



# GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 27

May 2003

## TROOPY AND THE GEELONG UNDER 18 GIRLS ON FIRE AT THE CROSS - COUNTRY RELAYS

The opening of the 2003 Athletics Victoria Winter Season saw a change of venue with the Cross - Country Relays moving from the traditional hilly Brimbank Park Course to the pancake flat Werribee Park Equestrian Centre. However, to fully test the strength of runners the organisers did include a few rhythm breaking horse jumps, and a Percy Cerutti inspired miniature sand dune. To further challenge runners, a gusting wind whipped across the course making even paced running particularly difficult. However, this did not faze the 43 athletes who made up the twelve Geelong Relay Teams as they awaited the starter's gun.

Members of last season's champion Under 16 Team, Taryn Rau and Bianca Cheever, have moved up an age group and were keen to join training partner, Ashleigh Wall on the winner's podium. And with an excellent track season behind them, our girls teamed brilliantly to win a heart stopping race by a mere 6 seconds. Great running girls - you should all have excellent winter seasons and hopefully add to last year's team championship.

The depth of our Division One Men's Team has been strengthened this year with the inclusion of Kym Morgan, Rowan Walker and Rohan Perrott as well as the steady improvement in Ross Young and junior athlete, Andrew Tucker. However, we were still without Mark Tucker, Richard Jeremiah and Mark Fountain, who were all overseas training and racing, and Craig Mottram, who is slowly recovering from injury. Eventually, after all the 'ins and outs', our men gave it everything to finish a highly creditable fourth with Lee Troop blitzing the field to record fastest time of the day. Special mention must be made of: Kym Morgan, who showed that he's not just a 1500 metre track specialist with an excellent opening leg that had the team handily placed up with the leaders, Andrew Tucker, who raced out of his age group and will greatly benefit from the experience, Rohan Perrott, who is on the way back to full fitness after an injury interrupted year and Rowan Walker, who was able to read "War and Peace" while waiting his turn to speed around the course. Well done, guys - you all did a fantastic job to finish fourth!

Five quality athletes lined up for our Division Four Men's Team with endurance specialist, Darren Riviere leading off. Unfortunately, "Dazza" has not fully recovered from a 'dodgy' achilles sustained in finishing third fastest in the recent King Island 20 Mile Race and was a little below full fitness. However, Darren has a huge heart and battled on strongly before handing over to the smooth striding, Louis Rowan. Louis, also has been a little 'off colour' of late but still recorded a smart sub 23 minute time. Third runner, Jeremy Thompson would have found the Werribee Equestrian Centre like a second home as he has competed here before in his quest to represent Australia in the Modern Pentathlon at the Athens Olympics. This local knowledge and Jeremy's improved running form under the expert guidance of Bruce Scriven, resulted in a excellent time of 22.33. Nick Ashton could write a text book on "Rehabilitation and Cross - Training" after a frustrating run with injuries over the last two years. However, Nick showed that when up and going, he's a classy mover. Well done, Nick - it's great to

see you back in Geelong racing colours. Fresh from a 3000 metre steeple chase victory at the Country Championships, Simon Taylor should have appreciated the hurdles and obstacles placed around the course. However, Simon too was suffering from a less than healthy achilles and had to be content with anchoring our 'walking wounded' to a hard fought second placing.

In previous years, Jamie Godwin has been a Cross - Country Relays specialist. In fact, Jamie has only raced the Cross - Country Relays with various injuries cutting the last two winter seasons short. And so, Jamie was as 'toey as a Roman sandal' as he awaited the starter's gun. However, readers will be delighted to hear that Jamie not only recorded a most impressive time but also pulled up well and has purchased a Winter Season's Ticket - it's great to see your optimism, Jamie. Second runner, Travis Zimmer has just returned from a persistent hip injury and while down on fitness, showed a lot of 'grit' to battle on gamely in the gusting wind. Rounding out the Division Seven Team was Paul "Tucky" Wilson who ran into third placing with a strong final leg.

Geoff Clark was the lead-off runner for our Veteran's Team and took off like he had a bus to catch. In fact, he was off to a wedding and a speedy 23 minutes and 56 seconds later Geoff was ready to slip on his best suit and head to Melbourne to greet the happy couple. Despite spending two hours unpicking last year's registration number from his race singlet on Friday night, Vin Gasper gritted his teeth and called on years of racing experience to keep his team in with a medal chance. Final Veteran runner, Geoff Purnell has been the "Iron Man" of the Geelong Team over the last three years with all Athletics Victoria Winter Races completed. At the Cross - Country Relays Geoff showed that he's also in top form as he ran his team into fourth placing in the highly competitive 'Old Codgers Division'.

## CLUB UNIFORM

A reminder to all Geelong athletes that when competing in Athletics Victoria Races you must be attired in the correct Geelong uniform with current registration numbers firmly attached to the front and rear of your singlet / crop top.

Any athlete who fails to wear the correct uniform will be penalised.

The Geelong uniform is:

Geelong singlet / crop top  
and dark/navy blue shorts/nicks  
or bike shorts.

Other variations or shorts with extra logos/panels are not correct. A.V. Team shorts are also not correct attire.

In the Under 16 Men's Division, Ben Lynch took off like a 'scalded cat' to be up with the early leaders before settling back in the field on the windier sections of the course. Steven

Wishart then took up the running and ran solidly to keep his team in a handy position. Final runner, Michael Kenny has not missed a training session over the last eight months. This commitment has resulted in steady improvement and many well deserved Personal Best times. Over the flat but challenging Werribee Course, Michael showed his strength to record an impressive sub twelve minute split.

All three of our Under 14 Men were making their debut in the Geelong Team colours. However, this inexperience didn't stop Tom Burns - Wallace, Tim Kilfoyle and Hamish Wishart from running three consistent legs that took them to a fine second placing. Great running, guys - hope you enjoyed the race. Interestingly, both Tom and Tim have a background in the Nippers Surf - Life Saving Competition which has certainly helped to develop an excellent aerobic capacity.

Leading off for our Division One Women's Team was talented recruit, Nadia Semjanov, who made light work of the tough, windy course as she ran even splits for the two laps. Endurance specialist, Pattie Galvin then took over and ran solidly to keep her team handily placed. Joanne Lambert, fresh from a Country Championship victory over 3000 metres, would have appreciated the flat terrain as she tacked into the headwinds that seemed to grow in strength as the race progressed. Final runner, Jo Wall has stepped up to Open Competition this year and quickly left no one in doubt that she will challenge the best senior athletes over the Winter Season. Eventually, our Division One girls finished an excellent 5th in the highly competitive eleven team competition. Interestingly, Susie Power's time of 21.59 would have been most competitive in many of the Division One Men's Teams but then again, Susie Power is "World Class".

Melissa Coghlan has been training regularly under the guidance of Tom Patton and made an excellent debut in the opening leg for our Division Three women. Second runner, Lucy Mills then took up the running and looked comfortable as she negotiated the windy 6.8 kilometre course. Lucy has returned to the team after a year off with a persistent injury so it was most pleasing to see her moving freely. Well done, Lucy - it's great to see you back in Geelong colours. Cathryn Hoare, fresh from competing at the Country Championships over shorter distances, is using the cross - country season as endurance training and will certainly gain aerobic fitness as the season progresses.

Due to team requirements, both Chantelle Faraguna and Alexandra Brown were asked to compete in the Under 20 Women's Team. However, both girls ran very well against older athletes in their first competitive outing for the Geelong Team. Thanks, Chantelle and Alexandra, we really appreciate you helping out the team. Third team runner and middle distance track specialist, Celia Cosgriff ran an even paced 14 minutes despite suffering from an abdominal injury that will require an operation in the near future.

Brianna Ricketts, a key member of last year's winning Under 16 Winter Season Premiership Team, ran a steady opening leg before handing over to new recruit, Paris Nielsen. Paris warmed up for her first race in Geelong colours with a game of Saturday netball and ran strongly before handing over to 'veteran' Under 16 athlete, Chelsea Merry. Chelsea, who also played a key role in last season's Under 16 Team Premiership, showed her cross - country experience with a smart final leg of 13.40, which took her team up to 5th position.

The talented trio of Harriet Brown, Holly Lipson and Kelsey Rau all ran very well to secure third placing in the highly competitive Women's Under 14 Division. Kelsey's time of 13.30 was the third

fastest of the day while Harriet's first race in Geelong colours showed she will be an outstanding addition to our junior ranks. Holly Lipson, in her second season for Geelong's youngest Team, continues to make steady improvement in her racing times. Well done, girls - a team medal at the cross - country relays is a great start to the season.

With twelve teams entered at the Werribee Park Equestrian Centre, lots of assistance was needed to keep things ticking over. Special thanks to: Colin Brown, Graeme Kilfoyle, Bea Lipson, Wayne Lynch, Penny Nielsen, Peter Rau, Tracy Rau, Lyn Taylor, Ricky Troop, Michael Tucker, Anthony Wilks and Alan Wishart who assisted with time-keeping, marshalling and team management. Also, thank you to Greg and Kirsty Trevarthen who took control of the Division Five change - over! Without you guys and gals we would not be able to put teams on the course.

## WERRIBEE PARK EQUESTRIAN CENTRE CROSS - COUNTRY RELAYS

(Saturday 3rd May.)

### DIVISION 1 MEN (6 x 6.8 km.)

Kym Morgan	20.36
Andrew Tucker	23.54
Rohan Perrott	20.40
Lee Troop	19.32
Ross Young	22.24
Rowan Walker	21.20

4th Place in 128.26 (first place Glenhuntly in 124.09)

**Note:** Andrew Tucker is Under 20.

Fastest - L Troop (Geelong)	- 19.32
- S Field (St. Kevins)	- 19.50
- J Dwyer (St Kevins)	- 19.56
- S Nankervis (Ballarat YCW)	- 20.02
- R De Highden (Doncaster)	- 20.10
- T Wallace (Peninsula R.R.)	- 20.26
- N Harrison (Glenhuntly)	- 20.32
- T Coady (Glenhuntly)	- 20.33
- K Morgan (Geelong)	- 20.36
- M Chettle (Glenhuntly)	- 20.39

### DIVISION 4 MEN (5 x 6.8 km.)

Darren Riviere	24.52
Louis Rowan	22.53
Jeremy Thompson	22.33
Nick Ashton	23.08
Simon Taylor	24.06

2nd Place in 117.30 (first place Ballarat YCW in 115.38)

### DIVISION 7 MEN (4 x 6.8 km.)

Jamie Godwin	23.38
Travis Zimmer	34.14
Neil MacDonald	27.18
Paul Wilson	25.11

4th Place in 110.21 (first place Melb. Uni. in 99.49)

### VETERAN MEN (40 +) (3 x 6.8 km.)

Geoff Clark	23.56
Vin Gasper	25.19
Geoffrey Purnell	23.49

4th Place in 73.04 (first place Malvern in 70.42)

Fastest - P Gaffney (Keilor St. Bernards) - 22.57  
- D Nicholson (Malvern) - 23.02

**UNDER 16 MEN** (3 x 3.4 km.)

Ben Lynch 13.08  
Steven Wishart 12.38  
Michael Kenny 11.49

6th Place in 37.35 (first place Box Hill in 34.05)

Fastest - A Watson (Ballarat Region) - 11.02

**UNDER 14 MEN** (3 x 3.4 km.)

Tim Kilfoyle 13.26  
Tom Burns - Wallace 13.13  
Hamish Wishart 13.16

2nd Place in 39.55 (first place Ballarat Region in 36.22)

Fastest - D Lewry (Doncaster) - 11.50

**DIVISION 1 WOMEN** (4 x 6.8 km.)

Nadia Semjanov 25.15  
Pattie Galvin 28.05  
Joanne Lambert 27.54  
Joanna Wall 24.20

5th Place in 105.34 (first place Glenhuntly in 94.36)

Fastest - S Power (Glenhuntly) - 21.59  
- A Thompson (Glenhuntly) - 22.44  
- K Seibold (Malvern) - 23.36  
- S Gibbs (Peninsula R.R.) - 23.53  
- E Carney (Glenhuntly) - 24.04

**DIVISION 3 WOMEN** (3 x 6.8 km.)

Melissa Coghlan 31.11  
Lucy Mills 31.06  
Cathryn Hoare 34.28

13th Place in 96.45 (first place Sandringham in 77.18)

**UNDER 20 WOMEN** (3 x 3.4 km.)

Chantelle Faraguna 14.25  
Celia Cosgriff 14.00  
Alexandra Brown 15.04

6th Place in 43.29 (first place Eureka in 39.05)

**Note:** Chantelle Faraguna is Under 18 and Alexandra Brown is Under 16.

Fastest - K McGuinness (Eureka) - 12.36

**UNDER 18 WOMEN** (3 x 3.4 km.)

Taryn Rau 13.01  
Ashleigh Wall 12.29  
Bianca Cheever 12.40

1st Place in 38.10 (second place Doncaster in 38.16)

Fastest - F Nash (Doncaster) - 12.09

**UNDER 16 WOMEN** (3 x 3.4 km.)

Brianna Ricketts 13.58  
Chelsea Merry 13.40  
Paris Nielsen 14.35

5th Place in 42.13 (first place Box Hill in 37.43)

Fastest - H Tomlinson (Box Hill) - 11.43

**UNDER 14 WOMEN** (3 x 3.4 km.)

Kelsey Rau 13.30  
Harriet Brown 14.00  
Holly Lipson 14.54

3rd Place in 42.24 (first place Frankston in 40.48)

Fastest - J Holdsworth (Doncaster) - 12.50  
- Ambar Baxter (Frankston) - 13.01

## VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETE" AT WERRIBEE PARK EQUESTRIAN CENTRE CROSS-COUNTRY RELAYS

For each race of the A.V. Winter Season 3, 2, 1 votes will be given by the committee to Men and Women athletes in Senior and Junior Age Groupings to decide the "Geelong Region's Best Performed Male and Female Athletes". For these awards Senior Age Groupings will be Open Age and Under 20 while Junior Age Groupings will be Under 18, Under 16 and Under 14.

**Senior Men.**

3. Lee Troop  
2. Kym Morgan  
1. Rohan Perrott

**Senior Women.**

3. Joanna Wall  
2. Nadia Semjanov  
1. Joanne Lambert

**Junior Men.**

3. Michael Kenny  
2. Steven Wishart  
1. Tom Burns - Wallace  
1. Hamish Wishart

**Junior Women.**

3. Ashleigh Wall  
2. Bianca Cheever  
1. Kelsey Rau

## GEELONG ATHLETES FLY AROUND EASTERN GARDENS

Victoria's best distance runners assembled at the Eastern Gardens on Saturday 10th May for the running of the Athletics Victoria 8 km. Cross-Country Championship. Leading the way for the Geelong Team was Lee Troop who ran stride for stride with coach and best mate, Steve Moneghetti before drawing away over the last few kilometres to run out a comfortable winner of the Open Men's 8 kilometre

Race. On the Tuesday after the race Lee flew to America for two months of altitude training at Boulder, Colorado in the lead-up to the Paris World Athletics Championships. While overseas, Lee will contest the Bolder Boulder 10 km. Road Race on May 26 and the Sapporo Half Marathon in Japan on July 6. His next race in Geelong colours is expected to be the 12 km. Cross - Country at Bundoora on July 26th.

Just out of the top ten was Rohan Perrott, whose return to full racing fitness continues on track, while Kym Morgan ran strongly over the rolling hills of the Eastern Gardens to score valuable points for the Division One Team. Rounding out the Division One Team of six fastest finishers were Rowan Walker (37th), Geoff Purnell (95th) and Geoff Clark (127th).

In the Under 14 Men's Race a limited warm - up did not stop Tom Allan from flying over the 2 kilometre course to finish an excellent 5th against older athletes. Hot on Tom's heels was the rapidly improving Tim Kilfoyle with Tom Burns - Wallace and Ben Sturm all finishing in the top ten - great running, guys!

Equally impressive was the Geelong Under 14 Women's Team with 2002 team members, Kelsey Rau (1st) and Laura Stekelenburg (4th) leading home a talented group of young athletes. Well done, girls - it was fantastic to see so many Geelong athletes up with the leaders. Well done also to Kate Sly, Georgina Buckley and Amy Stekelenburg who all ran strongly in their first race for Geelong and Harriet Brown and Holly Lipson who continue to improve with every race.

This year the Under 20 Men's Division is particularly strong with a host of athletes competitive at Open Level. Running on strongly for Geelong over the 4 kilometre course was Andrew Tucker, who collected a bronze medal for third Country athlete home and Michael McKenzie, who has just resumed training after having a rather troublesome wisdom tooth removed.

In the Women's Under 20 Division, Hayley Cook did not let a uniform over-sight upset her concentration as she scooted around the course to finish third overall and first Country athlete home.

Three Geelong athletes lined up for the Under 16 Men's Division with Michael Kenny leading the way with an impressive 6th placing overall and third in the Country Division. Also running on well was Ben Lynch, who worked intelligently with Ashleigh Wall to run a strong, even pace. Edward Mitchell, in his first race in Geelong colours, clocked just over 4 minute kilometre pace around the undulating course. Hope you enjoyed your first run with us, Edward!

Also racing over 3 kilometres were Under 16 Women, Chelsea Merry, who took second place in the Country Division and Brianna Ricketts, who collected the Country bronze. Third Geelong runner home was the multi- talented Alexandra Brown, who warmed up for the cross - country with a game of hockey - 'bully' for you, Alexandra!

Under 18 athlete, Ashleigh Wall took a few weeks off after the summer track season to freshen up and to fully recover from a 'niggly' ankle. However, Ash showed at the Eastern Gardens that she is quickly returning to full racing fitness with a confident victory. Not far behind Ashleigh was training partner, Bianca Cheever, who has gone to another level after an outstanding summer track season that contained countless P.B.'s.

The Open Women's 6 kilometre event contained many of Australia's best female distance runners. However, Nadia

Semjanov was not daunted by the opposition as she steadily worked her way through the field with a strongly run last lap. Two places behind Nadia was Loretta McGrath, whose marathon ambitions will greatly benefit from a season of racing against the best over challenging courses. The ultra - consistent Joanne Lambert and Pattie Galvin were next across the line, collecting valuable Division One Team Points with top 50 placings. Before the race Melissa Coghlan set herself a goal of breaking 28 minutes for the 6 kilometre course. Well, 27 minutes and 44 seconds later - mission accomplished. Well done, Melissa!

One of the highlights of the Geelong race was the wonderful support given to local athletes. In particular, it was fantastic to see our juniors wildly cheering for Geelong team mates as they negotiated the course. Well done, kids - I reckon the "Geelong Cheer Squad" was sensational and each shout of encouragement took a few seconds from our final times.

Once again a small army of Geelong members were required to assist with marshalling and course management at the Geelong Cross - Country. Thank you very much to Peter Anderson, David Barfoot, Robert Cole, Richard Lawysz, Geoff McDonald, Bob Pitcher, Greg Trevarthen and Neil Whitmore for setting up a fantastic cross - country course and Andrew Chalmers, Heather Cheever, Katrina Jeremiah, Elwynne Kenny, Graeme Kilfoyle, Carole Kilfoyle, Wayne Lynch, Peter Rau, Tracey Rau, Darren Riviere, Lyn Taylor, Hugh Thyer, Greg Trevarthen, Ricky Troop and Kevin Varker for volunteering to act as marshalls on race day.

You will all be happy to hear that after a hectic start to the year, where an unbelievable 37 marshalls were required for the first two races, we are not required to supply marshalls for any other Athletics Victoria races for 2003, apart from time - keeping duties for our teams at the Sandown Road - Relays. Whew!!!

## GEELONG CROSS - COUNTRY

(Saturday 10th May)

### MEN'S OPEN 8 km.

Lee Troop	1st	23.41
Rohan Perrott	13th	25.16
Kym Morgan	23rd	25.41
Rowan Walker	37th	26.30
Geoffrey Purnell	95th	28.49
Geoffrey Clark	127th	29.30
Jamie Godwin	135th	29.42
Brad Saunders (Inv.)	157th	30.20
Paul Wilson	170th	30.47
Vin Gasper	179th	31.08
Simon Taylor	182nd	31.10
Paul Stewart	189th	31.22
Neil MacDonald	236th	33.04
John Stekelenburg	272nd	35.22

**Note:** Geoffrey Clark was 1st in the 50 + Vets Section.

Fastest - L Troop (Geelong)	- 23.41
- S Moneghetti (Ballarat YCW)	- 24.01
- S Nankervis (Ballarat YCW)	- 24.13
- S Field (St. Kevins)	- 24.19
- N Adkin (APS United)	- 24.29
- P Fenn (Inv.)	- 24.30
- R De Highden (Doncaster)	- 24.38
- J Dwyer (St. Kevins)	- 24.43
- T Wallace (Peninsulas R.R.)	- 24.53

- N Harrison (Glenhuntly) - 24.58
- M Chettle (Glenhuntly) - 24.59
- D Quin (Melb. University) - 25.05

**UNDER 20 MEN 4 km.**

Andrew Tucker	15th	14.10
Michael McKenzie	16th	14.16

- Fastest - C Birmingham (Eureka) - 12.28
- C Appleby (Ringwood) - 12.43
  - Z Holland (Frankston) - 12.45

**UNDER 18 MEN 4 km.**

- Fastest - D Locke (Peninsula R.R.) - 12.52
- S Ellis (Eureka) - 12.56
  - D Saw (Diamond Valley) - 12.57

**UNDER 16 MEN 3 km.**

Michael Kenny	6th	10.26
Ben Lynch	12th	11.23
Edward Mitchell	16th	12.14

- Fastest - R Lindsay-Jones (Ringwood) - 10.03
- A Watson (Wendouree) - 11.10
  - S Gibb (Ballarat YCW) - 10.17

**UNDER 14 MEN 2 km.**

Tom Allan	5th	7.03
Tim Kilfoyle	6th	7.11
Tom Burns-Wallace	9th	7.22
Ben Sturm	10th	7.28
Ryan Saunders (Inv.)	13th	7.59

- Fastest - K Fitzgerald (Wendouree) - 6.49
- D Lewry (Wendouree) - 6.53
  - J McVitty (Eureka) - 6.57

**WOMEN'S OPEN 6 km.**

Nadia Semjanov	22nd	23.23
Loretta McGrath	24th	24.05
Joanne Lambert	41st	25.03
Pattie Galvin	50th	25.22
Melissa Coghlan	81st	27.44
Cathryn Hoare	106th	30.56

- Fastest - A Thompson (Glenhuntly) - 20.26
- V Mitchell (Eureka) - 21.01
  - Karen Thorp (Inv.) - 21.12
  - Serena Gibbs (Peninsula R.R.) - 21.35
  - K Seibold (Malvern) - 21.50
  - R Gibney (Ballarat Harriers) - 21.52
  - R Barton (Eureka) - 21.59
  - E Carney (Glenhuntly) - 22.08
  - S Braakhuis (Melb. Uni.) - 22.10
  - L Weightman (Knox Ath.) - 22.18

**UNDER 20 WOMEN 4 km.**

Hayley Cook	3rd	15.40
Celia Cosgriff	D.N.F.	

- Fastest - K Fry (Inv.) - 15.08
- J Keage (Box Hill) - 15.19
  - H Cook (Geelong) - 15.40

**UNDER 18 WOMEN 3 km**

Ashleigh Wall	1st	11.15
Bianca Cheever	5th	11.41

- Fastest - A Wall (Geelong) - 11.15
- C Boyle (South Bendigo) - 11.20
  - K Jefferies (South Bendigo) - 11.33

**UNDER 16 WOMEN 3 km.**

Chelsea Merry	7th	12.11
Brianna Ricketts	12th	12.30
Alexandra Brown	21st	13.25

- Fastest - S Cant (Box Hill) - 10.48
- Z Warrington (Frankston) - 10.57
  - S Grahame (Frankston) - 11.11

**UNDER 14 WOMEN 2 km.**

Kelsey Rau	1st	7.23
Laura Stekelenbuurg	4th	7.42
Kate Sly	7th	7.49
Georgina Buckley	8th	7.53
Harriet Brown	11th	8.10
Holly Lipson	13th	8.18
Amy Stekelenbuurg	17th	8.30

- Fastest - K Rau (Geelong) - 7.23
- A Fitzgerald (Glenhuntly) - 7.34
  - S McCunley (Traralgon) - 7.35

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

**Senior Men.**

3. Lee Troop
2. Rohan Perrott
1. Kym Morgan

**Senior Women.**

3. Nadia Semjanov
2. Hayley Cook
1. Loretta McGrath

**Junior Men.**

3. Tom Allan
2. Michael Kenny
1. Tim Kilfoyle

**Junior Women.**

3. Kelsey Rau
3. Ashleigh Wall
2. Laura Stekelenburg
1. Bianca Cheever
1. Chelsea Merry

**SANDOWN ROAD RACE****(Saturday May 24)**

Our next Athletics Victoria race is the Sandown Road Race at the Sandown Motor Racing Course (Melways Map 80C - 10)  
**Don't forget:** if you have not entered with a Season Ticket

you need to enter individual races by 5:00pm. on the Monday prior to race day either on-line (athsvic.org.au) or fax (9427 9183) with full credit card details.

1:30 pm.	Women Under 14	3 km.
	Women Under 16	3 km.
	Men Under 14	3 km.
	Men Under 16	3 km.
2:00 pm.	Women Open	10 km.
	Women Under 18	10 km.
	Women Under 20	10 km.
	Men Under 18	10 km.
	Men Under 20	10 km.
3:00 pm.	Men Open	10 km.

**A Team Bus** will be leaving Norlane Waterworld at 11.00 am for those who require transport. Please phone Neil MacDonald (53 231620) to confirm your seat on the bus.

For each race of the Athletics Victoria Winter Season, Tony Kelly and the Bush Inn Hotel have generously donated a lunch or dinner for two. Winners will be selected for outstanding running / team spirit contributions.

The first two winners are:  
 Werribee Equestrian Centre - Rowan Walker  
 Eastern Gardens - Nadia Semjanov

Well done Rowan and Nadia.  
 Enjoy your meal and the Bush Inn's famous hospitality.

## RUNNER PROFILE

Louis Rowan is a relative newcomer to athletics. However, in the short time that he has been competing, Louis has shown great talent and a withering final sprint that makes him a danger in most races if he's within striking distance 150 metres from home. Louis is also a fanatical follower of horse racing and I reckon it would be a line ball decision if he had to choose between winning an Olympic Gold Medal in the 1500 metres or training the winner of the Melbourne Cup.

### Louis Edmund James Rowan

**Occupation** Part time farmer / horse breeder.

**Age** 24 **Date of Birth** 8 / 9 / 78

**Height** 194 cm. **Weight** 63 kg.

**Married / Single** Single.

**Coaches** Paul Schnyder / Jaime Werner

#### Personal Bests

400m.	52.1
800m.	1:52.3
1500m.	3:49.4
3000 m.	8:55
5000 m.	15:14
10 000 m.	32:16

**Favourite Food** Raspberries (Fruit of the Gods!)

**Food Eaten Before a Race** Jelly Beans (Glucogel)

**Favourite Drink** Baskin & Robins Thickshake (Jaffa)

**Favourite Movie** "Phar Lap".

**Favourite Book** World Atlas

**Favourite Music / Band** John Denver, Placido Domingo, Eric Bogle

**Favourite TV Show** "Bargin Hunt" and "The Simpsons"

**Favourite Night Spot** "Any place with family and friends."

**Favourite Holiday Spot** Hobart, Tasmania.

#### A Recent Training Week.

**Mon.** pm. Hills around Highton for 60 minutes.

**Tues.** pm. Track Session: 6 x 300 metres with 2 minutes recovery b/w. Try to run 42 seconds or faster for each rep.

**Wed.** pm. 1 minute 'on' / 1 minute 'off' x 7 along the Barwon River tracks.

**Thur.** pm. Track Session: 200 m. / 300 m. / 400 m. / 500 m. / 400 m. / 300 m. / 200 m. 'fast' with 2 minute recovery b/w.

**Fri.** am. 6 km. easy  
 pm. 6 km. easy

**Sat.** pm. Competition

**Sun.** am. 60 minutes long run.

**Other Training** Massage once a week. Friendly (but serious!) game of soccer with brothers-in-law (tougher than you may think!)

**Favourite Training Session** Reps on the beach.  
 5 x 1000 metres / 3 x 200 metres.

**Favourite Race** The Eliminator with the Geelong Professional Cross - Country Club.

(Ed. The Eliminator is run over three distances (4000 m. / 3000 m. / 2000 m.) with the last half the field eliminated after each race. There is only 10 minutes recovery between each race. Louis has twice come within a few seconds of winning this event as a back-marker.)

**Best Ever Performance** 1st in the 1999 800 metres at the Country Championships (my first 'big race!') 1st place "Burnie Mile" 2002.

**Favourite Place To Train** The Racetrack.

**Toughest Ever Training Session**

1 hour 40 minutes of fartlek / hills around Hobart.

**Most admired Runner / Person** Haile Gebrselassie (he's always happy!)

**Advice to Other Runners** "Never take for granted the ability to go for a run and enjoy the sights and sounds of this beautiful world. It is a gift from God that should be appreciated and treasured in your memory forever."

**Goals for the Future** 1. To train harder. 2. To win a Melbourne Cup. 3. To enjoy life.

**A Funny Running Story** "I once ran in a 5 km. Fun Run and the field was not exactly 'flash'. Soon I found myself way out in front and heading for a good time. Approaching a T intersection I was not sure of the way to go but I could see a marshall standing in the middle of the intersection. However, he had not seen me so I yelled, "Hey mate, which way do I go?" He

looked at me but did not respond so I yelled again, "HEY MATE, WHICH WAY DO I GO?" He then looked at me as if I was Patrick Payne queuing for food at Smorgy's. By this time I had come to a grinding halt and was standing next to him. I then asked him politely, "Could you please tell me the way to the finish?" He then did something that was totally unexpected - he pulled out a road map and proceeded to tell me where I was standing and where the finish was situated. After trying to read the map for over a minute, I took off again but I could still hear him talking as I ran off. Actually, I think he was a little bored and wanted to have a chat. Eventually, I finished the race in first place but in a rather slow time.

## AROUND THE TRACKS AND TRAILS

A small but talented group of Geelong athletes trekked north to Albury to contest the rescheduled Victorian Country Athletics Championships. Well done to the following Geelong Region athletes who won medals:

Celia Cosgriff	1st Open 400 metre H.	70.85
	1st U20 800 m.	2:26.84
Brenton Rowe	1st U18 3000 m.	9:29.19
	1st U18 800 m.	2:02.61
Joanne Lambert	1st Vet 3000 m.	11:17.79
Angela Byrt	2nd U16 400 m.	60.03
	3rd U16 100 m.	12.70
Laura Stekelenburg	1st U 14 400 m.	67.36
	1st U14 800 m.	2:33.51
	2nd U14 1500 m.	5:24.11
Simon Taylor	1st Open 3000 m. St.	9:57.54
	2nd Open 1500 m.	4:09.01
Amy Stekelenburg	3rd U14 400 m.	76.57
	3rd U14 800 m.	2:51.55
Rebecca Wiasak	1st Open 800 m.	2:17.61
Michael Kenny	1st U16 3000 m St.	7:00.4

The day after the Geelong Athletics Road Championships many of our endurance athletes lined up for the Geelong Half Marathon around the picturesque Barwon River. Well done to the following athletes who finished in the places:

Rowan Walker	2nd	Open Men	70.18
Lee Troop	6th	Open Men	71.28
Travis Trevarthen	1st	U 20 Men	85.16
Loretta McGrath	2nd	Open Women	82.22
Pattie Galvin	3rd	Veteran Women	91.37

The winners of the Open Sections were:

Gemechu Woyechu	66.09
Ruth Barton	79.56

Many of you may be wondering, "what happened to Troop?" especially considering his Half Marathon P.B. is a 'super fast' 61.00. Well, Lee was running the Half Marathon as part of his Sunday long run and had already completed an hour of running before the starter fired his gun. Feeling pretty good, Lee then picked up the pace a little as he gradually worked his way through the field. Then on finishing, he continued running. All up, Lee would have run close to 40 kilometres - not a bad Sunday morning's work!

Four of our junior athletes ran brilliantly at the VPSSA Track and Field Selection Trials at the Meadowglen Athletic Centre on Saturday 3rd of May and were selected for the Victorian Team to contest the 800 metres at the School Sport Australia Track and Field Championships in Darwin from September 11 - 15.

Congratulations to:

Amy Stekelenburg	2nd	10 Year Girls 800m.	2:44.78
Georgina Buckley	3rd	11 Year Girls 800m.	2:41.34

Kate Sly	3rd	12 Year Girls 800m.	2:32.53
Laura Stekelenburg	2nd	12 Year Girls 800m.	2:31.24

Amy, Kate and Laura all recorded Personal Best times in their races while Georgina was close to a P.B. despite running (and winning!) a District Cross - Country Selection Race the day before. Great running, girls!

Meanwhile, two of our senior athletes have been training and competing on the other side of the world. At the Cardinal Invitational, Stanford USA, Richard Jeremiah finished 6th in the 3000 metre steeple-chase, running a Personal Best time of 8:39.70.

Then one week later, Mark Fountain contested a 1500 metre race in Modesto, USA where he finished a close fourth in 3:42.09. The winner of the race was Bernard Lagat (3:40.66) from Lassiter (3:41.68) and Australia's Youcef Abdi (3:41.91). Mike Power was fifth in 3:42.45.

## KENENISA BEKELE. CROSS - COUNTRY'S YOUNG SUPER - STAR.

After successfully completing back-to-back defences of his two World Cross - Country titles in Lausanne, Switzerland, Ethiopia's, Kenenisa Bekele is arguably the greatest cross - country runner in the 100 year history of the sport. A big claim, you may say, especially when we consider that both Paul Tergat (1995 - 1999) and John Ngugi (1986 - 1989, 1992) were untouchable when the world's greatest runners, from milers to marathoners all contested the World Cross - Country Long Course title over 12 kilometres. However, it is hard to believe that even the great Tergat and Ngugi could have duplicated Bekele's performances of twice winning against the world's best over 4 kilometres and 12 kilometres on successive days. Bekele's mentor, Haile Gebrselassie, the most prolific World and Olympic endurance running winner and world-record breaker, has failed to win either of these races even once. Just one more title and Bekele will have one more than Ngugi and Tergat. Amazingly, Bekele is not yet 21.

Bekele, who also won the junior title in 2001, could not point to one specific reason for his success. "It's a gift from God. Everyone trains hard, but in the end, it's God who decides".

If there was one crushing put-down to the defeated Kenyans at Lausanne, it was Bekele's apparently casual preparation. While his rivals prepared meticulously, Bekele went on a Lake Geneva cruise and did not get to bed until well after midnight. "I went knowingly," he said. "It was my first time ever on a boat and I did not want to miss it. I wanted to see what it was like. I'm glad I went".

Then there was the small matter of the typhoid contracted less than a month before the World Cross - Country. "The medication can affect your strength," he said. "It made me tired."

Bekele is the second of six children. His father, a farmer with 20 cattle and 40 sheep, grows wheat, barley and the Ethiopian grain staple, tef.

Bekele, despite his outstanding cross - country form, has yet to have a proper track season because of injury. However, he has run 7:30.67 for 3000 metres (World Junior Record) and 13:13.33 for 5000 metres, so watch out for the little Ethiopian phenomenon in the lead up to the Paris World Championships.

*Because of the increased numbers competing for the Geelong Cross - Country Team we have decided to ask runners to contribute to our after - race snack / get-together. This will be done on a rotation basis with males kicking off first at the Sandown Road Race. Guys, don't feel as though you have to cook a sponge or a full cream pavlova - a packet of Tim Tams will go down very nicely with hungry athletes. Your 'goodies' will beautifully compliment the magnificent treats provided by Crichton Collins and the Pakington Bakery. Also, if athletes who finish their races early could please wait for all competition to conclude before tucking in so that we can all share in the 'goodies' and racing experiences over a cuppa, a chat and something nice to eat.*

# FINALLY, THANK YOU TO THE FOLLOWING FOR THEIR FANTASTIC SUPPORT OF THE GEELONG REGION CROSS-COUNTRY TEAM



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