



# GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 24

Nov. 2002

## GEELONG JUNIOR ATHLETES LEAD THE WAY DURING A SUCCESSFUL 2002 WINTER SEASON

Two team premierships, twenty - one promising recruits, new junior teams, great team spirit developed on the bus trips to races, enjoyable social events, Personal Bests and high team placings.

Yes! The 2002 Athletics Victoria Winter Season was a great success for Geelong Athletics and was able to build upon the hard work and fast running of last season.

I believe there were many highlights for the Geelong Team in 2002. However, several spring to mind:

Firstly, it was fantastic to see 12 highly competitive Geelong Teams lining up for the Brimbank Park Cross-Country Relays and the Flemington Road Relays. On these Saturdays, Geelong's best middle and long-distance athletes served notice that we were here in numbers and ready to run 'fast'.

Secondly, during the 2002 Winter Season, fourteen talented junior athletes made their debut for the Geelong Team. All performed to a high standard and showed that Geelong athletics would be strong for years to come.

Congratulations also to our Under 20 and Under 16 Women who finished the Winter Season with highly sought after Team Premierships.

Well done to:

Christine Bauer, Celia Cosgriff, Libby Crowe, Phoebe Darbyshire, Lauren Ellis, Erin Littlewood, Emily Rooke, Ashleigh Wall, Jo Wall, and Rebecca Wiasak (Under 20 Team)

and

Bianca Cheever, Chelsea Merry, Taryn Rau, Brianna Ricketts and Laura Stekelenburg (Under 16 Team) who all scored valuable team points.

And finally, it was great to see Richard Jeremiah stepping up to open ranks and performing to a high standard. With the likes of Craig Mottram, Lee Troop, Rohan Perrott, Mark Tucker, Darren Lynch and Mark Fountain unavailable for much, or all of the season due to overseas commitments or injury, Ritchie was able to record several top placings against many of Australia's best endurance athletes and help the Division One Men's Team to a highly commendable 5th placing in the eleven team competition.

Well done to all athletes who have raced for Geelong this Winter Season - there were fifty-five of you! I hope you have enjoyed representing our wonderful city and feel great pride everytime you pull on the Geelong colours.

Congratulations also to our runners who have performed up to high standards - Craig Mottram and Lee Troop were Australian representatives in the Manchester Commonwealth Games Team. Craig also continued his rise to the top during an extended stay overseas with a fantastic 5th placing at the World Cross-Country Short Course Championship, an Australian 3000 metres record and finally a victory in the World Cup 3000 metres in Madrid.

Closer to home, Hayley Cook, Tyson Mahon, Kelsey Rau, Taryn Rau, Emily Rooke, Brenton Rowe, Brianna Ricketts, Andrew Tucker and Ashleigh Wall were all selected in Victorian Teams for either the Australian Schools Cross-Country Championships or the Athletics Australia Cross-Country Championships.

However, we should not forget the Geelong runners who have recorded Personal Bests or have just been happy to run up to their own standards while enjoying the team spirit generated on race day or on trips to races.

We also need to acknowledge our wonderful support crew. Much thanks and appreciation to: John Perrott, Lyn Taylor, Greg Trevarthen and Kevin Varker for driving buses, marshalling, time - keeping, massaging tired limbs, preparing much needed post-race drinks and food or just cheering us on. We couldn't race without you guys.

Also, thank you very much to the athlete's parents and non-competing runners who were able to step in at a moment's notice to act as time-keepers and marshalls.

Behind the scenes our hard working committee of Mark Boxer, Dean Goddard and Lee Troop have organised several highly successful social events as well as the general running of the team. Well done, guys!

Finally, thank you very much to: Buckley's Gaming Centre, Geelong Physiotherapy Centres, The Athlete's Foot, The Pakington Bakery, Subway, Reilly's U-Drive, The Bush Inn Hotel and Geelong Athletics Inc. for their fantastic support and encouragement throughout the year.

## FINAL TOTAL VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETES" DURING THE 2002 WINTER SEASON

### "Geelong Physiotherapy Centres" Award

#### Open Men / Under 20.

Richard Jeremiah	14
Mark Boxer	9
Lee Troop	5
Matthew McDonough	4
Ross Young	4
Darren Riviere	4
Craig Mottram	3
Louis Rowan	2
Dean Goddard	2
Nick Ashton	1
Travis Trevarthen	1

### "Geelong Physiotherapy Centres" Award

#### Open Women / Under 20.

Joanne Lambert	18
Emily Rooke	14
Joanne Wall	6

Rebecca Wiasak	4
Patricia Galvin	2
Phoebe Darbyshire	2
Celia Cosgriff	1
Libby Crowe	1

**“Subway” Award  
Junior Men**

Andrew Tucker	9
Brenton Rowe	8
Tyson Mahon	8
Michael Kenny	8
Ben Lynch	5
Will Schofield	5

**“Subway” Award  
Junior Women**

Kelsey Rau	14
Taryn Rau	11
Brianna Ricketts	10
Ashleigh Wall	4
Chelsea Merry	2
Bianca Cheever	1
Holly Lipson	1

**GEELONG REGION CROSS-COUNTRY  
TEAM BEST PERFORMED  
AGE GROUP ATHLETES 2002**

(To be eligible for these awards athletes need to have competed for Geelong at least four times during the 2002 Athletics Victoria Winter Season)

<b>Under 14 Female</b>	Kelsey Rau
<b>Under 16 Female</b>	Taryn Rau
<b>Under 18 Female</b>	Ashleigh Wall
<b>Under 20 Female</b>	Emily Rooke
<b>Open Female</b>	Joanne Lambert
<b>Veteran Female</b>	Patricia Galvin

<b>Under 14 Male</b>	Will Schofield / Ben Lynch
<b>Under 16 Male</b>	Michael Kenny
<b>Under 18 Male</b>	Tyson Mahon
<b>Under 20 Male</b>	Travis Trevarthen
<b>Open Male</b>	Richard Jeremiah
<b>Veteran Male</b>	Geoffrey Purnell

<b>Most Improved</b>	Brianna Ricketts
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**W.J.P. WOOD TROPHY**

For those athletes new to the Geelong Team, a little background information on the W.J.P. Wood Trophy.

Ron Palmer and Stuart Robley were entrusted by the family of the late Bill and Ivy Wood with the care of a silver cup won by Bill Wood in 1935 for cross-country running as a member of the Geelong Guild Amateur Athletic Club.

After much thought and discussion it was decided that the W.J.P. Wood Trophy would be awarded by Geelong Athletics on a perpetual basis to the athlete who has demonstrated a commitment to the Geelong Region Cross - Country Team and has proven to be an outstanding winter athlete at any level (local,

state, national or international.)

Previous winners of the W.J.P. Wood Trophy have been:  
2000 - Lee Troop  
2001 - Craig Mottram

This year, Craig Mottram is the winner of the W.J.P. Wood Trophy for his outstanding run at the Athletics Victoria Flemington 10 kilometre Road Race and a fantastic 5th placing at the World Cross-Country Short Course Championships in Ireland.

Congratulations, Craig on your selection as the winner of the W.J.P. Wood Trophy for 2002.

**AROUND THE TRACKS AND  
TRAILS**

While some Geelong athletes have been having a well earned rest after a pretty demanding season, our junior athletes have been turning in some impressive performances.

At the Barwon Zone Primary Schools Athletic Championships at Landy Field the following Geelong Region Cross-Country athletes have qualified for the Victorian Championships at Olympic Park on November 10 / 11:

Kelsey Rau	- 1st 12 / 13 Years 800 metres (2.36)
	- 1st 12 / 13 Years 1500 metres (5.16 and a new record)
	- 1st 12 / 13 Years 4 x 100 metre relay
Laura Stekelenburg	- 1st Under 11 800 metres (2.47)
	- 1st Under 11 1500 metres (5.37)

Well done, Kelsey and Laura and all the best for the Victorian Primary Schools Championships.

Also recently competing at Landy Field was Michael Kenny who won his way through to the Victorian Secondary Schools Championships at Olympic Park with a 3rd placing in the 1500 metres (in a P.B. of 4.51). Michael also ran a Personal Best of 2.19 in the 800 metres. One week later at the Victorian Secondary Schools Championships, Michael improved his Personal Best over 1500 metres to 4.48, finishing in 9th placing. Well done, Michael.

At the Victorian Schools Track and Field Championships at Olympic Park on 4 / 5 October Geelong Region athletes were again to the fore with:

Emily Rooke	- 1st U 20 800 metres (2:18.30)
	- 1st U20 1500 metres (4:47.60)
Celia Cosgriff	- 2nd U20 800 metres (2:20.75)
	- 2nd U20 400 m. Hurdles (67.08)
Christine Bauer	- 5th U18 400 m. Hurdles (79.68)
Michael McKenzie	- 4th U20 800 metres (1:58.24)
	- 6th U20 1500 metres (4:08.57)
Andrew Tucker	- 8th U18 1500 metres (4:22.81)
	- 9th U18 3000 metres (9:35.16)
Tyson Mahon	- 1st U17 800 metres (1:58.32)

Michael McKenzie did not confine his recent athletic pursuits to individual events. At the recent A.P.S. Athletics Meeting at Olympic Park, Michael anchored the Geelong College Open Team to a stirring victory in the 4 x 800 metre relay.

A recent e-mail from United States based Mark Tucker indicates that he too is in great form:

"Hi to all Geelong athletes,  
just thought I'd let you know that I had a big cross-country break through on the weekend at the Pre-Nationals. The meet was over 8 km. and over the same course as the National event. I came 5th in 23:55.9 and beat home a lot of classy college athletes - one of the athletes I beat has recorded 13.30 something for 5 km. and I was only 6 tenths away from a 28.18 ten kilometre guy. Also, ran 49 seconds faster than two weeks ago over the same course. It was very satisfying to whip a lot of guys who have whipped me in my first two collegiate cross-country races. This has given me confidence and made me realise that I can run with the big boys and be more than competitive over cross-country. My main aim now is to improve on this performance at the Nationals in late November and then carry the form into the Australian World Cross-Country Trials in January.  
Hope to see you all when I arrive back in Australia during December.  
Mark"

Both Craig Mottram and Lee Troop made a successful trip south when they contested Australia's premier 10 km. road race, the "Burnie 10". Freshened up after a couple of 'easy' weeks training, Craig was able to gradually pull away over the last half of the race to win in 28 minutes 30 seconds, an impressive time considering the driving rain and wind that made visibility almost non-existent at times. Second across the line in 28.56 was Troopy, who is gradually returning to top form after a frustrating last few years. Wow! Geelong one and two - well done, guys!

A little closer to home, our very own "Marathon Man", Darren Riviere battled strong head and cross-head winds to record a wonderful third placing in the Melbourne Marathon. Darren's time of 2 hours 34 minutes and 37 seconds was a little slower than he'd hoped for but considering the adverse conditions, Darren's effort was full of merit. Those of you who have seen newspaper and web-site photos of the event will have noticed that Darren was proudly wearing the Geelong Team singlet as he flew over the 42.2 kilometre course from Frankston to Melbourne. Great effort, Darren.

## TEAM PHOTO

Copies of the team photo  
(30 cm. x 20 cm.)  
are available for purchase at  
\$10 or \$20 for the  
beautifully framed, limited edition,  
collector's print.  
Much thanks to Richard  
Lawsyz for his great work on  
the team photograph.  
If you have not already done so,  
see Neil MacDonald to collect / pay  
for your photo.

## RADCLIFFE'S BEST IS RECORD BEST

Further to the story on Paula Radcliffe ("What Makes A Champion? - Part Five" in Issue #22 September 2002) comes an article by Mike Hurst (Daily and Sunday Telegraph) for the IAAF on Radcliffe's stunning Chicago Marathon performance.

"Paula Radcliffe's Marathon World Best Time is statistically the greatest women's running mark in the record book at all distances currently contested at senior international championship level.

The Hungarian Scoring Tables (2001), used by the International Association of Athletics Federations to assist in allocating prize money and World Rankings, award Radcliffe 1302 points for her time of 2 hrs 17 min 18 sec in the Chicago Marathon.

These points equate to women's running times of 10.42 seconds for 100 metres and 20.96 seconds for 200 metres, superior to Florence Griffith-Joyner's World Records of 10.49 and 21.34 seconds.

Radcliffe's run is also accorded equivalence to 47.14 for 400 metres. The 400 metre World Record is 47.60 by East Germany's Marita Koch, while reigning Olympic champion, Cathy Freeman's best is 48.63 seconds and she ran 49.11 for gold in Sydney."

Other scoring values equivalent to Radcliffe's time (in brackets) and World Record comparison include:

800 metres	(1 min. 51.89)	WR.	1:53.28
1500 metres	(3 min 48.94)	WR.	3:50.46
5000 metres	(13 min. 58.14)	WR.	14:28.09
10000 metres	(29 min. 26.10)	WR.	29:31.78
100 m. Hurdles	(11.91 sec.)	WR.	12.21
400 m. Hurdles	(50.81 sec.)	WR.	52.61

## NEXT YEAR???

Next Winter Season we hope to continue developing Geelong as a strong distance running centre. Already, a couple of promising new recruits have indicated that they are keen to have a run with the Geelong Team while we hope to have a number of class athletes who were injured or overseas during 2002, back in Geelong colours and running fast.

One of the exciting changes planned for 2003 is the introduction of a regular Saturday afternoon Geelong Athletics Cross - Country Competition that will compliment the Athletics Victoria Winter Season. This club competition will operate on non Athletics Victoria Winter Race weekends and will be open to both junior and senior athletes. Further details will be available as soon as the Athletics Victoria Winter Season Calendar is finalised. We hope you can support this competition by competing or assisting on race days as a strong regular local competition will greatly benefit individual athletes and Geelong athletics in general.

On the social front, plans are already underway for a couple of great nights of fabulous fun, so be ready to put these events into your diary as soon as the dates are announced.

**FINALLY, THANK YOU TO THE  
FOLLOWING FOR THEIR  
FANTASTIC SUPPORT OF THE  
GEELONG REGION  
CROSS - COUNTRY TEAM  
DURING THE 2002  
ATHLETICS VICTORIA  
WINTER SEASON**

**BUCKLEY'S GAMING CENTRE**

**GEELONG PHYSIOTHERAPY CENTRES**

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

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

**CRAIG GODDARD AND "SUBWAY"**

**REILLY'S U-DRIVE**

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

**GEELONG ATHLETICS INC.**

*Well, that's all for the 2002 Winter Cross - Country Season.  
All the very best to those competing over the summer track season.  
Stay fit, stay healthy and continue to enjoy your running.*