



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 3

May 2001

CROSS-COUNTRY RELAYS OPENS WINTER SEASON

Brimbank Park will host the opening of the Athletics Victoria Winter Cross-Country Season. A new team uniform, impressive recruits and more Geelong Teams entered, all points to a promising season of Cross-Country and Road Racing for the guys and gals representing Geelong. Good luck and fast running to all members of the Geelong Region Cross-Country Team.

Neil MacDonald.

"THE ATHLETE'S FOOT" GEELONG ATHLETICS ROAD CHAMPIONSHIPS.

Saturday 28th April.

Last Saturday saw the running of the "The Athlete's Foot" Geelong Athletics Road Championships around the Eastern Gardens Road Circuit. Over time we hope that this race, run over a time tested course, will develop a fine history and tradition and become a highlight of the Geelong Athletics calendar for all runners. A special thank you to Geoff McDonald and the Geelong Centre for staging the Championships and Tony Stewart from "The Athlete's Foot" for his most generous support with Perpetual Trophies and spot prizes. All athletes loved the event and said they would be back next year to have a crack at Darren Lynch's / Jo Wall's course records or their individual P.B.'s.

Ideal conditions greeted a large field of runners keen to "strut their stuff" a week out from the A.V. Cross-Country Relays.

In the Open Men's Race, Mark Tucker took off like a Stawell Gift winner, closely followed by Darren Lynch and Rohan Perrott. However, as the race progressed, Lynch and Perrott eased to the front, then extended their lead up the last, gut busting hill. Coming over the crest off the hill it was anyone's race as both runners sprinted for home. Slowly but surely, Lynch opened a gap and crossed the line first in the impressive time of 13:39, just one second in front of Perrott. Mark Tucker continued his comeback to racing with a determined third.

The Open Women's Race saw Junior World Cross-Country representative and pre-race favourite, Jo Wall run a commanding race from the front to record the excellent time of 16:26. Karen Dorris, running a controlled pace early on, kept Wall in sight but was unable to bridge the gap, eventually finishing in a smart time of 16:42. Patty Galvin used her marathon strength over the challenging Eastern Gardens circuit to cross the line in third place.

In the Junior Boys Race, Tyson Mahon used all his track speed and cross-country strength to fly around the 2.35 km. course in the quick time of 6:58. Will Schofield sprinted home to sneak under 9 minutes for second place with Chris Last taking third, three seconds ahead of Chilwell team mate, Steven Wishart.

Taryn Rau continued her impressive early season form to cross the line first in the Junior Girl's Race ahead of Bianca Cheever and Chelsea Merry.

OPEN MEN. 2 LAPS OF EASTERN GARDENS (4.7 km.)

1.	Darren Lynch	13:39
2.	Rohan Perrott	13:40
3.	Mark Tucker	13:52
4.	Tim Bentley	14:29
5.	Damian Cranage	14:47
6.	Jamie Godwin	14:48
7.	Tom Paton	14:54
8.	Darren Riviere	14:58
9.	Greg Stewart	15:06
10.	Andrew Lambart	15:07
11.	Simon Taylor	15:23
12.	Michael McNaughton	15:26
13.	Dean Goddard	15:42
14.	Jason Leishman	15:50
15.	Geoffrey Purnell	15:59
16.	Stephane Vander Bruggen	16:01
17.	Barry Johns	16:30
18.	Paul Wilson	16:33
19.	Travis Trevarthen	16:34
20.	Paul Stewart	16:40
21.	Paul Shepherd	17:17
22.	Simon Cole	17:27
23.	Neil MacDonald	17:29
24.	John Moore	17:41
25.	Ben Leishman	18:49
26.	Neil Maurer	19:41
27.	Darryl Rhodes	20:19
28.	Richard Lawysz	20:55
29.	Mike McAvoy	21:28
30.	Peter Anderson	22:54

OPEN WOMEN. 2 LAPS OF EASTERN GARDENS (4.7 km.)

1.	Joanna Wall	16:26
2.	Karen Dorris	16:42
3.	Patti Galvin	17:33
4.	Inge Magher	18:40
5.	Andrea Cannell	18:50
6.	Phoebe Darbyshire	19:00
7.	Rebecca Wiasak	19:19
8.	Lucy Mills	21:15
9.	Linda Camp	21:27
10.	Celia Cosgriff	22:08
11.	Karen Wood	23:41
12.	Cathryn Hoare	24:21
13.	Jodie Godwin	24:59

JUNIOR BOYS. 1 LAP OF EASTERN GARDENS (2.35 km.)

1.	Tyson Mahon	6:58
2.	Will Schofield	8:59
3.	Chris Last	9:14
4.	Steven Wishart	9:17
5.	Hamish Wishart	9:35

JUNIOR GIRLS. 1 LAP OF EASTERN GARDENS (2.35 km.)

1.	Taryn Rau	8:50
2.	Bianca Cheever	9:00
3.	Chelsea Merry	9:24
4.	Kelsey Rau	9:28
5.	Harriet Brown	10:00
6.	Alexandra Brown	10:16
7.	Lauren Ellis	10:22
8.	Heide Borack	12:23
9.	Georgia Borack	12:23

RUNNER PROFILE

This profile features another of Geelong's promising juniors who was one of five Geelong athletes selected to represent Australia at the recent World Cross-Country Championships in Belgium.

Joanna Wall

Occupation Student (Year 12 Sacred Heart)
Age 17 **Date of Birth** 16 / 12 / 83
Height 170 cm. **Weight** ????
Married / Single Single
Coach Bruce Scriven

Personal Bests

800m.	2:18
1500m.	4:33
3000m.	9:53
2000m. Steeple	7:04
3000m. Steeple	11:11

Favourite Food Breakfast Cereal
Food Eaten Before a Race Banana and honey sandwich
Favourite Drink Fresh fruit juice
Favourite Movie Mission Impossible and Forrest Gump
Favourite Book Looking for Alibrandi
Favourite Music / Band Matchbox 20, Powderfinger and "heaps of other different stuff."
Favourite TV Show Seinfeld
Favourite Night Spot "nothing too exciting yet but I enjoy Barwon Heads or Ocean Grove with some friends."
Favourite Holiday Spot Noosa and Bali

Jo's Training Two Weeks Before The World Cross-Country Championships

Mon.	pm.	Track Session. (8 x 400 metres with a 200 metre 'float' between)
Tues.	pm.	30 minute easy run.
Wed.	pm.	Fartlek. (3 x 6 minutes fast / relaxed with 2 minutes easy between)
Thur.	pm.	40 minute easy run.
Fri.		Rest Day or Easy Jog
Sat.	am.	Threshold Run. (25 minutes at an easy pace out then turn around and 20 minutes Threshold Pace back)
Sun.	a.m.	Long Run (60 minutes)

Other Training / Recovery Sessions.

Surfing, swimming and paddling across the river on my surfboard.

Favourite Training Session My long run and "Mona" fartlek.

Favourite Race Cross-Country

Best Ever Performance Australian selection for the 2001 World Cross-Country Championships.

Favourite Place To Train Barwon Heads

Toughest Ever Training Session 10 x 300 metres @ 1500 metre Race Pace with 100 metre jog between. (on New Years Day!)

Most Admired Runner / Person Hicham El Guerrouj

Advice to Other Runners "Persevere and have fun!"

Goals for the Future To continue to enjoy running and to keep progressing. I'd also love to represent Australia again and to get into the Physiotherapy Course at University.

Anything else???? The World Cross-Country Championships in Belgium is obviously my most memorable race so far not just because it was my first international event but also because the conditions were the coldest and muddiest I've ever experienced. It was 7 degrees C for my race with the added wind-chill factor. It was freezing! I'm very sensitive to the cold so I wore 3/4 leggings under my two piece as well as gloves and a headband!. The mud was also quite deep and very sloshy in places so we taped our shoes to prevent losing them in the mud. Unbelievably, some of the Africans ran bare foot! After the race everyone was covered in mud. My legs were black and I even had mud over my face. It was also great to mix with the other Australian runners like Benita Willis while travelling and training overseas."

AROUND THE TRACKS AND TRAILS

Congratulations to Craig Mottram, Lee Troop, Richard Jeremiah, Georgie Clarke and Joanna Wall on their efforts in the World Cross - Country Championships in Belgium (March 24 / 25). In conditions more suited to mud wrestling than running, all five Geelong runners acquitted themselves extremely well.

In the Men's 4km. Short Course Race, Craig Mottram became only the third Australian male to finish top ten with a fantastic 8th place amongst a pack of African runners.

Lee Troop recorded his best ever World Cross-Country finish with an excellent 25th placing in the Men's 12 km. Long Course. Using his marathon strength to advantage, Lee was up to 16th place mid race until a fall in the Belgium mud resulted in him dropping to the high 20's. And at this standard a second lost is at least a placing forfeited. Over the last half of the race Lee battled on well, a most promising sign a month before the Rotterdam Marathon.

In fact, Lee finished a fantastic 6th in Rotterdam, running 2 hours 10 minutes and 5 seconds - a P.B. by over a minute. Lee is now the fifth fastest Australian over the marathon distance behind Rob De Castella (2.07.51), Steve Moneghetti (2.08.16), Derek Clayton (2.08.33) and Pat Carroll (2.09.39). Richard Jeremiah was unlucky to go into his Junior Race with an interrupted preparation due to the flu and an injury niggle. However, Ritchie battled on gamely to finish 88th, but more importantly, gained a lot from the experience.

Georgie Clarke, in conditions not suited to her track running strengths, ran extremely well to finish 19th after being up with the leaders in the early parts of the Women's Junior Race. Jo Wall, running in Australian colours for the first time,

worked her way through mud, slush and other runners over the second half of the Women's Junior Race to move up from the high 60's to her final placing of 53rd. Jo was also part of the Australian Junior Team that placed 4th behind Ethiopia, Kenya and Japan - a fantastic effort!

Craig Mottram and Georgie Clarke did not confine their outstanding form to cross-country with fine performances in the World Indoor Championships (Craig 8th in the 3000 metres final and Georgie running very strongly and aggressively in her 1500 metre heat). Congratulations also to Craig and Georgie who have been named in the Australian Team for the World Athletic Championships to be held in Edmonton, Canada in August, while Bruce Scriven (Australian Team Coach) and Andrew Lambert (Australian Team Physiotherapist) will accompany them overseas in an official capacity.

On the local scene, Geelong Region Cross-Country Team runners have been very busy and successful.

At the Barwon Banks Fun Run, a rejuvenated Mark Tucker was first in the 5km. just ahead of Mark Boxer. Patty Galvin, hitting form at the right time in her preparation for the Gold Coast Marathon in June, won the women's 5km. just ahead of promising junior, Taryn Rau. In the 10 km., Darren Riviere was 4th while Karen Dorris was 3rd in the Women's Race. New club runners, Inge Magher and Andrea Cannell also ran strongly to record huge P.B.'s.

Mark Tucker was also in fine form in winning the Corio Bay Challenge over 8km. Club runners dominated the placings with a 'fired-up' Michael McNaughton running brilliantly into second place ahead of Darren Riviere, Tyson Mahon, Geoff Purnell, Michael McKenzie and Paul Wilson. Patty Galvin was again in top form with a second in the women's race.

The "Sheepwash Classic" saw Darren Lynch bouncing back to good form with an impressive win in the Men's 8km. Mark Tucker, the new "Fun Run King", was again in the placings and won \$50 worth of petrol for his fine run. Mark was later seen carrying his prize home in a small paper cup! Jo Wall, more suited to running along the beach and roads of Barwon Heads than the quicksand of Europe, won the Women's Race from Karen Dorris and Patty Galvin - great running girls, our women's teams are looking very strong this year!

On the Professional Foot - Running scene, Jamie Werner has tasted success over 2 miles earlier in the season while Mark Boxer recorded placings at the Mecca for the Pro's, Stawell. Well run, guys!

Finally, congratulations to Lisa and Rohan Perrott for the birth of Liam George Perrott, a fine runner in the making, to be sure, to be sure.

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

RELAY FOR LIFE

Nothing planned for 24 hours over the weekend of March 17 / 18? Why don't we jog around Landy Field? - it's for a great cause and don't worry, you won't have to run too hard, you'll get plenty of rest!

Well, 17 of us did run but don't let anyone tell you that the "Relay for Life" was easy. Most of us were tired and sore for a week! However, it was a great team - bonding exercise and we did raise \$2189.65 for Cancer Research and Care (the 54 teams at Landy Field raised over \$118 000).

Pushed all the way by the "Blood and Guts" Team, we also managed to smash the record for laps covered in 24 hours (923 laps which works out to be 3:52 minute / kilometre pace) Someone even mentioned aiming at 1000 laps next year - they must have been delirious from sleep deprivation!!!!

The Exercise Physiologists amongst us also discovered that:

- * there is no such thing as an easy 30 minute run in the "Relay for Life".
- * unplanned toilet stops were a frequent occurrence among the "midnight to dawn" shift.
- * it takes longer than 10 minutes to fully digest a fatty sausage!
- * a cheer from team mates has got to be worth at least a second a lap.

Anyway, fantastic effort: Darren Riviere, Rohan Perrott, Geoff Purnell, Andrew Lambart, Jamie Godwin, Jodie Godwin, Mark Tucker, Michael McNaughton, Paul Wilson, Simon Cole, Josh Baker, Travis Trevarthen, Bruce Scriven, Dean Goddard, Libby Crowe, Graeme Watkins, Tyson Mahon, John Perrott, Kevin Varker and Neil MacDonald.

Is anyone free for an easy jog mid March next year???? Don't worry, it won't take too much out of you!

N. B. I've already enquired about a hot tub, a masseur and a psychologist!

DON'T FORGET THE NIGHT AT "THE ATHLETE'S FOOT"

All members are invited to "The Athlete's Foot", Market Square Geelong, on **Thursday 10th May from 6.00 - 8.00 pm.** Tony Stewart, Owner / Manager has made available for the night:

- * "Fitprint" computer software to analyse your foot type.
- * Treadmill Video Gait analysis. Receive expert advice from Oliver Ladd (Podiatrist / Brooks technical Rep.) on shoes best suited to your foot type / running needs.
- * Brooks latest clothing at greatly reduced prices.
- * Brooks latest running shoes including the "Mach 5 Cross - Country Racing Spike.
- * Special Discounts on the night on all running shoes.
- * GIVEAWAYS!!!!
- * Special "V.I.P. Customer Discount Cards" issued to all members.

Bring your running gear and check out the latest running technology, running shoes and clothing.

Please phone Neil MacDonald (52 231620) to confirm numbers attending.

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

**GEELONG
PHYSIOTHERAPY CENTRES**

**'DIZZY' LYNCH
AND
"THE BUSH INN HOTEL"**

**THE CITY OF
GREATER GEELONG**

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

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

GEELONG REGION CROSS – COUNTRY CLUB 2001 WINTER RACING PROGRAM

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

ATHLETICS VICTORIA WINTER AGE GROUP RACE DISTANCES

	CROSS - COUNTRY				ROAD RACES				
	Warragul	Bundoora	Brimbank	Brimbank Relay	Flemington	Albert Park	Burnley Half M.	Sandown Relay	Long Relay
Open Men	8 k	12 k	16 k	6 k	10 k	15 k	21.1 k	6.2 k	
Open Women	6 k	8 k	4 k	6 k	10 k	15 k	21.1 k	6.2 k	
Men 40 +	8 k	12 k	16 k	6 k	10 k	15 k		6.2 k	
Men 50 +	8 k	12 k	16 k	6 k	10 k	15 k		6.2 k	
Women 40 +	6 k	8 k	4 k	6 k	10 k	15 k		6.2 k	
Men U 20	4 k	8 k	6 k	6 k	10 k	5 k		6.2 k	
Women U 20	3 k	6 k	4 k	3 k	10 k	5 k		3.1 k	
Men U 18	8 k	6 k	4 k	3 k	10 k	5 k		3.1 k	
Women U 18	3 k	4 k	6 k	3 k	10 k	5 k		3.1 k	
Men U 16	4 k	6 k	3 k	3 k	3 k	5 k		3.1 k	
Women U 16	6 k	4 k	3 k	3 k	3 k	5 k		3.1 k	
Men U 14	2 k	4 k	3 k	3 k	3 k	5 k		3.1 k	
Women U 14	2 k	4 k	3 k	3 k	3 k	5 k		3.1 k	

Ages Calculated at 31 st December 2001 for Under Age Competition / 1-st January for Over Age.