout the country.

N.M. Does German athletics still have talent identification from a very young age?

J.A. Not so much now.

N.M. One last question for Viktor. You have talked to the Portuguese marathoners, Castro and Pinto, plus a few of the Spanish athletes. What have they told you about their marathon preparations?

V.R. They do a lot of what I do because I have learnt from them. However, there are two main difference. Firstly, they run 280 kilometres in a hard week and 'only' 200 kilometres in an easy week. The other point is that they run perhaps 90% of their training on asphalt. They do this because they claim you need to train your muscles to run on the road so you can race the marathon on the roads. Last year I did some more training on asphalt and ran my best time.

N.M. So it works for some people?

V.R. Yes.

N.M. And I reckon that lots of athletes would become injured if they tried it.

V.R. Yes, it can be a risky way to train. I was also thinking about occasionally running 280 kilometre weeks but my coach talked me out of it. We don't have the same doctors that look after many of the Portuguese and Spanish athletes.

N.M. Well, Viktor and Jirka - thank you very much for your time. I hope you both enjoy your time in Australia and Viktor - I hope you run really well in the London Marathon and Jirka - I hope you return to top class running very quickly.

J.A. Thank you very much, Neil.

V.R. Thank you. We are both looking forward to visiting Geelong, maybe next year, to have a run with the Geelong Team.

N.M. OK. Let's go and have a look at Freddy Mercury.

Note: Unfortunately, Viktor Roethlin was not able to compete in the London Marathon due to a stress fracture. Jirka Arndt did run the Rotterdam Marathon but was forced to pull out at the 30 kilometre mark with stomach cramps. Jirka is due to run the Berlin Marathon on September 29.

RUNNER PROFILE

Jirka Arndt

Occupation / Student Student in Potsdam / Full Time athlete
Age 28 **Date of Birth** 7 / 8 / 73

Height 179 cm. **Weight** 62 kg.

Married / Single Single

Coach Axel Pohlmann

Personal Bests

1500m. 3:44.7

3000m. 7:57.9

5000m. 13:21.47

10000m. 28:22.71

Other 2000 metres - 5:05.7

Favourite Food Fish

Food Eaten Before a Race Pasta / white bread

Favourite Drink Milk Shake (also, Rivella)

Favourite Movie "Gladiator"

Favourite Book "Die Saulen Der Erde". (only German title) by Kent Follet

Favourite Music / Band "Depeche Mode", "U2", "Garbage"

Favourite TV Show "Die Harald Schmidt Show" (a German Letterman style show)

Favourite Night Spot Bar / Pub

Favourite Holiday Spot USA

An August 2000 Training Week in Flagstaff, Arizona (altitude 2000 metres) with the German Team in the lead-up to the Sydney Olympics.

Mon. am. warm-up then 20 x 400 metres (64 secs.) with 90 secs. (250 metres recovery)
pm. 30 mins. easy.

Tues. am. 60 mins. easy.
pm. 90 mins. easy.

Wed. am. 45 mins. easy.
40 mins. Gym
Sprints (10 x 60 metres)
pm. 40 mins. easy.

Thur. am. warm-up then 6 x 600 metres / 300 metres (94 secs. / 45 secs).
200 metres easy b/w 600 / 300.
700 metre jog after 300's.
pm. 40 mins. easy

Fri. am. 1 hour 50 min. easy run.
pm. Rest

Sat. am. 60 mins. easy.
pm. 50 mins easy.

Sun. am. warm-up then 5 x 2000 metres (6.09) with 300 metre very slow jog (2:30 min.) between
pm. 35 mins. easy.

Total - 175 km.

Other Training / Recovery Sessions.

Massage twice a week. Pilates in gym. Water running once or twice a week. Cycling occasionally. Sauna, spa, Swiss Ball, Foot Gym.

Favourite Training Session 15 km. "Marathon Pace" run (47 minutes)

Favourite Race Berlin Marathon.

Best Ever Performances Ran 13:21.41 at Rome Golden League 5000 metres in 2000. (Ali Saidi Sief won in 12.51 but has since been banned for 2 years on a doping charge). Ran 5.05 for 2000 metres at Runaway Bay, Gold Coast during the 2000 Olympic Preparation Meet. Ran 28:22.17 for 10 km. at Mount Sac, USA.

Favourite Place To Train Potsdam (home)

Toughest Ever Training Session

4 x 2000 metres at 2000 metre altitude. Ran each first km. in 2.55 / second km. in 2.45 for a 2 km. time of 5.40. Six minute recovery between.

Most Admired Runner / Person Dieter Baumann (before he claimed drugs had been put in his toothpaste!)

Advice to Other Runners "do it with all your heart or leave it alone!" A few years ago I tried to study full-time and train for the Olympics - it was impossible to do both 100% so now I am only a full-time athlete.

Goals for the Future "to run a marathon in under 2 hours 10 minutes and to represent Germany in the 2004 Olympic Marathon in Athens."

Anything else???

I remember one very long marathon preparation training run I did with Viktor in August 2001. We were to run 40 kilometres with 15 minutes at Marathon Pace after an hour and again after 2 hrs 15 minutes. It poured with rain from the beginning and we were soaked to the bone very quickly (and

so was the trainer following us on the bike!) The last Marathon Pace section became a war between us and the weather. It was so hard with water hitting us from all directions but I'll never forget the feeling of contentment when we had finished. I had never run that far before and I felt that we had conquered a session few others could have completed.

TEAM PHOTO

All athletes and support staff who have represented the Geelong Region Cross - Country Team during 2002 are requested to attend **Landy Field at 11:00 am. on Saturday 28th September** for an Official Team Photo.

Please wear your full team uniform but don't worry about A.V. numbers.

This photo will be a fantastic record of your 2002 season and will also be presented to our generous team sponsors.

Athletes will also be able to purchase this photo at cost price.

Please be there to support **your team.**

BURNLEY HALF MARATHON

Don't forget - our next race for senior athletes is the Burnley Half Marathon on Sunday 15th September. The race begins at 8:00 am.

Cars will be leaving Norlane Waterworld at 6:00 am. sharp.

CROSS - COUNTRY TEAM PRESENTATION NIGHT DINNER AND STATE LEAGUE LAUNCH

Put Thursday the 31st of October in your diaries now as this will be a fantastic night.

Come along to Buckley's to wind up a most successful Cross - Country Season and launch the up-coming State League Program with a delicious meal and presentations.

More details in the next newsletter.

WHAT MAKES A CHAMPION?

Part Five

With her stunning front-running victories at the Commonwealth Games over 5000 metres (14:31.42), the European Championships over 10 000 metres (30:01.09) and the London Marathon (2:18.56), England's Paula Radcliffe is arguably the top female distance runner in the world at the moment.

However, success did not come easily to Radcliffe. She has high arches that can cause trouble, exercise-induced asthma that requires medication, and a head that bobs conspicuously when she becomes fatigued. In her first English Cross-Country Championship race for girls under 12, she finished 299th. Still she persisted.

The next year she placed fourth and has been running at or near the front ever since. When she competes, Radcliffe has only one approach - she pours her heart and soul into every race, always pushing the pace and until recently, always out-kicked on the last lap of the biggest track races. No one deserved a gold medal more than Radcliffe. No one trained harder or raced more courageously. But the results never changed. She never won.

"There have been times when I have been demoralized," she has admitted, "but it depends on what you want from the sport. You can believe you're never going to beat the others, in which case you might as well give up. Or you can keep at it until you eventually find a way."

Yes, Paula Radcliffe has kept at it and she has found a way!

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.**