



# GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



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## THE CURTAIN FALLS ON A MOST SUCCESSFUL 2003 WINTER SEASON FOR GEELONG

A Team Premiership for our Under 14 Girls, an historic first win at the Sandown Road - Relays, many promising recruits, new junior teams, great team spirit developed on the bus trips to races, enjoyable social events, many of our juniors gaining selection in Victorian Teams, Personal Bests and high team placings.

Yes! The 2003 Athletics Victoria Winter Season was a great success for Geelong Athletics and was able to build upon the hard work and fast running of the last few seasons.

I believe there were many highlights for the Geelong Team in 2003. However, several spring to mind:

Firstly, it was fantastic to see 14 highly competitive Geelong Teams lining up for the Werribee Park Cross-Country Relays and the Sandown Road Relays. On these Saturdays, Geelong's best middle and long-distance athletes served notice that we were here in numbers and ready to run 'fast'.

Secondly, during the 2003 Winter Season, thirteen talented junior athletes made their debut for the Geelong Team. All performed to a high standard and showed that Geelong athletics would be strong for years to come.

Congratulations also to our Under 14 Girls who finished the Winter Season with a highly sought after Team Premiership. Well done to: Harriet Brown, Georgie Buckley, Holly Lipson, Kelsey Rau, Kate Sly, Amy Stekelenburg and Laura Stekelenburg. Wonderful effort, girls!

And finally, it was sensational to see our Division One Men claim first place at the prestigious Sandown Road - Relays after minor placings over the last few years. On a cool, windy Saturday in July, Richard Jeremiah, Matt McDonough, Kym Morgan, Lee Troop, Mark Tucker and Rowan Walker combined superbly to cross the line well clear of the chasing pack. Great work, guys!

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

Congratulations also to our runners who have performed up to high standards with Lee Troop, Mark Tucker, Georgie Clarke and Kelsey Rau all recording individual Athletics Victoria individual victories during the Winter Season. Also, on the bigger stage, Lee Troop represented Australia in the marathon at the Paris World Athletics Championships where he finished an outstanding 17th to qualify for next year's Athens Olympics. Great to also see Craig Mottram and Georgie Clarke return to full fitness and fast times during the European Summer after a frustrating run with injuries. Craig has also recorded an Athens Olympic A Qualifier for the 5000 metres. Closer to home, Kelsey Rau continued her outstanding cross-country form with an all-the-way win in the Australian Under 14 Cross-Country Championships at Yarra Bend

and a fine second placing in the School Sport Australia Cross-Country Championships in Queensland. Other Geelong junior athletes selected in Victorian Teams for either the Australian Cross-Country Championships, the School Sport Australia Cross-Country Championships or the School Sport Australia Track and Field Championships were: Tom Allan, Georgie Buckley, Hayley Cook, Emily Rooke, Kate Sly, Amy Stekelenburg, Laura Stekelenburg and Ashleigh Wall.

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

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

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

Finally, thank you very much to: Buckley's, Geelong Physiotherapy Centres, The Athlete's Foot, The Pakington Bakery, Subway, The City of Greater Geelong, The Bush Inn Hotel and Geelong Athletics Inc. for their fantastic support and encouragement throughout the year.

## FINAL TOTAL VOTES FOR "BEST PERFORMED" GEELONG REGION ATHLETES" DURING THE 2003 WINTER SEASON

### "Geelong Physiotherapy Centres" Award Open / Under 20 Men.

Lee Troop	12
Mark Tucker	7
Rowan Walker	6
Kym Morgan	6
Rohan Perrott	5
Richard Jeremiah	4
Darren Riviere	4
Geoff Clark	2
Ross Young	2
Matt McDonough	1
Geoff Purnell	1
Andrew Tucker	1

### "Geelong Physiotherapy Centres" Award Open / Under 20 Women.

Loretta McGrath	12
Nadia Semjanov	11
Emily Rooke	7
Jo Wall	6
Pattie Galvin	4

Joanne Lambert	3
Hayley Cook	2
Rebecca Wiasak	1

**"Subway" Award****Junior Men**

Tom Allan	14
Michael Kenny	10
Brenton Rowe	5
Tim Kilfoyle	4
Daniel Payne	3
Hamish Wishart	2
Steven Wishart	2
Tom Burns-Wallace	1
Caleb Byrt	1
Ben Lynch	1

**"Subway" Award****Junior Women**

Kelsey Rau	16
Ashleigh Wall	8
Laura Stekelenburg	7
Bianca Cheever	4
Brianna Ricketts	3
Harriet Brown	1
Taryn Rau	1
Kate Sly	1

### GEELONG REGION CROSS-COUNTRY TEAM BEST PERFORMED AGE GROUP ATHLETES 2003

(To be eligible for these awards athletes need to have competed for Geelong at least four times during the 2003 Athletics Victoria Winter Season)

<b>Under 14 Female</b>	Kelsey Rau
<b>Under 16 Female</b>	Brianna Ricketts
<b>Under 18 Female</b>	Ashleigh Wall
<b>Under 20 Female</b>	Emily Rooke
<b>Open Female</b>	Loretta McGrath / Nadia Semjanov
<b>Veteran Female</b>	Patricia Galvin
<b>Under 14 Male</b>	Tom Allan
<b>Under 16 Male</b>	Michael Kenny
<b>Under 18 Male</b>	-
<b>Under 20 Male</b>	Andrew Tucker
<b>Open Male</b>	Lee Troop
<b>Veteran Male</b>	Geoff Clark
<b>Best Club Person</b>	Greg Trevarthen

## W.J.P. WOOD TROPHY

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

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

After much thought and discussion it was decided that the W.J.P. Wood Trophy would be awarded by Geelong Athletics on a perpetual basis to the athlete who has demonstrated a

commitment to the Geelong Region Cross - Country Team and has proven to be an outstanding winter athlete at any level (local, state, national or international.)

Previous winners of the W.J.P. Wood Trophy have been:

2000	- Lee Troop
2001	- Craig Mottram
2002	- Craig Mottram

This year, Lee Troop is the winner of the W.J.P. Wood Trophy for his outstanding running in the Athletics Victoria Cross-Country Relay, the Geelong 8km. Cross-Country, the Sandown Road Relays, the Bundoora Park 12 km. Cross-Country and his fantastic 17th placing in the World Athletics Championship Marathon that qualified him for the 2004 Olympic Games in Athens.

Congratulations, Lee on your selection as the winner of the W.J.P. Wood Trophy for 2003.

## 2003 ATHLETICS VICTORIA INDIVIDUAL WINTER RANKINGS

Congratulations to Kelsey Rau (Under 14 Women) and Pattie Galvin (Womens' Vets 45 +) for capping off outstanding Athletics Victoria Winter Seasons with Number One Ranking in their Age Groupings. Well done also to Tom Allan (Under 14 Men) and Geoff Clark (Mens' Vets 50 +) for their Individual second placings.

**MEN'S OPEN** (Five Best Performances)

1st	Simon Field (St. Kevins)	36
2nd	Shane Nankervis (Ballarat YCW)	31
3rd	Steve Moneghetti (Ballarat YCW)	29
4th	Nigel Adkin (Old Hailebury)	26
5th	David Ruschena (Glenhuntly)	23
6th	Lee Troop (Geelong)	22
8th	Mark Tucker (Geelong)	19
21st	Rowan Walker (Geelong)	5
22nd	Richard Jeremiah (Geelong)	4

**UNDER 20 MEN** (Four Best Performances)

1st	Collis Birmingham (Eureka)	44
2nd	Craig Appleby (Ringwood)	38
3rd	Brendan Woodman (Glenhuntly)	28
4th	Benjamin Toomey (Knox Athletic)	26
5th	Adrian Vincent (Box Hill)	24
12th	Andrew Tucker (Geelong)	4
18th	Michael McKenzie (Geelong)	2

**UNDER 18 MEN** (Four Best Performances)

1st	Sam Ellis (Eureka)	38
2nd	Dean Locke (Peninsula R.R.)	33
3rd	Toby Rayner (Frankston)	29
4th	Dylan Saw (Diamond Valley)	28
5th	Robert Boadle (Ballarat YCW)	26
15th	Brenton Rowe (Geelong)	6

**UNDER 16 MEN** (Four Best Performances)

1st	Ashley Watson (Wendouree)	38
2nd	Sam Gibb (Ballarat YCW)	32
3rd	Rohan Lindsay-Johns (Ringwood)	27
4th	Matthew McCauley (Ringwood)	23
5th	William Barber (Eureka)	22
6th	Michael Kenny (Geelong)	19
21st	Ben Lynch (Geelong)	1

**UNDER 14 MEN** (Four Best Performances)

1st	Keegan Fitzgerald (Wendouree)	44
2nd	Tom Allan (Geelong)	31
3rd	Joshua McVitty (Eureka)	29
4th	Jamie Huggett (Ballarat YCW)	26
5th	Tim Kilfoyle (Geelong)	19
11th	Hamish Wishart (Geelong)	6
13th	Tom Burns-Wallace (Geelong)	5
13th	Daniel Payne (Geelong)	5
14th	Caleb Byrt (Geelong)	4
20th	Ben Sturm (Geelong)	1

**MEN'S 45 + VETERAN** (Five Best Perf.)

1st	Antony Milovac (Diamond Valley)	49
2nd	Peter Gaffney (Keilor St. Bernards)	41
3rd	Charles Chambers (Bendigo YMCA)	39
4th	Allan Long (Ringwood)	35
5th	Phillip Bowes (South Melbourne)	31
8th	Geoff Purnell (Geelong)	21

**MEN'S 50 + VETERAN** (Five Best Performances)

1st	Raymond Wilson (Athletics Essendon)	55
2nd	Geoff Clark (Geelong)	37
3rd	Tony Bird (Box Hill)	36
4th	Max Howard (Malvern)	31
5th	Robin Broberg (Diamond Valley)	30
15th	Vin Gasper (Geelong)	3

**WOMEN'S OPEN** (Five Best Performances)

1st	Anna Thompson (Glenhuntly)	49
2nd	Kate Seibold-Crosbie (Malvern)	37
3rd	Hayley McGregor (Knox Athletic)	33
4th	Victoria Mitchell (Eureka)	29
5th	Emma Carney (Glenhuntly)	20
9th	Georgie Clarke (Geelong)	11
9th	Loretta McGrath (Geelong)	11
14th	Nadia Semjanov (Geelong)	9

**UNDER 20 WOMEN** (Four Best Performances)

1st	Jocelyn Keage (Box Hill)	36
2nd	Lisa Biffin (Eureka)	32
2nd	Kayla McGinness (Eureka)	32
3rd	Emily Rooke (Geelong)	30
9th	Hayley Cook (Geelong)	9

**UNDER 18 WOMEN** (Four Best Performances)

1st	Anneli Uys (Frankston)	36
2nd	Penny Brown (Ringwood)	32
3rd	Fiona Nash (Doncaster)	22
4th	Ashleigh Wall (Geelong)	20
12th	Bianca Cheever (Geelong)	10

**UNDER 16 WOMEN** (Four Best Performances)

1st	Zhoe Warrington (Frankston)	36
2nd	Sarah Grahame (Frankston)	35
3rd	Hayley Tomlinson (Box Hill)	33
4th	Renee Owen (Frankston)	28
5th	Simone Boorn-Wells (Eureka)	24
14th	Chelsea Merry (Geelong)	5
14th	Brianna Ricketts (Geelong)	5

**UNDER 14 WOMEN** (Four Best Performances)

1st	Kelsey Rau (Geelong)	44
2nd	Jessie Di Cecco (Keilor St. Bernards)	22
3rd	Melissa Bell (Frankston)	18
3rd	Miranda Findlay (Wendouree)	18

5th	Laura Stekelenburg (Geelong)	15
18th	Kate Sly (Geelong)	4
20th	Georgie Buckley (Geelong)	3
22nd	Harriet Brown (Geelong)	1

**WOMEN'S 40 + VETERAN** (Five Best Perf.)

1st	Patricia Galvin (Geelong)	48
2nd	Marianne Hibbert (Malvern)	46
3rd	Megan Sloane (Box Hill)	38

**FINAL TEAM LADDERS**

All Team Premiership Ladders have been decided with the running of the Burnley Half Marathon

Well done to all teams but especially so to our Under 14 Girls who have capped off an excellent Winter Season with a Team Premiership. And with Georgie Buckley, Kate Sly, Amy Stekelenburg and Laura Stekelenburg all eligible for Under 14 again next Winter Season, our junior girls' ranks are looking particularly strong.

**MEN'S DIV. 1**

Glenhuntly	109
Doncaster	81
Geelong	74
Box Hill	70
Ballarat YCW	60
Peninsula R.R.	58
Keilor St. Bern.	56

**MEN'S DIV. 4**

Diamond Valley	98
Knox Athletic	84
Ballarat YCW	78
Geelong	56
Richmond	52
South Melb.	40
Glenhuntly	29

**MEN'S DIV. 7**

Melb. University	94
Ballarat Harriers	77
Ballarat YCW	28
Diamond Valley	27
Geelong	9 (11th)

**MEN'S VET. 40 +**

Keilor St. Bern.	98
Malvern	63
Ringwood	48
South Melb.	42
Geelong	30 (8th)

**WOMEN'S DIV. 1**

Malvern	108
Glenhuntly	94
Ringwood	70
Knox Athletic	61
Richmond	52
Geelong	48
Peninsula R.R.	46

**WOMEN'S UNDER 20**

Eureka	76
Geelong	20
St. Stephens	19
Ath Essendon	14
Bendigo Region	11
Ringwood	10
Sandringham	9

**MEN'S UNDER 20**

Box Hill	89
Glenhuntly	44
Knox Athletic	26
Frankston	22
Geelong	9

**WOMEN'S UNDER 18**

Ballarat Region	30
Doncaster	24
Geelong	23
Diamond Valley	23
Frankston	21

**MEN'S UNDER 16**

Ballarat YCW	71
Ballarat Region	67
Keilor St. Bern	35
Geelong	33
Box Hill	26

**WOMEN'S UNDER 16**

Frankston	76
Ballarat Region	56
Keilor St. Bern.	35
Geelong	29
Diamond Valley	27

**MEN'S UNDER 14**

Ballarat Region	78
Geelong	57
Collingwood	56

**WOMEN'S UNDER 14**

Geelong	47
Doncaster	45
Keilor St. Bern.	39

Ballarat YCW	44	Frankston	30
Keilor St. Bern	31	Geelong (2)	17
Collingwood (2)	15	Ballarat Region	12

## AROUND THE TRACKS AND TRAILS

Mark Tucker's dream of representing Australia at the Athens Olympic Games continues to gain momentum. On Sunday September 21, Mark proved too strong for his opposition as he kicked away over the final 500 metres to comfortably win Adelaide's City to Bay Fun Run (12 km.) in 35.49. Despite battling strong headwinds that slowed his final time, Mark was most pleased with his victory and the \$2000 first prize.

Two weeks later Mark slipped into an Australian Team uniform as he travelled to Vilamoura, Portugal for the World Half Marathon Championships with fellow Australian representatives, Benita Johnson and Scott Westcott. In a hot field Mark finished 55th in a time of 66.28 behind Martin Lel (Kenya - 60.49), Fabiano Joseph (Tanzania - 60.52) and Martin Hhaway Sulle (Tanzania - 60.56) Mark's splits were:

5 km.	- 14.44 (28th)	Leader	- 14.37
10 km.	- 30.25 (47th)	Leader	- 28.54
15 km.	- 46.39 (51st)	Leader	- 43.26

(Note: Benita Johnson finished a fabulous third (69.26) in her first race over the half marathon distance. Paula Radcliffe won her third World Half Marathon title in 67.35 with Ethiopia's Berhane Adere second in 69.02. Scott Westcott finished 49th in 65.57)

Not content to put his feet up, Mark is now completing four weeks of altitude training in Flagstaff, Arizona with Bruce Scriven, Richard Jeremiah, Paul Byrne and Michael Power.

Endurance specialists, Loretta McGrath and Rowan Walker rounded off a most successful winter season when they contested the Melbourne Marathon on Sunday October 12th. Under ideal conditions, Loretta broke through for the biggest win of her career as she crossed the line first in 2:49.02, a five minute personal best. For her win, Loretta wins the chance to do it all over again with a trip to the 2004 New York Marathon. Fantastic effort, Loretta!

In the Men's Marathon, Rowan Walker ran an excellent time of 2:30.23 for 6th place despite having to continually monitor shin soreness in his build-up. Well done, Rowan.

On the same day, on the other side of Bass Strait, two of Geelong's (and Australia's) finest athletes contested the Burnie 10 kilometre Road Race. Fresh from an outstanding victory in the Great Ireland 10 km. Road Race, where he blitzed the field and the course record in 28.36, Craig 'Buster' Mottram was keen to defend his 2002 Burnie title. However, Lee Troop was also in fine form and determined to join good friend and mentor, Steve Moneghetti on the Burnie winner's list. A lot would depend on recovery - Craig from a 30 hour flight from Europe and Lee from the Paris World Athletics Championship Marathon just six weeks before.

Well, recovery was ignored as Craig and Lee flew from the gun, eventually going through 5 km. in a 'super-swift' 13.45. As Craig commented after the race, "we were smokin'!" However, on the return journey back into the wind, Craig was able to extend his lead, eventually running out an impressive winner in 28.25 from Lee in 29.22.

Well done guys - it's great to see Geelong one / two in such a big race.

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

At the Victorian Schools Under 17 - Under 20 Track and Field Championships at Olympic Park on October 4 / 5 Geelong athletes were again to the fore with:

Andrew Tucker	4th	U20	5000m.	16:25.54
	7th	U20	1500m.	4:21.35
Chantelle Faraguna	5th	U18	1500m.	5:05.09
Brenton Rowe	4th	U17	800m.	2:02.95
	5th	U17	1500m.	4:23.07
Bianca Cheever	6th	U17	800m.	2:28.03
	5th	U17	400m.	61.39
Tyson Mahon	1st	U18	1500m.	4:03.93
Taryn Rau	3rd	U17	1500m.	5:05.83

In his first race for nine months, Tyson Mahon showed that he's on the way back to fast times and full fitness with a comfortable victory. Well done, Tyson - it's great to see that you've fully recovered from your injury and are ready to 'fly'!

At the Barwon Zone Primary Schools Athletic Championships at Landy Field on October 14, the following Geelong athletes qualified for the Victorian Primary Schools Championships at Olympic Park on November 9 / 10:

Amy Stekelenburg	1st	10 year	800m.	2:48.15
	1st	10 year	1500m.	5:45.69
				(record)
Georgie Buckley	1st	11 year	800m.	2:34.52
	1st	11 year	1500m.	5:28.13
Kate Sly	2nd	12/13 year	800m.	2:32.93
	1st	12/13 year	1500m.	5:22.91
Laura Stekelenburg	1st	12/13 year	800m.	2:30.95
				(P.B.)
	2nd	12/13 year	1500m.	5:23.60

Congratulations also to our Sacred Heart Junior and Senior girls who have qualified for the IGA Australian All-Schools Knock-Out Championships to be held in Brisbane during December. Fantastic effort: Bianca Cheever, Kelsey Rau, Taryn Rau, Brianna Ricketts and Ashleigh Wall.

## TEAM PHOTO

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

## WHAT MAKES A CHAMPION? Part Seven

In any other era Paul Tergat may have been regarded as the undisputed "King of Distance Running". Five wins at the World Cross-Country Championships (1995 - 1999), with just a single 12 kilometre race on offer up until 1998, are testament to his outstanding talent. Also his Personal Bests, over a such a huge range, make very impressive reading:

1500 metres	-	3:45.91
2000 metres	-	5:01.50
3000 metres	-	7:28.70
5000 metres	-	12:49.87
10000 metres	-	26:27.85 (* World Record)
Half Marathon	-	59.19 (World Record)
Marathon	-	2:05.48 (pre Berlin)

\* since surpassed by Haile Gebrselassie's 26:22.75

However, Tergat competed at a time when Haile Gebrselassie, the "Emperor of Ethiopia", ruled the world's athletic tracks. Gebrselassie, arguably the greatest distance runner ever, always had the answers.

In the Atlanta Olympic 10 000 metre final, under sweltering conditions, Tergat threw in a lung-busting 2:02 800 metre surge with two kilometres remaining, leaving behind everyone but Gebrselassie, who tracked his Kenyan rival in his usual manner. Just before the bell, Gebrselassie pulled alongside Tergat, gave him a quick look, then sprinted ahead to win his first Olympic Gold in 27:07.34 to Tergat's 27:08.17.

Four years later in Sydney, on the fabulous "Cathy Freeman night", Tergat and Gebrselassie were again to provide a sensational contest. This time Tergat left his charge for victory late, sprinting past a surprised Gebrselassie with 200 metres remaining. Centimetre by centimetre Gebrselassie fought back, willing himself into the lead before finally dipping on the line to win his second Olympic gold by the barest of margins.

A leading role in two of the greatest 10 000 metre races of all time and twice 'only' a glorious silver medallist!

Tergat did wrest the world 10 000 metre record from Gebrselassie at one stage, running 26:27.85 in Brussels in 1997, but head to head on the track, the result was always the same.

So Tergat decided to forsake the track and cross-country entirely to concentrate on the marathon. With the world record of 59.17 in the half marathon to his credit, surely the longer distance would provide Tergat with much deserved success.

However, despite running the second fastest marathon ever (2:05.48) when finishing ten seconds behind Khalid Khannouchi's world record at the London Marathon in 2002, Tergat's first five attempts resulted in three seconds and two fourth placings - the 'nearly man' again!

All that changed on Sunday 28th September when Tergat ran 2 hours 4 minutes and 55 seconds in the Berlin Marathon to shatter the previous world record.

In the four months leading up to Berlin Tergat was reported to have regularly completed 41 kilometre training sessions back in Kenya. "I realised during my previous marathons that after 38

kilometres a lot depends on mental strength. So that is what I trained for. The marathon has changed my running. I am more tolerant and more patient now. I have learnt that nothing is impossible if you believe in yourself, stay focused and train hard."

Under ideal conditions (temperatures between 9 - 16 degrees celsius and no wind), 34 year-old Tergat was helped in Berlin by two accomplished pacemakers, fellow Dr. Gabriele Rosa coached athletes, Sammy Korir and Titus Munji. However, at first the pace was too fast (2.54), then too slow (3.07) before they got it right, passing half way, as planned, in 63.01.

Tergat had said before the race that he would give everything he had in the second half. But Korir and Munji were able to stay in front for a remarkably long time. At 30 kilometres the three were still together. Meanwhile the split times had dropped to under three minute kilometre pace. At one stage, between 30 and 31 kilometres, they even ran 2.47. It was at 36 kilometres, when Sammy Korir tried to surge away but could not drop Tergat, that Munji fell off the pace. It was only during the last kilometre, with the Brandenburg Gate in sight, that Tergat was finally able to leave Korir behind. But the drama continued for Tergat as he did not choose the shortest path to the finish line enabling Korir to close to within a second on the line.

"I was supposed to run the Amsterdam Marathon in three weeks time - that was the race I originally trained for." said Korir. "But when I saw the very fast split times, I decided to stay in the race and keep going. I am very happy to run 2:04. 56." Korir's previous Personal Best was 2:08.13.

After the race Tergat said, "I think today we got the maximum result that was possible for us. In the future I might perhaps be able to run something like 2:04.30 but I don't expect to be able to run a 2.03. But the Berlin course is really fast. I believe that under ideal conditions, like we had today, Paula Radcliffe could run a time of 2.13 here."

Asked if he was somehow relieved that he had finally won a marathon, Tergat said, "I always said that my time in the marathon would come if I stayed focused. I also felt that I would be able to break the marathon record one day".

Like many Kenyan distance runners who train very hard but recover thoroughly, Tergat will now have a three week complete break from running before he starts to slowly build up his training in pursuit of the one honour still missing - an Olympic Gold medal in the Athens Olympic Marathon.

To illustrate the magnitude of Tergat's run, here are his splits:

5 km.	15.00
10 km.	29.55 (14.55)
15 km.	44.45 (14.50)
20 km.	59.43 (14.58)
Half Marathon	1:03.01
25 km.	1:14.42 (14.59)
30 km.	1:29.24 (14.42)
35 km.	1:43.59 (14.35)
40 km.	1:58.36 (14.37)
Finish	2:04.55 (6.19)

However, Tergat's run was not the only World Record set in Berlin. Forty year old, Andres Espinosa of Mexico set a new Masters Record of 2:08.46 when he finished an amazing fourth.

Seems like Mona has some pretty fair competition in the veterans ranks!

Not to be outdone, on the other side of the world at the Toronto Marathon, Canadian Ed Whitlock ran 2:59.08 while Indian born Brit, Fauja Singh recorded 5:40.01. Nothing startling you say? Well, Ed Whitlock is 72 years old and Fauja Singh is an amazing 92 years old.

For those of us on the wrong side of forty, here are the current Men's World Age Group Records for the Marathon:

40 - 44	Andres Espinosa (MEX)	2:08.46
	Berlin	28 / 9 / 03
45 - 49	Kjell-Erik Stahl (SWE)	2:15.51
	Berlin	29 / 9 / 91
50 - 54	Titus Mamabolo (RSA)	2:19.29
	Durban	20 / 7 / 91
55 - 59	Piet van Alphen (NET)	2:25.56
	Rotterdam	19 / 4 / 86
60 - 64	Luciano Aquarone (ITA)	2:38.15
	Turku	28 / 7 / 91
65 - 69	Derek Turnbull (NZL)	2:41.57
	London	12 / 4 / 92
70 - 74	Ed Whitlock (CAN)	2:59.10
	Toronto	28 / 9 / 03
75 - 79	Warren Utes (USA)	3:18.10
	Chicago	15 / 10 / 95
80 - 84	Ed Benham (USA)	3:43.27
	St. Paul (USA)	11 / 10 / 87
85 - 89	Josef Galia (GER)	4:47.50
	Rodenbach (Germany)	10 / 6 / 84
90 - 94	Fauja Singh (GBR)	5:40.01
	Toronto	28 / 9 / 03

Sorry, but I could not find the Masters Age - Group records for athletes older than 95 so if anyone's great, great grandfather is looking particularly 'frisky', buy him a pair of running shoes for Christmas.

## NEXT YEAR???

Next Winter Season we hope to continue developing Geelong as a strong distance running centre. Already, a couple of promising new recruits have indicated that they are keen to have a run with the Geelong Team while we hope to have all of our 2003 athletes back in Geelong colours and running fast.

Due to the large number of available winter races for both junior and senior athletes, we have decided to return to a smaller number of local Saturday afternoon races for next year's Winter Cross-Country season.

However, the Geelong Road Championships and the Geelong Cross-Country Championships will remain our most prestigious local races, with up to two more local Saturday races added to our competition calendar. Scheduling of these races will depend on the Athletics Victoria / Schools Race Calendars.

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

## FINALLY, THANK YOU TO THE FOLLOWING FOR THEIR FANTASTIC SUPPORT OF THE GEELONG REGION CROSS-COUNTRY TEAM DURING THE 2003 ATHLETICS VICTORIA WINTER SEASON



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.

*Well, that's all for the 2003 Winter  
Cross - Country Season.*

*All the best to those competing over the  
summer track season.*

*Stay fit, stay healthy and continue to enjoy  
your running.*