



# GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 31

August 2003

## FROM TROOP TO ROOKE. CHECKMATE FOR GEELONG AT BUNDOORA PARK.

A smaller than usual contingent of Geelong athletes travelled to Bundoora Park for race six of the Athletics Victoria Winter Season. Unfortunately, injury and the usual cold weather ailments had hit hard after the successes at Sandown. Also, many of our junior athletes were set to contest the Victorian Little Athletics Cross - Country Championships at Drouin the following day. However, there were many fine performances from Geelong athletes who were fit, healthy and available.

Leading the way for Geelong was Lee Troop who was after a hard race on home soil before heading to St. Moritz for two weeks of altitude training in the lead-up to the Paris World Athletic Championships. Lee's tactics were simple and slightly brutal - run the first lap of three kilometres very, very hard (8 minutes 30 seconds), then rely on marathon strength over the remaining three laps. Understandably, this had the top runners spread out fairly quickly with only Mark Tucker willing to hang on during the opening lap. When asked on the bus trip home why he went with Troop's punishing early pace, Mark responded, "because I wanted to win the race!" It's pretty hard to argue with logic like that! Eventually, the 'grand old man' of Australian distance running, Steve Moneghetti, joined Troop and a tiring Mark Tucker. Over the next two laps, 'Ballarat's Finest' and the 'Geelong Flier' ran stride for stride before Troop was able to gain a slight break on his best mate within sight of the finish for a satisfying win. Despite dropping off the pace a little during the later part of the race, Mark Tucker finished an excellent third, well clear of fourth place.

Kym Morgan made a last minute decision to race at Bundoora and was a very handy addition to our Division One Team of first six across the line with a solid 36th placing.

Next to finish for Geelong was Ross Young who started conservatively before picking up the pace, and tiring runners, over the second half of the race.

The longer the race, the better Darren Riviere likes it. So it was no surprise to see 'Dazz' running his best race for some months over the challenging 12 kilometres around Bundoora Park. Rounding out the top six was 'Super Vet', Geoff Clark who not only finished in the top 100 for the Open Division but also claimed third place in the 50 + Veteran's Division.

Geoff Purnell has been the 'Ironman' of the Geelong Team over the last three seasons with not one Athletics Victoria race missed by our hirsute veteran. However, even the seemingly indestructible can have a hiccup as Geoff discovered on the second lap when a hamstring went 'twang!' Courageously, a clearly restricted Geoff battled on to the finish. Hopefully, Kev Varker can work his magic on Geoff's gnarly legs and have him fit and flying soon.

Paul Wilson was another Geelong runner who employed a conservative approach early on before working his way through the field as the race progressed. With each race Paul is regaining form and fitness and could be setting himself for a big race at Burnley over the half - marathon distance?

Another athlete improving with each race is Andrew Chalmers, who ran a strong first 11.8 kilometres before unleashing a

finishing burst that Carl Lewis would have been proud of.

Under 20 athlete, Emily Rooke returned to top form with an excellent win over 6 kilometres. Last year Emily recorded 24.44 at Bundoora for 6 kms. so even given the changing conditions evident in cross - country courses, Emily has certainly made great progress in clocking a swift 22.53. Great running, Emily!

Also racing over 6 kilometres was the "Dunkeld Dynamo", Brenton Rowe, who despite being 'bottom age' this year, ran very well to finish 5th in a highly competitive age-group.

Under 14 athlete, Tim Kilfoyle decided that a fast start was needed in his 4 km. event. A two kilometre split of just over 7 minutes indicated that Tim had followed the game plan to the letter. Understandably, Tim tired a little over the last half of the race but still placed a highly creditable 8th.

Finishing just outside the top ten was Hamish Wishart, who ran two strongly paced laps of Bundoora.

Our sole representative in the Under 20 Men's 8 kilometre race was Andrew Tucker who is regaining top form after careful management and recovery from early season knee soreness. Andrew was able to use the in-form Women's winner, Hayley McGregor as a guide and did well to keep her in sight for the duration of the race.

Due to illness and injury, many of our Open Women could not race at Bundoora. Fortunately, Joanne Lambert had recovered from her dose of the flu and did well to complete the four laps of Bundoora at a good, steady pace.

Under 16 athlete, Brianna Ricketts was not going to let a tight hamstring curtail her Saturday afternoon cross - country ambitions as she ran strongly to finish 7th over the two lap course. Hope the hamstring improves quickly, Brianna!

Another athlete not feeling 100% was Kelsey Rau, who woke on Saturday morning with a head cold. However, showing the grit and determination that the Rau family is famous for, Kelsey not only started her race but led the lead pack, that included top Under 16 runner Hayley Tomlinson, for the first few hundred metres. However, breathing problems eventually meant that a brave Kelsey wisely pulled out at the three kilometre mark. Hope you're feeling better soon, Kelsey!

## BUNDOORA PARK CROSS - COUNTRY

(Saturday 26th July)

### MENS OPEN 12 km.

Lee Troop	1st	35.19
Mark Tucker	3rd	36.12
Kym Morgan	36th	40.25
Ross Young	50st	41.35
Darren Riviere	75th	42.57
GeoffClark	96th	48.58
Paul Wilson	120th	45.17
Geoffrey Purnell	139th	46.11
Andrew Chalmers	181st	49.22
Neil MacDonald	182nd	49.24

Fastest - L Troop (Geelong)	- 35.19
- S Moneghetti (Ballarat YCW)	- 35.22
- M Tucker (Geelong)	- 36.12
- S Nankervis (Ballarat YCW)	- 36.27
- N Harrison (Glenhuntly)	- 36.35
- N Adkin (A.P.S.)	- 36.49
- S Field (St. Kevins)	- 36.59
- D Ruschena (Glenhuntly)	- 37.13
- R De Highden (Doncaster)	- 37.15
- D Quin (Melb. University)	- 37.31

**UNDER 20 MEN 8 km.**

Andrew Tucker 7th 27.13

Fastest - C Appleby (Ringwood)	- 25.46
- A White (Box Hill)	- 25.57
- B Woodman (Glenhuntly)	- 26.10

**UNDER 18 MEN 6 km.**

Brenton Rowe 5th 20.28

Fastest - L Adams (Aths. Essendon)	- 19.02
- S Ellis (Eureka)	- 19.28
- T Rayner (St Kevins)	- 19.54

**UNDER 16 MEN 6 km.**

Fastest - A Watson (Wendouree)	- 20.57
- R Lindsay-Johns (Ringwood)	- 21.06
- K Ryan (Eureka)	- 21.20

**UNDER 14 MEN 4 km.**

Tim Kilfoyle 8th 15.04  
Hamish Wishart 11th 15.56

Fastest - K Fitzgerald (Wendouree)	- 13.39
- D Lewry (Wendouree)	- 13.45
- J Harris (Collingwood)	- 14.03

**WOMENS OPEN 8 km.**

Joanne Lambert 35th 34.24

Fastest - H McGregor (Knox Athletic)	- 26.46
- A Thompson (Glenhuntly)	- 27.04
- K Thorpe (Sandringham)	- 27.57
- V Mitchell (Eureka)	- 28.23
- K Seibold-Crosbie (Malvern)	- 28.34
- R Gibney (Ballarat Harriers)	- 28.52
- R Barton (Eureka)	- 29.05
- J Wilson (Malvern)	- 29.15

**UNDER 20 WOMEN 6 km.**

Emily Rooke 1st 22.53

Fastest - E Rooke (Geelong)	- 22.53
- J Keage (Box Hill)	- 23.28
- L Biffin (Eureka)	- 24.30

**UNDER 18 WOMEN 4 km.**

Fastest - A Uys (Frankston)	- 14.48
- P Brown (Ringwood)	- 14.52
- K Jeffries (Bendigo)	- 15.08

**UNDER 16 WOMEN 4 km.**

Brianna Ricketts 7th 15.45

Fastest - H Tomlinson (Box Hill)	- 13.28
- Z Warrington (Frankston)	- 13.54
- S Grahame (Frankston)	- 14.14

**UNDER 14 WOMEN 4 km.**

Kelsey Rau D.N.F.

Fastest - J De Cecco (Keilor St. Bernards)	- 15.10
- M Findlay (Wendouree)	- 16.01
- M Russell (Diamond Valley)	- 16.12

**VOTES FOR  
"BEST PERFORMED GEELONG  
REGION ATHLETES" AT THE  
BUNDOORA PARK CROSS-COUNTRY**

**Senior Men.**

3.	Lee Troop
2.	Mark Tucker
1.	Kym Morgan
1.	Andrew Tucker

**Senior Women.**

3.	Emily Rooke
2.	Joanne Lambert

**Junior Men.**

3.	Brenton Rowe
2.	Tim Kilfoyle
1.	Hamish Wishart

**Junior Women.**

3.	Brianna Ricketts
1.	Kelsey Rau

**THE BUSH INN AWARD**

The winner of the Bush Inn Award for the Bundoora Park Cross-Country is

**Emily Rooke**

for her outstanding win in the Under 20 6 km. and her improving form during the Winter Season.

Well done, Emily.

Enjoy your meal and the Bush Inn's famous hospitality.

**COLIBAN WATER ROAD RELAY  
HARCOURT - BENDIGO**

(Saturday 2nd August)

After the great successes at the Sandown Road Relays, Geelong senior athletes optimistically climbed aboard the team bus that was headed for the start of the Coliban Long Road Relays at the Harcourt Swimming Pool. Soon, it was Quiz Master, Jamie "Who Wants To Be A Millionaire" Godwin who had centre stage as he tested the grey matter with obscure questions from the Geelong Advertiser. Eventually, it was the front of the bus, brilliantly led by Trivia Queen Nadia Semjanov, who was declared the winner.

However, at the back of everyone's mind was what lay ahead - the gut busting up-hills, the quad killing down-hills and the unforgiving terrain that stretched out ahead for as far as the eye could see.

One supremely focused athlete was Rowan Walker, who had been allocated the infamous "Mount Alexander Leg". For this bus trip Rowan had packed "Just And Unjust Wars" as a little light reading matter. However, the book stayed shut tight as Rowan visualised running strongly up the three kilometre climb more suited to Hillary than Walker, building momentum as the climb levelled out, then flying over the four kilometre steep down hill that turns the legs to jelly - Ah, the joys of being a distance runner!

Fortunately, after a week of wintery weather, race day conditions were perfect as Richard Jeremiah toed the starting line for the Division One Men. This was to be Ritchie's final hit-out for Geelong before heading to Queensland for a training camp in the lead-up to the World University Games and he showed he was in good form by recording fastest time over the challenging (and perhaps slightly long) 5.2 kilometre leg.

Rowan Walker then took off up Mount Alexander determined to hold onto the Geelong lead. Summoning every ounce of energy in his body, Rowan was first to the summit. However, the race was on as Michael Chettle of Glenhenty was closing. Running fast down hill is an art. It is also quite dangerous as one false move can mean disaster and metres of lost skin as the human body will always come off second best in a collision with rough asphalt roads. However, Rowan really got rolling over the last few kilometres to have Geelong within striking distance of the lead. Interestingly, Michael Chettle paid the price for his flying decent as a hamstring went 'twang' within sight of the change-over point. The second toughest leg on the Coliban Course is "The Gap". Unfortunately, the race description in the A.V. Handbook says only, "has difficult sections" and does not do this 9.3 kilometres of country road justice. Ask Kym Morgan what he thought of "The Gap" and you will probably get a different response. Despite being less than 100% due to a recent virus, Kym gave it everything he had as he was cheered on by team-mates up the long, cruel climb to the change-over point.

Nick Ashton has become Geelong's Coliban Water Race Leg specialist over the last three years and would surely know every rock, twist and turn along the challenging five kilometre course. His previous two attempts resulted in times of 17.42 and 18.16. This year Nick recorded 18.12 and showed that he is in great shape for the up-coming track season.

Rohan Perrott has completed six Coliban Road Relays. However, 2003 was the first time Rohan had raced over the 'relatively flat' Sedgwick Valley Leg. Unfortunately, Rohan strained a calf at Albert Park six weeks ago, and while only missing a few days training, he had not completed any quality sessions in the lead-up to Coliban. Even so, Rohan ran a strong fifth leg and more importantly, pulled up well.

Another athlete returning from injury was Louis Rowan who strained a lateral ligament in his knee when a 'brainless clown' decided to put a large branch across one of the Barwon River walking tracks used by Louis for an after dark fartlek session. Despite still feeling knee soreness and not being 100% fit, Louis ran solidly over the undulating Hogan's Road section. As his six team-mates negotiated more than a marathon around the Bendigo countryside, Mark Tucker was patiently waiting at the final change-over. Two years ago, an 80% fit Mark Tucker set the course record for the Athletics Track Leg. This year, a much fitter Mark was determined to blow that time out of the water. He was also keen to peg back a few places as Geelong was still an outside chance of a team medal. However, despite running 14.28, a time that took 31 seconds off the old record, Mark had to be content

with taking Geelong into a creditable fourth placing.

Two years ago Emily Rooke ran "The Orchards" Leg at the Coliban Relay in a very respectable 28.03. In 2003 she was again asked to lead off for Geelong and did so in style when she stopped the clock at 27.20.

Second runner, Cathryn Hoare then set off strongly along the Coliban Water Race determined to keep Geelong in with a strong medal chance. Twenty-four minutes and fifty-eight seconds of sustained running later, Cathryn had accomplished her goal.

Rhythm runners are usually selected for the long, relatively flat Sedgwick Valley Leg. This job description suited Loretta McGrath perfectly as she powered down the road towards fourth Geelong Woman, Nadia Semjanov.

Nadia has also had a few leg injury niggles of late. However, sensibly backing off for a few weeks and purchasing new running shoes has worked wonders. A fresh and pain-free, Nadia was able to run strongly over the varied terrain of Hogan's Road to have our Geelong girls in fifth place with one leg to run.

And so, it all came down to the final 4.9 kilometres. Could Joanne Lambert run down two or more athletes to collect a Geelong Team medal? Well, it was never in doubt as a determined Jo flew down the road towards the Bendigo Athletics Track with a medal in her sights. Eventually, our gals collected the bronze medal to keep our Division One Women's Team high up on the overall season's team placings. Great running, Emily, Cathryn, Loretta, Nadia and Jo!

Distance runners can be a little strange. Just when you think you have seen it all, something new comes along to bowl you over. Such was the case on the opening leg for the Geelong Division Four Men when a rival competitor decided to race over the tough, unforgiving road surfaces of "The Orchards" Leg in thongs - just cheap rubber thongs that would have cost \$1 in Coles. And believe it or not, despite slipping out of the thongs slightly on the steep up-hills, Mr Thongs absolutely flew on the down-hills to record a highly respectable time. However, I'm not sure whether he was wearing his racing thongs or training thongs.

Two years ago Vin Gasper was flabbergasted to read in the Coliban Information Handout that the Coliban Water Race Leg was rated as 'flat' terrain. What about the final hill that forced the race leader to walk at one stage, countered Vin? Well, this year Vin was back to challenge the course again and was amused to read that the grading had been changed to 'relatively flat'! However, hill or no hill, Vin ran very well to get Geelong back into the medal hunt after a slow opening leg.

Over the last few weeks Paul Wilson has headed back to Landy Field to complete some quality track sessions with Darren Riviere. This extra speed work has certainly paid dividends as Paul ran a very strong leg along Sedgwick Valley to move Geelong into the top three places.

A Geelong win was now a strong possibility, especially with 'Super-Vet', Geoff Clark ready to fly along Hogan's Road. Well, fly Geoff did as he steadily worked his way through the field to eventually hit the front.

Final runner, Andrew Chalmers then put the icing on the cake as he sprinted over the final 400 metres of the Bendigo Athletics Track to take Geelong to a fine victory.

Great running Vin, Paul, Geoff and Andrew!

Thorough planning and split second timing are required for the smooth running of the Coliban Road Relay. Actually, the Coliban is more like a military operation than a road race. To make sure everything worked like a well oiled machine,

Geelong athletes were well versed on which bus to catch, what to do with clothing bags and when the team bus would pick them up. However, we did not count on the Geelong Team bus becoming lost and covering many extra kilometres around the Bendigo country-side. Eventually, Emily Rooke and Jamie Godwin discovered which way to hold the map and we were back on course. Thanks Emily and Jamie!

Every bus trip home from the Coliban Road Relay has something different to offer. However, they are all great fun and highly entertaining. On previous trips we have had Lee "Hits and Memories" Troop leading a two hour karaoke session for tired, off key athletes or cake and candles to celebrate Rebecca Wiasak's 18th birthday. This year was a little different with a bizarre ("I know the question but I'm not sure of the answer!") quiz organised by Geoff Clark and Rohan Perrott's "Weetbix Eating Competition" that had the whole bus trying to devour one Weetbix / without liquid, in under 60 seconds. Well, we did discover that Weetbix tends to set like cement in the back of your mouth, making quick swallowing virtually impossible. However, Loretta McGrath was sensational in setting a Coliban bus record of 73 seconds. Rohan Perrott is already in training for a rematch next year!

Finally, we need to thank Greg Trevarthen for his great work in piloting the Team Bus once again and Kevin Varker, Geoff Purnell and Jamie Godwin for marshalling, managing teams and leading the Geelong Cheer-Squad. Thanks guys, we all really appreciate your wonderful support!

#### **DIVISION 1 MEN** (48.8 km. 7 runners)

(The Orchards Leg - 5.2 km. "Hard Leg")

Richard Jeremiah . 17.58

Fastest Times - Richard Jeremiah (Geelong) - 17.58  
- L Gloster (Glenhuntly) - 18.36

(Mt. Alexander Leg - 8.3 km. "#@&%\$#@ Hard Leg")

Rowan Walker 29.48

Fastest Times - M Chettle (Glenhuntly) - 28.30  
- S Quilty (Doncaster) - 28.43

(The Gap Leg - 9.3 km. "Very Hard Leg")

Kym Morgan 33.37

Fastest Times - P Hulbert (Glenhuntly) - 30.42  
- D Paulin (Doncaster) - 30.59  
- M Michelsson (Collingwood) - 30.59

(Coliban Water Race Leg - 5.0 km. "Relatively Flat")

Nick Ashton 18.12

Fastest Times - R O'Donnell (Glenhuntly) - 16.59  
- M Harding (Doncaster) - 17.29

(Sedgwick Valley Leg - 7.5 km. "Relatively Flat")

Rohan Perrott 24.21

Fastest Times - D Ruschena (Glenhuntly) - 22.23  
- T Wallace (Peninsula R.R.) - 22.44

(Hogan's Road Leg - 8.6 km. "Undulating")

Louis Rowan 30.01

Fastest Times - M Power (Glenhuntly) - 24.47  
- G Schmidlechner (Doncaster) - 25.55

(Athletic Track Leg - 4.9 km. "Relatively Flat")

Mark Tucker 14.28

Fastest Times - M Tucker (Geelong) - 14.28  
- A Searl (Glenhuntly) - 16.18

Geelong 4th place in 2:48.25

1st place Glenhuntly in 2:38.15

2nd Doncaster in 2:42.11

3rd Box Hill in 2:45.49

#### **DIVISION 4 MEN** (32.3 km. 5 runners)

(The Orchards Leg - 6.3 km. "Hard Leg")

Neil MacDonald 28.57

Fastest Times - M Davy (Oakleigh) - 24.13  
- A Long (Ringwood) - 24.29

(Coliban Water Race Leg - 5.0 km. "Relatively Flat")

Vin Gasper 19.41

(Sedgwick Valley Leg - 7.5 km. "Relatively Flat")

Paul Wilson 27.08

(Hogan's Road Leg - 8.6 km. "Undulating")

Geoff Clark 30.25

(Athletic Track Leg - 4.9 km. "Relatively Flat")

Andrew Chalmers 20.09

Geelong 1st place in 2:06.20

2nd place Diamond Valley in 2:07.59

3rd place Western Athletics in 2:16.08

#### **DIVISION 1 WOMEN** (32.3 km. 5 runners)

(The Orchards Leg - 6.3 km. "Hard Leg")

Emily Rooke 27.20

Fastest Times - J Wilson (Malvern) - 25.47  
- S Braakhuis (Melb. University) - 26.10

(Coliban Water Race Leg - 5.0 km. "Relatively Flat")

Cathryn Hoare 24.58

Fastest Times - T Austin (Malvern) - 20.17  
- C Waters (Melb. University) - 22.18

(Sedgwick Valley Leg - 7.5 km. "Relatively Flat")

Loretta McGrath 27.05

Fastest Times - A Lord (Ringwood) - 27.03  
- L McGrath (Geelong) - 27.05

(Hogan's Road Leg - 8.6 km. "Undulating")

Nadia Semjanov 33.24

Fastest Times - K Seibold - Crosby (Malvern) - 30.31  
- J Petrie (Ringwood) - 33.11

(Athletic Track Leg - 4.9 km. "Relatively Flat")

Joanne Lambert 19.42

Fastest Times - J Lambert (Geelong) - 19.42  
- J Nomey (Ringwood) - 20.33

Geelong 3rd place in 2:12.29

1st place Malvern in 2:04.40  
2nd place Ringwood in 2:11.15

## COLIBAN ROAD RELAY INDIVIDUAL LEG RECORDS

**Leg 1. The Orchards - 5.2 km.**  
Sean Quilty 1998 Doncaster 17.05

**Leg 1. The Orchards - 6.3 km.**  
Lex Davey 1999 Keilor St. Bern. 21.52  
Serena Gibbs 2002 Peninsula R.R. 24.00

**Leg 2. Mt. Alexander - 8.3 km.**  
Sean Quilty 1997 Doncaster 27.11

**Leg 3. The Gap - 9.3 km.**  
Steve Moneghetti 1997 Ballarat YCW 27.57

**Leg 4. Coliban Water Race - 5.0 km.**  
Travis Longmuir 2002 Doncaster 15.52  
Nicole Webster 1999 LSW 19.19

**Leg 5. Sedgwick Valley - 7.5 km.**  
Phil Sly 1999 Peninsula R.R. 21.10  
Haley McGregor 2002 Knox Athletic 22.41

**Leg 6. Hogan's Road - 8.6 km.**  
Michael Power 2003 Glenhuntly 24.47  
Susan Michelsson 2002 Collingwood 29.46

**Leg 7. Athletic Track - 4.9 km.**  
Mark Tucker 2003 Geelong 14.28  
Joanne Lambert 2002 Geelong 19.13

### THE BUSH INN AWARD

The winner of the Bush Inn Award for the  
Coliban Road Relays is

**Greg Trevarthen**

for his fantastic commitment to the Geelong Team  
through collecting / driving the team bus as well as  
supplying after race refreshments for weary but  
most appreciative athletes.

Well done, Greg.

Enjoy your meal and the  
Bush Inn's famous hospitality.

## VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETES" AT THE COLIBAN WATER ROAD RELAY

### Senior Men.

3. Mark Tucker
2. Richard Jeremiah
1. Rowan Walker

### Senior Women.

3. Loretta McGrath
2. Emily Rooke
1. Joanne Lambert

## RUNNER PROFILE

This profile features Bianca Cheever, an athlete who has been one of our junior main-stays over the last three Winter Seasons. Even last season, with a fractured wrist, Bianca was on the starting line, arm in plaster, giving her all for Geelong. This dedication and the fitness gained running cross - country during 2002 certainly paid dividends over the recent summer track season with countless Personal Bests, over a range of distances, recorded by Bianca. However, Bianca does not only confine her sporting interests to athletics. Three times a week Bianca travels to Melbourne to train or play for the Melbourne Tigers Girls Under 18 Basketball Team.

### Bianca Cheever

**School / Year** Year 11 student at Sacred Heart College  
**Age** 16 **Date of Birth** 5 / 5 / 87

**Height** 174 cm. **Weight** 52 kg.

**Married / Single** Single

**Coach** Bruce Scriven

### Personal Bests

**200m.** 26.7  
**400m.** 61.0  
**800m.** 2:19.74  
**1500m.** 5:04.19  
**3000m.** 11.20 (Cross - Country)  
**Javelin** 34.9 metres

**Favourite Food** Banana and pasta and chocolate (Ed. hopefully, not all on the same plate!)

**Food Eaten Before a Race** Salad Roll (Lite)

**Favourite Drink** Freshly squeezed apple and pineapple juice.

**Favourite Movie** "The Matrix"

**Favourite Book** "William" by Tim Graham and Peter Archer

**Favourite Music / Band** "Mixed Music"

**Favourite TV Show** C.S.I. (Crime Scene Investigation)

**Favourite Night Spot** "Anywhere with friends and family"

**Favourite Holiday Spot** Queensland, Gold Coast

## A Recent Winter Training Week

- Mon.** pm. Easy run warm-up then Mona Fartlek or 6 x 3 minutes 'on' with 1 minute 'easy' in between. Easy run cool-down. Later on I go to Melbourne for basketball training with the Melbourne Tigers.
- Tues.** Rest
- Wed.** pm. Easy run warm-up then continuous 20 minute circuit at Eastern Beach over the ramps. (surge the uphill / recover on the downhill.)
- Thur.** pm. Play basketball with Pivot City
- Fri.** pm. Play basketball with Melbourne Tigers

Sat. am. Threshold Run  
or  
pm. Race

Sun. am. Basketball training with Melbourne Tigers.

### Other Training / Recovery Sessions.

Basketball with the Melbourne Tigers Under 18 Team and once a week with Pivot City in Geelong. I also do cycling and play football.

**Favourite Training Session** Eastern Beach circuits.

**Favourite Race** 400 / 800 metres on the track.

**Best Ever Performance** Coming 5th in the Under 11 National Cross - Country in Canberra, coming from well back in the field.

**Favourite Place To Train** Eastern Beach.

**Toughest Ever Training Session** 8 x 300 metres with 100 metres jog between.

**Most Admired Runner / Person** Lee Troop, Craig Mottram, Shane Heal, Georgie Clarke.

**Advice To Other Runners** "Always have fun and work hard. The more you love doing something, the harder you work at it!"

**Goals for the Future** "To keep enjoying my running and other sports as much as I can and to keep improving. Also, to finish school."

## PROGRESSIVE TEAM LADDERS

All Team Premiership Ladders will be decided with the running of the Coburg Cross-Country (Junior Teams) and the Coburg Cross-Country / Burnley Half Marathon (Senior Teams).

Team positions after the running of the Coliban Road Relays are listed below. Good luck and good running to our Under 14 Women's Team who lead their Division with one race remaining.

### MEN'S DIV. 1

Glenhuntly	85
Doncaster	67
Geelong	62
Ballarat YCW	60
APS United	49
Box Hill	48
Peninsula R.R.	43

### MEN'S DIV. 4

Ballarat YCW	78
Diamond Valley	74
Knox Athletic	62
Geelong	56
Richmond	42
South Melb.	32
Glenhuntly	29

### MEN'S DIV. 7

Melb. University	83
Ballarat Harriers	64
Ballarat YCW	28
Diamond Valley	27
Geelong	9 (10th)

### MEN'S VET. 40 +

Keilor St. Bern.	76
Malvern	63
Geelong	30
Keilor St Bern.	29
South Melb.	24

### WOMEN'S DIV. 1

Malvern	82
Glenhuntly	75
Ringwood	51
Knox Athletic	49
Geelong	48
Richmond	37
Melb. University	37

### WOMEN'S UNDER 20

Eureka	63
Geelong	20
St. Stephens	19
Ath Essendon	14
Bendigo Region	11
Ringwood	10
Sandringham	9

### MEN'S UNDER 20

Box Hill	76
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### WOMEN'S UNDER 18

Ballarat Region	30
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Glenhuntly	44	Doncaster	24
Knox Athletic	26	Geelong	23
Frankston	22	Diamond Valley	23
Geelong	9	Frankston	21

### MEN'S UNDER 16

Ballarat YCW	58
Ballarat Region	56
Geelong	34
Box Hill	26
Keilor St. Bern.	25

### WOMEN'S UNDER 16

Frankston	63
Ballarat Region	56
Geelong	29
Diamond Valley	27
Box Hill	24

### MEN'S UNDER 14

Ballarat Region	65
Geelong	57
Collingwood	47
Ballarat YCW	34
Keilor St. Bern	20
Collingwood (2)	15

### WOMEN'S UNDER 14

Geelong	47
Doncaster	45
Keilor St. Bern.	39
Frankston	30
Geelong (2)	17
Ballarat Region	12

## AROUND THE TRACKS AND TRAILS

Well done to our junior athletes who competed at the Victorian Little Athletics Cross - Country Championships in Drouin on Sunday 27th July. The conditions were quite challenging (very muddy!) so many athletes resembled 'mud men / women' on finishing. Congratulations also to Tom Allan for a team gold medal, Laura Stekelenburg, Kate Sly, Holly Lipson and Georgie Buckley who collected team silver medals and Caleb Byrt for a team bronze

### Individual Results:

Michael Kenny	2nd	Under 14	3000m.
Tom Allan	3rd	Under 13	3000m.
Daniel Payne	10th	Under 13	3000m.
Caleb Burt	15th	Under 13	3000m.
Laura Stekelenburg	7th	Under 12	2000m.
Kate Sly	8th	Under 12	2000m.
Holly Lipson	13th	Under 12	2000m.
Georgie Buckley	10th	Under 11	2000m.
Amy Stekelenburg	8th	Under 10	1500m.

One week later the V.S.S.S.A. State Cross - Country Championships were held at a wet and windy Bundoora Park.

### Results for Geelong athletes:

Michael Kenny	9th	Under 16	5000m. 19.08
Tim Kilfoyle	13th	Under 14	3000m. 11.22
Chantelle Faraguna	23rd	Under 16	3000m. 12.42

Many of our junior athletes have also performed brilliantly over the Geelong Centre Little Athletics Cross-Country Season. Well done to Paris Nielsen and Michael Kenny who were named Geelong Centre Girl's / Boy's Champions for 2003. Both Paris and Michael won all nine line honours for the Winter Season. Girl's Champion runner-up was Kate Sly who was also the Under 12 Division winner. The Boy's Champion runner-up was Caleb Byrt (also Under 12 Champion).

Craig Mottram's return to top form continues on track with a fine victory in the 23rd Annual Wedding Day Race over 7.2 km. in London's Bushy Park. Craig was able to beat former Australian steeple-chase champion Martin Dent by 29 seconds in setting a

new course record of 21:00. Just as importantly, Craig recovered well and was able to complete an easy 95 minute run the following day without problems.

Then, in his first track race of 2003, Craig finished 15th in the Heusden - Zolder, Belgium 5000 metre race on August 2nd, running 13:32.42. The winner was Tadesse Zersenay (Eritrea) in 13:11.07. Craig has decided not to contest this year's World Athletic Championships in Paris, preferring to fully concentrate on building up for next year's Athens Olympics. However, we will still be able to hear Craig in Paris as he will commentate on some of the distance races at the World Championships on SBS.

Also competing at Heusden - Zolder was Georgie Clarke who finished 12th in the mile recording 4:42.44 behind the winner, Natalya Yevdokimova of Russia (4:24.40).

Closer to home, Matthew McDonough finished an excellent 10th in the City To Surf running 44:17 behind winner, Patrick Nyangelo of Tanzania (41:55)

## FABULOUS SOCIAL NIGHT

**What:** Trivia Night.

**When:** Friday 5th September at 6:30 pm.

**Where:** The Geelong Cross - Country Club Rooms (the blue building under the James Harrison Bridge.)

**Why:** What better way to celebrate a most successful Cross - Country Season than to get together for a night of fabulous fun and fantastic prizes!

**Cost:** Adults - \$10  
Students Under 18 - \$5

Start organising your table of 6 - 8 people now!

**B.Y.O. drinks and nibbles.**

**Also, bring along a few extra gold coins for a fantastic raffle and some fun-filled games.**

**Put September 5th in your diary now!**

## "THE ATHLETE'S FOOT" GEELONG ATHLETICS CROSS - COUNTRY CHAMPIONSHIP EASTERN GARDENS (Saturday 9th August)

Changeable weather and a challenging cross - country course greeted Geelong athletes as they assembled at the Eastern Gardens for the running "The Athlete's Foot" Geelong Cross - Country Championships.

Many of Geelong's top junior distance runners have been selected to run cross - country in Victorian Teams over the next fortnight and so were keen for a hard hit-out over the undulating, and in places, sticky Eastern Gardens course. Leading the way for the junior men was Michael Kenny, who went to the lead from the gun and ran strongly to cross the line first from Tom Allan and Steven Wishart. Kelsey Rau also employed bold front running tactics as she

gradually extended her lead to comfortably win the Junior Women's Championship from fellow Victorian Team members, Laura Stekelenburg and Kate Sly. Emphasising her great form this year, Kelsey was the only athlete to take out both Geelong Road and Cross-Country Championships for 2003.

Mark Tucker used the Senior Men's race as a steady hit-out before heading to Queensland for a training camp in preparation for the World University Games. Even in his heavier training shoes and running comfortably, Mark was too strong for the opposition as he ran out an easy winner from Louis Rowan and Michael McKenzie. Sixteen year old, Taryn Rau has made a successful transition to senior ranks with an impressive win in the Senior Women's Championships from Nadia Semjanov and Joanne Lambert.

### JUNIOR MEN 3 km.

1.	Michael Kenny	Chilwell	11.06
2.	Tom Allan	Guild	11:13
3.	Steven Wishart	Chilwell	11.25
4.	Tom Burns - Wallace	Deakin	11.43
5.	Tim Kilfoyle	Deakin	14.50

### JUNIOR WOMEN 3 km.

1.	Kelsey Rau	Deakin	11.52
2.	Laura Stekelenburg	Deakin	12.26
3.	Kate Sly	Deakin	12.36
4.	Georgie Buckley	Chilwell	12.58
5.	Amy Stekelenburg	Deakin	13.11
	Bianca Cheever	Deakin	12.07
	(senior athlete)		

### SENIOR MEN 6 km.

1.	Mark Tucker	Guild	19.50
2.	Louis Rowan	St Josephs	21.18
3.	Michael McKenzie	Deakin	21.25
4.	Darren Riviere	Deakin	22.33
5.	Geoff Clark	Bellarine	24.00
6.	Andrew Chalmers	Chilwell	24.36
7.	Neil MacDonald	Deakin	29.28

### SENIOR WOMEN 6 km.

1.	Taryn Rau	Deakin	24.48
2.	Nadia Semjanov	Deakin	25.04
3.	Joanne Lambert	Bellarine	25.35
4.	Cathryn Hoare	Bellarine	30.01
	Ashleigh Wall	D.N.F.	

## GEELONG ATHLETICS "TRIPLE CROWN"

With the running of the Geelong Cross - Country Championships, the Geelong Athletics "Triple Crown" has been decided. The three race series included the Geelong Road Championships, The You Yangs Challenge and the Geelong Cross - Country Championships. Congratulations to Taryn Rau and Michael McKenzie who took out the Women's and Men's sashes, which were generously donated by Craig Goddard of Subway Geelong.

	FINAL	POINTS	
Senior Male		Senior Female	
Michael McKenzie	9	Taryn Rau	9
Lee Troop	6	Nadia Semjanov	8
Louis Rowan	6	Jo Wall	6
Geoffrey Purnell	4	Joanne Lambert	3

Rohan Perrott	4	Cathryn Hoare	2
Andrew Chalmers	3	Bianca Cheever	2
Andrew Tucker	3		
Darren Riviere	2		
Neil MacDonald	2		
Geoff Clark	1		
Jamie Godwin	1		

**Don't forget** - our next Athletics Victoria race is a Cross - Country event at Coburg on Saturday 30th August.

**1:00 pm.** Women Under 14 3 km.  
Men Under 14 3 km.  
Women Under 20 3 km.

**1:10 pm.** Women Under 16 6 km.  
Women Under 18 6 km.  
Men Under 20 6 km.

**1:20 pm.** Men Under 18 8 km.

**2:10 pm.** Men Under 16 4 km.  
Women Open 4 km.

**2:30 pm.** Men Open 16 km.

A bus (\$5 per person) will be leaving Norlane Waterworld at 11:00 am. sharp. Please confirm your seat on the bus by notifying Neil MacDonald (52 231620) by the Thursday prior to the race.

## TELSTRA / IGA ALL - SCHOOLS AUSTRALIAN CROSS - COUNTRY CHAMPIONSHIPS

**YARRA BEND - Saturday 16th August**

Melbourne produced beautiful, spring like weather as athletes from all over Australia assembled at Yarra Bend for the Australian Cross - Country Championships. Geelong was well represented, particularly in the junior ranks, with Kelsey Rau leading from the gun to take out her first Australian title in the opening event of the day, the Under 14 Girls' 3 kilometre. Fantastic effort, Kelsey. Also running well in the Under 14 event was Laura Stekelenburg who finished an excellent 8th. Kelsey and Laura were also members of the winning Victorian Team. Another Geelong athlete in the medals was Georgie Clarke, just home from overseas, who showed her versatility and class by finishing second in the Women's 8 km. event. After a slow start to the winter season due to illness, Emily Rooke raced brilliantly around Yarra Bend for a top five placing in the Under 20 Women's race. In the Senior Men's 12 kilometre, Steve Moneghetti celebrated the birth of new daughter, Olivia by taking out his second Australian Senior Cross - Country title, thirteen years after his first victory. Well done to the following Geelong athletes who competed at Yarra Bend: Kelsey Rau, Laura Stekelenburg, Holly Lipson, Tom Allan, Tim Kilfoyle, Chelsea Merry, Bianca Cheever, Taryn Rau, Ashleigh Wall, Hayley Cook, Emily Rooke, Andrew Tucker, Georgie Clarke and Kym Morgan. It was great to see so many of our juniors keen to test themselves at the highest level.

### RESULTS:

#### Under 14 Girls - 3 km.

1.	Kelsey Rau (Victoria)	10:57
2.	Ashley Carroll (Queensland)	11:02
3.	Jodie Dubsy (South Australia)	11:03

4.	Amanda Paulin (Victoria)	11:10
5.	Elise Clayton (Victoria)	11:13
6.	Amy Francis (Queensland)	11:22
7.	Rebekeh McNeilly (Queensland)	11:25
8.	Laura Stekelenburg (Victoria)	11:26
26.	Holly Lipson (Victoria)	12:51

#### Under 14 Boys - 3 km.

1.	Mark Blicavs (Victoria)	9:58
2.	Andrew Hayes (Queensland)	10:06
3.	Joel Smith (Victoria)	10:09
4.	Aaron Royle (New South Wales)	10:13
5.	David Ricketts (New South Wales)	10:14
12.	Tom Allan (Victoria)	10:35
17.	Tim Kilfoyle (Victoria)	10:42

#### Under 16 Girls - 4 km.

1.	Zhoe Warrington (Victoria)	14:10
2.	Jennifer Condor (New South Wales)	14:24
3.	Karina Fyfe (Tasmania)	14:27
4.	Hayley Tomlinson (Victoria)	14:35
5.	Elizabeth Colwell (Queensland)	14:43
6.	Sarah Grahame (Victoria)	14:43
29.	Chelsea Merry (Victoria)	16:16

#### Under 16 Boys - 4 km.

1.	Matthew Rando (New South Wales)	12:58
2.	Jye Wilson (Queensland)	12:59
3.	Marco Pitisano (Victoria)	13:00
4.	Matthew Coloe (Victoria)	13:03
5.	Chris Hamer (Victoria)	13:05
6.	Matthew Bayley (Victoria)	13:10

#### Under 18 Girls - 4 km.

1.	Jessica Boyd (New South Wales)	14:17
2.	Brooke Simpson (New South Wales)	14:20
3.	Sarah Morgan (New Zealand)	14:28
4.	Fiona Nash (Victoria)	14:37
5.	Louise Kerr (Queensland)	15:12
6.	Jacqui Waters (Queensland)	15:14
13.	Taryn Rau (Victoria)	15:33
23.	Bianca Cheever (Victoria)	16:10
	Ashleigh Wall (Victoria)	D.N.F.

#### Under 18 Boys - 6 km.

1.	Sam Ellis (Victoria)	19:34
2.	Toby Rayner (Victoria)	19:39
3.	Dean Locke (Victoria)	20:01
4.	Dylan Hill (Tasmania)	20:09
5.	Ryan Thierry (Queensland)	20:14
6.	Damian West (Tasmania)	20:20

#### Under 20 Women - 6 km.

1.	Lauren Gardiner (Western Australia)	21:45
2.	Melinda Vernon (New South Wales)	22:02
3.	Marni Ponton (A.C.T.)	22:21
4.	Julia Grant (New Zealand)	22:45
5.	Emily Rooke (Victoria)	23:21
6.	Tara Palm (South Australia)	23:35
11.	Hayley Cook (Victoria)	24:18

#### Under 20 Men - 8 km.

1.	Craig Appleby (Victoria)	25:32
2.	Edwin Henshaw (New Zealand)	25:41
3.	Shaun Krawitz (New Zealand)	25:54
4.	Collis Birmingham (Victoria)	26:16
5.	David Dreverman (New South Wales)	26:23
6.	Adrian Vincent (Victoria)	26:48

15. Andrew Tucker (Victoria) 27:34

#### Senior Women - 8 km.

1.	Haley McGregor (Victoria)	27:18
2.	Georgie Clarke (Victoria)	27:31
3.	Anna Thompson (Victoria)	27:44
4.	Eloise Poppett (New South Wales)	28:12
5.	Karen Thorpe (Victoria)	28:28
6.	Mary Davies (New Zealand)	28:46
7.	Ruth Barton (Victoria)	28:58
8.	Kate Seibold - Crosby (Victoria)	29:05
9.	Sarah Salmon (A.C.T.)	29:34
10.	Victoria Mitchell (Victoria)	29:48

#### Senior Men - 12 km.

1.	Steven Moneghetti (Victoria)	36:27
2.	Patrick Nyangelo (Tanzania)	36:48
3.	Scott Westcott (New South Wales)	36:54
4.	Mark Thompson (Victoria)	36:59
5.	Nigel Adkin (Victoria)	37:22
6.	Michael Shelley (Queensland)	37:26
7.	Simon Field (Victoria)	37:50
8.	David Byrne (New South Wales)	37:59
9.	Russell Dessaix - Chin (New South Wales)	38:00
10.	Philo Saunders (A.C.T.)	38:04
	Kym Morgan (Victoria)	D.N.F.

## RECOVERY - THE UNDER VALUED INGREDIENT FOR SUCCESS!

Apart from being two of our greatest distance runners, Rob de Castella and Steve Moneghetti share another similarity. Both were relatively injury free during their magnificent careers despite logging up to 200 kilometres a week for years. Luck? Not on your life for both were experts at monitoring their bodies, knowing when to back off and when an easy run was needed even though a tougher session was scheduled.

Unfortunately, many of us don't follow Deek's and Mona's example of common-sense and patience. We run a bad race and decide we must work harder - now! We complete a track session a little slower than expected then run our recovery run too hard as punishment. We wake up feeling sore in the calves but we still complete the hill session because the program says so. Sometimes we forget that recovery helps us rebuild, to become stronger and to be better athletes.

I saw the following article in "Peak Performance Newsletter" (No. 182 June 2003) and thought you might find it interesting and perhaps useful.

### THE TALE OF ERIC THE ENDURANCE RUNNER (or why recovery should be an integral part of training)

What follows is a hypothetical story about an endurance athlete. The purpose of the story is to illustrate simple and practical recovery techniques all athletes can use to maximise the benefits of training and reduce the risks of illness and injury.

Eric wakes up at 7.45 am. on Tuesday. Before getting out of bed he checks his heart rate: it is 47 bpm - his average of the last few months. He records this in his training diary, along

with a rating for quality of sleep. On a scale of 1 - 4 (bad - okay - good - brilliant), Eric rates last night as no more than 'okay' because he had not found it easy to get off to sleep.

Eric drinks a big glass of water and eats a banana.

He then spends about 20 minutes getting ready and watching the news on TV before heading out on his morning run. Eric runs 10 kilometres in 37 minutes - a comfortable pace for him. On his return, he immediately drinks 500 ml. of sports drink and eats an orange. He then completes a leisurely static stretching routine for legs, hips and back before taking a shower.

In the shower, Eric spends some time massaging his neck and shoulders and applying pressure to his iliotibial band down the outside of his leg, where he often experiences tightness. Finally, he spends 30 seconds hosing cold water onto each leg, holding the water jet quite close to the muscles.

The stretching routine and shower takes about 20 minutes, after which Eric is ready for breakfast. He has a big bowl of cereal with skim milk, a glass of orange juice and a boiled egg with toast.

Being a student, Eric spends the middle of the day at university. At lunchtime, he eats in the canteen - vegetable soup with a bread roll, followed by chicken casserole with new potatoes, accompanied by plenty of water.

In the mid-afternoon, Eric tops up his energy levels with a wholemeal tuna and salad sandwich and an apple.

At 6 pm. Eric heads down to the track to meet his coach and the rest of the running group. He spends 20 minutes going through a core stability exercise routine before running easily for 10 minutes and then completing a set of dynamic flexibility exercises. The evening session involves two sets of 8 x 300 metres with 45 seconds recovery between reps and a slow lap jog between sets. It is quite a tough session and Eric feels like he is working hard, even though his times are slightly down on a fortnight before, when he last completed this particular workout.

During and after the workout, Eric drinks 500 ml. of sports drink and 200 ml. of mineral water. Then, after going through his static stretching routine, he heads home, snacking on a packet of jelly babies on the way. He prepares an evening meal of rice and lamb curry with some fresh salad. While the curry is cooking he takes a shower, interspersing three minutes of hot water with 30 seconds of cold water three times. During dinner he completes his training diary for the day, rating his morning run as 'good', but the evening interval workout only as 'okay' because of the perceived effort for the times he ran.

### A LIE-IN INSTEAD OF A RUN AFTER A BAD NIGHT'S SLEEP

When Eric wakes up on Wednesday morning, he measures his heart rate at 58 bpm - 11 beats up on the previous day. Again he'd had difficulty getting off to sleep and had awoken during the night, so he rates his sleep as 'bad'. For these two reasons, Eric decides to give his morning run a miss, even though it had been scheduled into his weekly plan. Instead, he treats himself to a lie-in before breakfast, then heads off to university.

On his return home in the mid-afternoon, Eric performs a few stretches then goes through a relaxation technique, focusing on deep breathing. Once relaxed, he spends some time visualising his best race from the previous year, revisiting all the feelings and images he had experienced before, during and after the event. This exercise puts Eric in a great mood and he decides to venture out for a

short, very easy run.

While running, Eric focuses on posture and relaxed arm action and afterwards spends 15 minutes performing dynamic flexibility and sprint drill exercises in the local park. Feeling loose and energised, he jogs home, where he drinks 500 ml. of sports drink and runs a bath. Blessed as he is with a separate shower, Eric keeps the shower running cold and the bath hot, alternating between the two, with three minutes bath to 30 seconds shower.

With free time to kill, Eric arranges to meet a friend at the cinema later and fixes himself an easy dinner of spaghetti bolognese with salad. That night, well relaxed, he sleeps easily ('good') and when he wakes on Thursday his heart rate is back down to 49 bpm. At peace with the world, he prepares for his easy morning run. During the day, Eric eats and drinks well, as he had on the two previous days, and completes his stretches and core stability exercise routines. In the evening, he does very well on his threshold run and is able to rate both this and the morning run as 'good'.

### AN ACTIVE REST DAY AT THE LOCAL SWIMMING POOL

Friday is Eric's active rest day. Instead of running, he goes to the local swimming pool where he completes the following routine:

- \* one length walk forward
- \* one length walk backwards
- \* two lengths back stroke
- \* stop and stretch calf muscles in the water
- \* one length lunge walk
- \* one length easy breast stroke
- \* stop and stretch hamstrings
- \* one length high knee walk
- \* one length easy breast stroke
- \* stop and stretch quadriceps
- \* two lengths freestyle

(Non swimming exercises are performed in waist deep water) During this workout, Eric sips from a water bottle placed by the side of the pool and continues sipping while he sits in the sauna for five minutes afterwards.

On Saturday, Eric wakes from a 'good' night's sleep with a normal resting heart rate. He completes a tough hills session in the morning and a 30 minute steady run in the evening, rating both as 'good'.

Eric performs his stretching and contrast temperature showers after both workouts, takes in plenty of fluids (using sports drinks immediately after the runs) and eats balanced meals composed of fresh ingredients.

This sounds like a simple description of an athlete following a training program - which is the whole point of the story. Although Eric appears to be relying on common sense and his own instincts, he has managed to incorporate a variety of sports science principles and modern recovery techniques into his training week, including:

- \* daily monitoring of resting heart rate, sleep and training quality
- \* self massage
- \* contrast temperature showers
- \* stretching - both dynamic and static
- \* relaxation techniques
- \* social activity
- \* rehydration and refuelling immediately after exercise
- \* a high carbohydrate intake
- \* a variety of proteins, fruit and vegetables
- \* planned days of active recovery
- \* pool-based active recovery workout

\* sauna

These techniques are not expensive: indeed most are free. To make use of them, all you need is a little knowledge and organisation. For example, stocking up on sports drinks and bottles of mineral water is a useful way of ensuring you can always refuel and rehydrate quickly during and after training. Rapid refuelling allows for faster replacement of energy in the muscles, thus speeding recovery, and is also good for the immune system.

Contrast temperature bathing and showering boosts the circulation and stimulates the nerves, also speeding recovery and helping to remove lactic acid. The hydrostatic pressure on the muscles in the pool session is also beneficial, especially if you follow the kind of light workout suggested above.

### BE PREPARED TO DEVIATE FROM YOUR TRAINING PLANS

Crucially, Eric was prepared to be flexible with his training schedule on the morning he discovered his resting heart rate was high. Some athletes find it difficult to deviate from a planned training programme, but Eric understood that the high heart rate was his body's way of telling him he had not fully recovered from the previous evening's interval session and therefore needed to relax. He also took a pro-active approach to promoting his recovery by performing the visualisation technique and the sprint drills session, thus turning an apparent negative into a positive.

While his overall mileage for the week was reduced because of his easy Wednesday, Eric completed all his quality workouts: the intervals, threshold and hills session. Significantly, after the easy day, Eric rated his training as better than before.

The main take-home message from this story is the importance of self-management in promoting high-quality training. All athletes need to train hard or long, or both to reach the top. However, by following Eric's example and using self-management techniques to speed your recovery between training sessions, you will optimise the benefits of the quality training, leading to improved performance and a reduced chance of injury.

**Raphael Brandon**  
"Peak Performance  
Newsletter"  
Number 182 June 2003

## WHAT MAKES A CHAMPION? Part Six

Issue #5 of our newsletter (June 2001), "What Makes A Champion", related the story of Frank Shorter training in abysmal conditions with the late Steve Prefontaine.

Prefontaine is an interesting athlete. In much the same way as Monroe, Hendrix and Elvis, "Pre's" legend grew partly due to his premature death at 24 in a car crash. In life he was a free - spirit who raced with fire in his belly. Famously he once said, "some people create with words or music or with a brush and paints. I like to make something beautiful when I run. I like to make people stop and say, 'I've never seen anyone run like that before!' It's more than just a race, it's style. It's doing something better than anyone else. It's being creative."

Prefontaine certainly raced with style, especially in Oregon where he attracted rock star attention from his fans. He also trained and raced relentlessly in his drive to be the best. A race with Pre often came down to who was prepared to hurt the most rather than who was the most talented. As one opponent said, "he ran every race as if it were his last."

So, just what did Steve Prefontaine do to cultivate "The Gift", as he called it?

This extract from 'Run With The Champions' by Marc Bloom might give you an insight into the late Steve Prefontaine and his training.

"In college, Pre ran every day - usually twice - covering about 80 miles (130 km.) a week. His longest runs were 10 - 12 miles (16 - 19.2 km.), at a pace that often went under 6 minutes a mile (3.45 km. / pace). Pre was more interested in running fast than long.

In the mornings, he ran 4 - 6 miles (6.4 - 10 kms.). In the afternoons, he either ran more distance or did speedwork. On Tuesday and Thursday afternoons and Saturday mornings, Pre did his quality work on the track.

The school distance coach, Bill Dellinger (who succeeded the legendary Bill Bowerman), created a menu of innovative workouts that have become Oregon standards. One was the famous 30 / 40 session where you run 200 metres in 30 seconds followed by a 200 in 40 seconds continuously until you can no longer hold the pace. "Most guys stop at 8 laps," says Dellinger. "Alberto Salazar did 16 laps. Pre still holds the record at 18 laps."

Another classic was 4 x 1200 metres with a 400 jog between, then 2 x mile with a 400 jog between. Before the 1972 Olympics, Pre ran one set of 1200's in 3:12, 3:09, 3:06 and 3:00. An even tougher workout using 1200's also mixed in 200's like this: Run one 1200 hitting 80, 70, 60 seconds for the three laps, jog a lap then run 4 x 200 metres in 30 seconds with a 30 second jog between. Repeat for a total of four sets.

Dellinger's meat and potatoes workout, which he has been refining over the years, was called the '30th Street Drill' - a nonstop 10 miler (16 km.) with several surges in which each segment was timed. Here's how it went for Pre:

1. Start with a 1200 metres on the track, hitting 60, 65 and 70 seconds for the three laps.
2. Go out on the road at 6 minute mile pace (3:45 km. pace)
3. After 2 or 3 miles, throw in a fast 1200 metres on the road in about 3:00 - 3:10.
4. Resume at 6 minute mile pace and after about 3 miles (13 kms.) return to the track.
5. Finish with another 1200 metres in 70, 65, 60 second laps.

Pre liked to stay up late, but when the '30th Street Drill' was scheduled for Saturday morning, he'd be in bed by 10 o'clock on Friday night."

"Run With The Champions"  
Marc Bloom  
(Rodale Press)

If you're interested in finding out more about Steve Prefontaine you can read:

"Pre" by Tom Jordan (Rodale Press) - an excellent book.

or watch the following two videos:

"Prefontaine" (Disney - 1997)

"Without Limits" (Warner Brothers - 1998) - the better video!

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

*uckler's*

**GEELONG  
PHYSIOTHERAPY  
CENTRES**

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

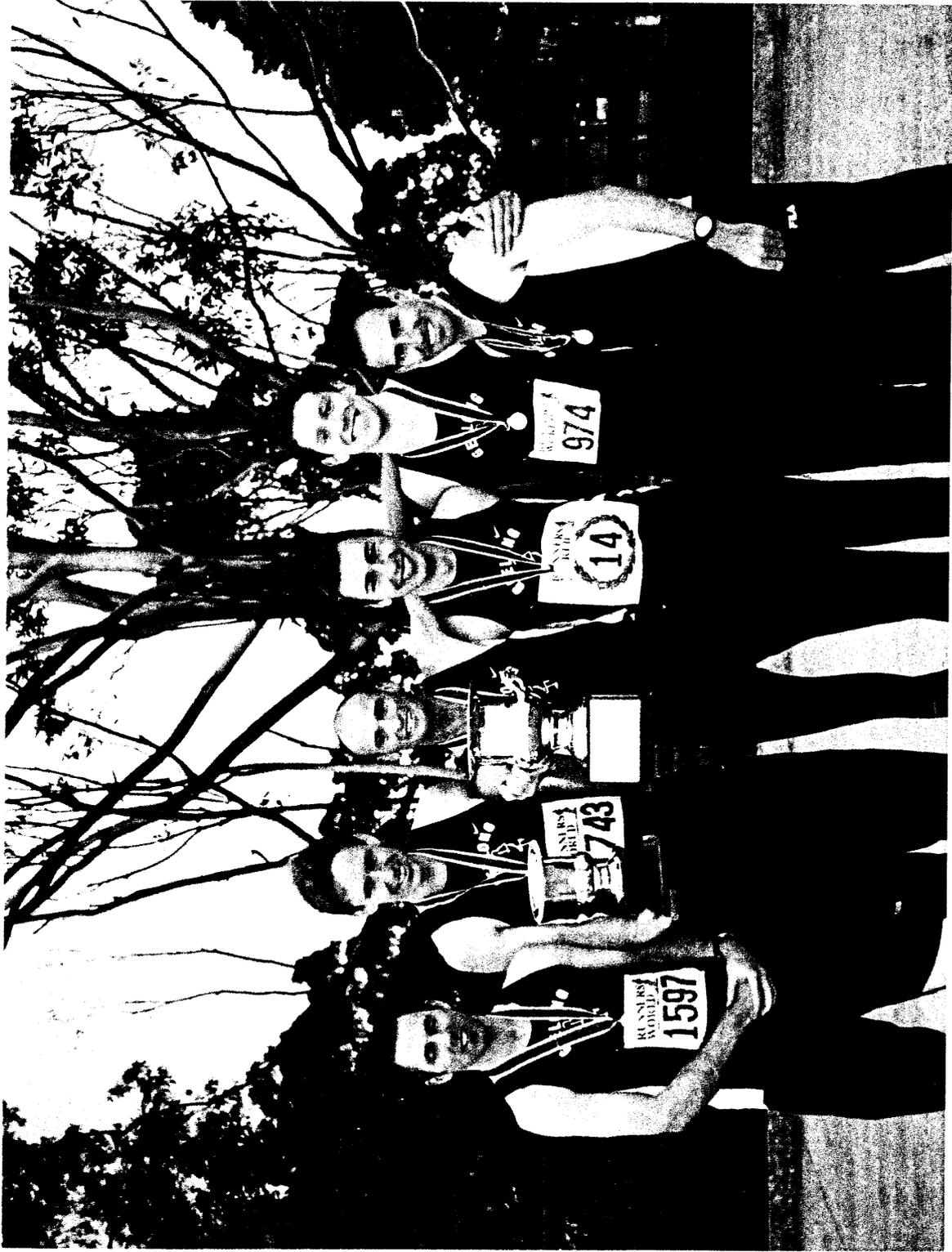
**CRICHTON COLLINS  
AND THE  
"PAKINGTON BAKERY"**

**CRAIG GODDARD  
AND  
SUBWAY**

**THE CITY  
OF  
GREATER GEELONG**

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

**GEELONG  
ATHLETICS  
INC.**



## CREATING HISTORY - WINNING THE SANDOWN ROAD RELAYS

Rowan Walker, Mark Tucker, Lee Troop, Richard Jeremiah, Kym Morgan, Matthew McDonough