



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 35

March 2004

WELCOME TO A NEW WINTER SEASON

G'day everyone and welcome to a new Winter Season. I hope you are all well and running strongly with many P.B.'s and / or satisfying runs already under your belt or just around the corner. Contained in this newsletter is information on the up-coming Winter Season as well as news / gossip about Geelong athletes.

This Winter Season we will revert to the two Championship races ("The Athlete's Foot Geelong Road Championships" and "The Athlete's Foot Geelong Cross-Country Championships") as our local races to compliment the Athletics Victoria Cross-Country Program.

We hope you can support our races by competing or assisting on race days, as a strong local competition will greatly benefit individual athletes and Geelong Athletics in general.

Neil MacDonald.

WINTER SEASON REGISTRATION

The start of each Winter Season means a mad scramble to register in time for the first race. Last season, registration forms were sent out to individual athletes and it was the athletes' responsibility to hand completed registration forms / money to their Club Registrar. At the time of writing, A.V. was unsure as to how registration forms would be distributed this year. However, please register A.S.A.P. so that the season starts smoothly for both you and our Team.

New runners will be able to register by contacting a senior Geelong Club **or** on Saturday 17th April at the Eastern Gardens (before the Geelong Road Championships) **or** on Sunday 18th April at Landy Field (11:00 am. to midday) where information on the up-coming Winter Season will be distributed. Geelong Senior Club representatives will be on hand at the Eastern Gardens and Landy Field to take your registration / money so please bring your cheque book, credit card or cash.

To run for the Geelong Region Team this Winter Season athletes need to be registered with a senior Geelong Club or to run 'second claim' for a Geelong Club. Little Athletes also need to be registered with a senior Geelong Club but are able to do so at a reduced rate.

Runners will also be able to enter Athletics Victoria Winter Races either individually or with a Season Ticket. As with last year, the Geelong Centre will reimburse 50% of money paid to runners who purchase a Season Ticket as long as Open Age athletes contest at least 5 A.V. races and Junior athletes contest at least 4 A.V. races. The Season Ticket, which works out much cheaper than paying for individual races, cost \$60 for seniors last season down to: \$28 (U 14, U 16) \$36 (U 18) and \$40 (U 20). Last year individual race entry cost \$12 for seniors!!!

Please hand completed Season Tickets / money to Neil MacDonald who will forward a photocopy of your form onto the Geelong Centre for reimbursement. Completed forms / money will then be sent onto Athletics Victoria.

New runners will also be able to order a Geelong Team singlet /

crop top in their size. New singlets / tops will be distributed at the first A.V. race.

"THE ATHLETE'S FOOT" GEELONG ROAD CHAMPIONSHIPS Saturday 17th April

This year "The Athlete's Foot" Geelong Road Championships will be contested around the Eastern Gardens inner road circuit. Results from these races will assist in the selection of Geelong Region Cross-Country Teams for the first Athletics Victoria race on Saturday 24th April (the Cross-Country Relays at the Werribee Equestrian Centre).

2:00 pm.	Under 16 Girls / Boys	1 lap	2.34 km.
2:30 pm.	Senior Women / Men	2 laps	4.68 km.

Start / Finish at the main rotunda on the inner road circuit.

Junior Ages taken as at 31st December 2004

Note: To be eligible for placings / trophies in the Geelong Road Championships, athletes will need to be registered with a senior local club or running "Second Claim" for the Geelong Region Cross-Country Team before the gun sounds. Unregistered athletes will be able to run Invitation but will not be considered in the Championship placings. Athletes are asked to run in their local club singlet (ie. Bellarine, Chilwell, Corio, Deakin, Geelong Guild, Lara Harriers, South Barwon) or their Geelong Region Cross-Country Team singlet for "Second Claim" runners with A.V. numbers attached (if numbers have been distributed.)

Tony Stewart and "The Athletes Foot" have kindly donated a pair of running shoes as a spot prize for both "The Athlete's Foot Geelong Road Championships" and "The Athlete's Foot Geelong Cross-Country Championships". All runners / helpers on the day will be eligible to win.

The Committee of the Geelong Region Cross-Country Team hopes that you can support "The Athlete's Foot" Geelong Road Championships and register / enter A.V. races as soon as possible so that the 2004 Winter Season begins on a great note.

THE GEELONG ATHLETICS TRIPLE CROWN

This Winter Season will again see the running of the "Geelong Athletics Inc. Triple Crown". The "Triple Crown" will be a three race series with points allocated for finishing positions in each race. The male and female winners will be the athletes with the most accumulated points after the three races.

Points will be allocated: 10 points for first place, 8 for second, 7 for third, 6 for fourth, 5 for fifth place down to one point for 9th.

"Triple Crown" races are:

- * "The Athletes Foot" Geelong Road Championships.
Saturday 17th April.
- * "The Chas Suffren Cross-Country"
Saturday 12th June
- * "The Athlete's Foot" Geelong Cross-Country
Championships.
Saturday 28th August

(Note: Athletics Australia has yet to confirm the date for the Australian Cross-Country Championships but they may be held on Saturday 28th August in Canberra meaning a change in date of our Cross-Country Championships.)

Please put these races and dates in your schedule now. Further details in later newsletters.

DON'T MISS THESE NIGHTS!

A NIGHT AT "THE ATHLETE'S FOOT"

All members are invited to "The Athlete's Foot",
Market Square Geelong,
on

Thursday 22nd April from 6.00 - 8.00 pm.

Tony Stewart, Owner / Manager has made
available for the night:

- * "Fitprint" computer software to analyse your foot type.
- * Receive expert advice from
Podiatrist / New Balance technical Rep.) on shoes
best suited to your foot type / running needs.
- * New Balance's latest clothing at greatly reduced prices.
- * New Balance's latest running shoes.
- * Special Discounts on the night on all running shoes.
- * GIVEAWAYS!!!!

Check out the latest running shoes and clothing.
Please phone Neil MacDonald (52 231620)
to confirm numbers attending.

A MEAL AT THE BUSH INN

What: A fabulous meal and drinks.
When: Saturday May 22nd at 7:00 pm.
Where: The Bush Inn Hotel.
Why: Come along and have a delicious
meal with your team mates.
(then tell them how well you ran
at Lardner's Park and how well
you're going to run at the Sandown
Road Race!

GEELONG REGION TEAM BUS

A 22 seat Team Bus, supplied by the City Of Greater Geelong, has been organised for the up-coming Winter Season. The cost per

race will be approximately \$5 per person with seats allocated on a first in / first served basis.

Travelling to races as a group is a fantastic way to build team spirit so I would encourage all to consider this hassle free way to arrive at races ready to run 'fast'!

The bus will leave Norlane Waterworld at the following times:

Cross-Country Relays (Werribee)	Sat 24 April	11:15 am
Lardners Park Cross-Country	Sat 15 May	10:00 am
Sandown Road Race	Sat 29 May	11:00 am
Chas Suffren Cross - Country	Sat 12 June	12: 15 pm
Albert Park Road Race	Sun 27 June	6:30 am
Road Relays (Sandown)	Sat 10 July	11:00 am
Bundoora Cross-Country	Sat 17 July	11:15 am
Coliban Road Relay	Sat 31 July	10:00 am
Coburg Cross-Country	Sat 14 Aug	11:15 am
Burnley Half Marathon	Sun 12 Sept	6:00 am

AROUND THE TRACKS AND TRAILS

Geelong's athletes have been very busy over the summer, racking up many impressive performances.

At the elite end, Craig Mottram has returned to top form in winning the Zatopek 10 000 metres (27:50.55) ahead of Geelong team mates, Lee Troop (second in 28:13.96) and Mark Tucker (fourth in 28:44.52). At the four kilometre mark of the Zatopek it was fantastic to see Geelong one, two, three before the evergreen Steve Moneghetti worked his way into third place. Craig Mottram then backed up with impressive wins at the Melbourne Telstra A Series 5000 metres (13:25.97), the National Championships 5000 metres (13:31.74 after 'kicking down' the 800 metres after the 3 km. mark in 2.02 to quickly drop his pursuers) before heading to Budapest for the World Indoor Championships 3000 metres where he broke his own Australian Record in his heat, running 7:48.09. In the final Craig forced the pace after a ridiculously slow first kilometre before eventually finishing 10th in 8:03.82 behind the winner, Bernard Lagat of Kenya (7:56.34). Craig ran the last 1500 metres in 3.43 but could manage 'only' 31 seconds for the last 200 metres, losing four places. At the World Cross-Country Championships in Brussels, Craig finished ninth in the 4 kilometre Short Course Race (11.51) behind the great Ethiopian, Kenenisa Bekele (11.31) and 13th in the 12 kilometre Long Course Race (37.10), also behind Bekele (35.52)

Lee Troop has also been in top form, logging up to 240 kilometres a week in training in preparation for the World Cross-Country Championships (21st in the 12 km. Long Course Race in (37.43), the London Marathon and the Athens Olympic Marathon (see a sample of Lee's training later in the newsletter). Along the way, Lee was able to capture his third National 10 000 metres Championship, running 28:32.43 despite a mid-race stitch and less than ideal weather conditions.

Other Geelong runners to compete at the National Athletic Championships in Sydney were:

Richard Jeremiah	2nd	3000m. Steeple
		8:45.68
Louis Rowan	11th	1500m.
		3:45.01

Georgie Clarke	2nd	1500m.	4:11.64
	1st	5000m.	15:53.31
Mark Tucker	11th	5000m.	14:03.70
Rebecca Forlong	4th	1500m. (U20)	4:32.34

At the Victorian Championships, Geelong athletes were also to the fore with the following athletes racing:

Louis Rowan	1st	1500m.	3:45.53
Mark Tucker	4th	1500m.	3:46.37
Georgie Clarke	2nd	800m.	2:05.81
Brenton Rowe	1st	U18 3000m.	9:10.14
	6th	U18 1500m.	4:03.60
Rebecca Forlong	1st	U20 1500m.	4:39.01
Nick Wightman	8th	U20 5000m.	16:13.1
Nadia Semjanov	9th	5000m.	18:38.08

However, one of the great success stories of the summer track season has been the form of Louis Rowan. Under the guidance of coach, Jaime Werner, Louis has increased his training work load (Louis is now running up to 80 kilometres a week) for impressive results. All the hard work paid-off with a fantastic time of 3:42.87 for 1500 metres at the Melbourne Telstra A Series Meeting in February.

Not to be outdone, our junior athletes have performed to a high standard over the summer season with the following Personal Bests recorded:

Brenton Rowe	4:03.60	1500 metres
	8:52.80	3000 metres
Michael Kenny	58.78	400 metres
	2:10.82	800 metres
	4:28.09	1500 metres
Laura Stekelenburg	66.40	400 metres
	2:27.20	800 metres
	5:09.40	1500 metres
Amy Stekelenburg	73.10	400 metres
	2:37.80	800 metres
	5:19.85	1500 metres
Georgie Buckley	67.90	400 metres
	2:30.11	800 metres
	5:05.52	1500 metres
Tim Kilfoyle	58.47	400 metres
	2:10.70	800 metres
	4:37.61	1500 metres
Kate Sly	65.07	400 metres
	2:27.93	800 metres
	5:01.26	1500 metres
Chelsea Merry	2:19.30	800 metres
Caleb Byrt	63.50	400 metres
	2:27.32	800 metres
Daniel Payne	5:05.43	1500 metres
Hamish Wishart	2:32.41	800 metres
	5:06.67	1500 metres
	11:10.06	3000 metres

Finally, at the State Little Athletics Championships on March 13/14 two of our girls ran brilliantly to win middle distance medals against the best junior athletes in Victoria. Congratulations to:

Kelsey Rau	1st Under 14	1500m.	5:03.06
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Georgie Buckley	3rd Under 12	1500m.	5:05.52
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Well done to all our junior athletes who have performed so well over the summer track season - our Under Age Teams look to be in great shape for the up-coming winter season.

HEY THERE, GEORGIE GIRL!

Georgie Clarke burst onto the Australian athletics scene like a blonde haired comet in the late nineties. Running times that stunned the world, the Jan Juc teenager with the big heart and the prodigious talent went on to represent Australia at the Sydney Olympics as a sixteen year old. Now, despite experiencing a few ups and downs over the last two years, an older and stronger Georgie Clarke is back and ready to continue her rise to the top.

N.M. Georgie, today you completed your first ever Falls Creek long run, finishing along the dusty, rocky, windy, hilly Bogong High Plains Road before arriving at Langford's Gap. How far did you run and how do you feel?

G.C. I'm not sure how many kilometres I covered but I ran for one hour and 36 minutes, which is the longest run I've ever completed by a long way. And I didn't feel too good, especially the last 30 minutes, where I really struggled.

N.M. And on Thursday you completed a fairly intense track session in Geelong before heading up here.

G.C. Yes, I ran 4 sets of 300 metres (30 seconds recovery) 200 metres with a lap jog between sets. But it was good because I haven't done much speed work lately and I needed to start running fast in preparation for the up-coming Australian domestic season.

N.M. How fast were you running the 300's and the 200's?

G.C. Pretty close to as fast as I could go. The aim was to do the 300's in about 47 seconds then run as fast as I could go for the 200's, which was about 30 seconds.

N.M. I hear that you had older brother Tim as a training partner.

G.C. Yes, Tim is great like that and even though he's playing A.F.L. football with Hawthorn, he still runs very well.

N.M. What races do you have planned for the next few months?

G.C. I'm not 100% sure but I'm definitely running Brisbane on the 23rd of January, then Canberra and Melbourne with probably a few Inter - Club races thrown in. A lot will depend on how the training is going and what Nic (Bideau) wants me to do.

N.M. And of course, all the top athletes are trying to run qualifying times for the Athens Olympics. The A Qualifier for the 1500 metres is a very challenging 4:05.

G.C. Yes it is tough, a lot tougher than Sydney but I can only do what I can do and run as fast as I can. If I get it, I get it and if I don't, I'll just keep working harder so I run well the year after. I still think, that because I'm still young, my best running years are still a few years away. However, I'm going well at the moment so I'm very optimistic.

(Ed. A recent article in "Peak Performance" Newsletter stated that male World Record-Holders for 800 / 1500 metres are most likely to run their fastest at around 25 years of age

while females peak at 27 years of age. In addition, having achieved an all-time best time at these ages, these athletes often continue on for another decade with world class times. Seb Coe, for example, ran 1:41.73 for 800 metres at the age of 24 and 1:43.52 for 800 metres at age 33. Steve Cram ran a mile in 3:46.32 aged 25 and 3:53.80 when he was 30. The age at which a male runner is most likely to run a lifetime best for 3000 / 5000 metres is 27 (females 29). For the 10 000 metres it is 29 and 31 respectively. All this goes to show that patience and perseverance are very important ingredients when it comes to running success).

N.M. Let's back track a little. Bruce Scriven tells the story of your first training session with his group. At the time you were only 11 and a mere slip of a girl. Anyway, you turned up a few minutes late for the session at a golf course and the others had already run off to warm-up. Bruce said that the group was running down to a tree at the other end of the course then back so suggested that you run off and join the group on their return journey. However, you took off like a rabbit, quickly caught the group, rounded the tree then beat them back. At the time, Bruce thought, "crikey, this little girl can really run!" Do you remember that session?

G.C. Yes, I remember the session. I'm pretty sure we were running 1000 metre reps around the golf tees after the warm-up. I've always been able to run, even when I was really little. I think that most young kids who are pretty fit, have some ability and really love what they're doing, can do some pretty amazing things.

N.M. You must have given some of the older boys in the group a shock?

G.C. I don't know about that - I've never asked them.

N.M. What other sports did you play when you were young?

G.C. I played lots of netball and I snow -skied from the time I could walk. As a family we did a lot of things together and I spent a lot of time with my brothers and did a lot of what they did. Both David and Tim were very talented junior athletes and are now playing A.F.L. football. (David with Carlton after transferring from Geelong and Tim with Hawthorn)

N.M. You mentioned netball as a sport you played. When did you stop playing netball?

G.C. I really enjoyed netball but had to stop when I was 15 because it was becoming too hard to run and play netball. Also, because I was starting to increase the intensity of my running, I needed to be fresh for each session and to recover properly between sessions. When I played netball in the morning, then had running training an hour later, it was just too much. But up until then I did lots of different things like surf life saving but with the Sydney Olympics in 2000 coming up, I basically stopped everything else in the winter of 1999 to concentrate on running. Looking back, many people could say it was a mistake because I was so young but to me it wasn't because it was a once in a life time opportunity for me to make an Olympic Team in our own country. If I had my time again I wouldn't change a thing.

N.M. A little known fact about you is that you learned ballet when you were younger.

G.C. Yes, I did but only until I was seven or eight. I enjoyed ballet but back then I wasn't running so I could try lots of different things.

N.M. In your early running years, say when you were 12 or 13, how much training were you doing?

G.C. Ummmmmm I'm not that sure as I don't have a diary from back then. However, I remember running on the track on Tuesday and Thursday with a race on Saturday. Then I'd also go for the occasional 20 minute jog along the beach with Dad. Back

then I would never run over half an hour.

N.M. One of your old training partners from your early years, Richard Jeremiah, mentioned that one of Bruce Scriven's favourite sessions for the younger athletes was 200 metre reps. Do you remember doing a few 200's when you were younger?

G.C. Yes, we did lots of different things with Scrivo - 200 metre reps, 300 metre reps. But back then I didn't do much over 600 metre or 800 metre reps on the track until I was 15. For longer stuff, like one kilometre reps, we'd usually train away from the track. However, I never did anything longer than one kilometre reps. Back then I struggled a bit with the longer stuff as I lacked strength.

N.M. And despite you saying that you lacked strength as a youngster, you were a junior phenomemon. In fact, you still hold the following World Age Group Records:

800 metres	12 year old	2:08.83
1500 metres	12 year old	4:24.96
1500 metres	13 year old	4:17.53
1500 metres	14 year old	4:17.53
1500 metres	15 year old	4:06.77
1500 metres	16 year old	4:06.77

Unbelievably, at 15 years of age you were faster over 1500 metres than Olympic Champions, Sebastian Coe, Noredidine Morceli, Steve Cram and Steve Ovett when they were the same age. Can you remember running any of those times?

G.C. I remember running most of those races but I can't remember how old I was at the time. What a lot of people might not understand was that I would never start off a season running those times. I might have run 2.08 for 800 metres as a twelve year old but that was after running heaps of races. When I started racing in September I might be only running 2.20 and with each race I'd get fitter and fitter and faster and faster. These days we don't seem to race as much and sometimes I think that may be a disadvantage for me but it's whole different situation when you're eighteen or nineteen where you need to train more to become strong. When I was younger I could race a lot because I wasn't training so much. However, if I did that now I might be struggling to run 4.30 for 1500 metres!

N.M. You still hold many Little Athletics records in Geelong. Your memories of Little Athletics?

G.C. I didn't like Little Athletics all that much because I would become frustrated as I just wanted to run the middle distances and they couldn't tell me when my event was on and I didn't like sitting around waiting all morning for my races.

N.M. I would guess that many of your races back then would have been time-trials?

G.C. Sometimes, but there were some pretty talented kids racing over 200 metres and 400 metres. I'm not sure where they all go but there's always lots of good runners at Little Athletics.

N.M. At 15 years of age you ran 4:06.77 in Hobart with Sarah Jamieson and Benita Johnson close behind. I would argue that your 4:06.77 is one of the better World Age Group Records. Can you remember the race?

G.C. Yes, I can. It was perfectly paced. That year we had a couple of Kenyan girls who were running really well and they

took us through to 1000 metres - that's one of the big problems in Australia, we don't have girls who can take us through the first kilometre. It tends to be 'dog eat dog' and there's not a lot of girls who want to help each other out so it's tough racing out there.

N.M. When you were 15 you had some pretty big decisions to make. Did running 4:06.77 in Hobart mean that 'all systems were GO for Sydney?'

G.C. The decision was pretty much made in June 1999. At the time I was in London with my current coach, Nic Bideau and I'd just won the World Youth Championships over 800 metres even though I wasn't in great shape at the time. Back then I wasn't training all that much - I was just relying on my speed and natural ability. One day Nic took me for a run around Bushy Park and I couldn't keep up. We ran for 66 minutes, which was a long way for me back then. I remember that I nearly collapsed when I'd finished but he told me that if I worked a bit harder and got a bit fitter, that I could make it to the Sydney Olympics. Who's going to pass up going to the Olympics? So when I got home I decided to train really hard - I started running 35 minutes on a Monday, 45 minutes on a Wednesday, 60 - 70 minutes on a Sunday as well as the sessions I would normally do on Tuesday / Thursday / Saturday. And with the increased mileage, I quickly improved out of sight.

N.M. How many kilometres would you have been doing in a big week back then?

G.C. In 2000 I was doing about 60 - 70 kilometres a week - not a lot, when you consider a lot of my older competitors would have been doing well over 100 kilometres a week, but 60 - 70 kilometres was probably a fair bit for my age.

N.M. And a big increase on what you had been doing.

G.C. Yes, a significant increase.

N.M. Making the Olympic Team must have been a huge thrill and a great reward for all the hard work. What are your memories of Sydney?

G.C. The Olympics were absolutely awesome. Which athlete wouldn't want to represent their country at an Olympics? Because I was young the racing was pretty tough but I had a great time and it was a wonderful experience.

N.M. Waiting in the call room for your heat of the 1500 metres. How did you feel?

G.C. I'm not one to get too carried away so I tried to just treat it like any other race. However, at the time it was all a bit overwhelming for a young girl and a lot of things tended to rush by in a bit of a blur. I did not think too much of it at the time but in years to come I'll look back and fondly remember a pretty special time in my life.

N.M. In your heat you relaxed a little a few metres from the line and almost missed qualifying for the semi-finals.

G.C. Yes, that's a bad habit of mine - I sometimes don't run all the way through the line. I also think it was also pretty tough out there - I was there with 200 metres to go then everyone started to kick past me because I was young and lacked their strength. That's another reason why I needed to do the mileage, so I would have the strength to finish off my races.

N.M. So you made the semi-final. Your memories of that race?

G.C. Like I mentioned before, everything seemed to rush past so quickly. There were pretty big expectations of me at the time but I was happy to make the semi-final. However, even though I trained hard to get to the Olympics, in many ways it came easily as I'm training a lot harder now and I'm a much stronger and tougher athlete than I was in 2000.

N.M. What are your memories of the Olympic

Opening Ceremony and life in the Olympic Village?

G.C. I think everyone saw how awesome the Opening Ceremony was and for the athletes the whole Olympic experience was fantastic. While I was not training I spent a lot of time in the Nike tent that was just outside the Village. I would meet Mum, Dad, my brothers and my best friend, Shay there and we'd play games and watch TV. They also had really good food in the Nike tent. We'd also go out for trips down to Parramatta or Bondi. As far as the Village was concerned, I didn't spend too much time there as I would be training or racing or out watching other sports. The main things I did in the Village were eat, sleep and occasionally hang out with my room mates, Tatiana Gregoriova and Jana Pittman.

N.M. Did you spend any time celebrity spotting in the Village and did you get to meet any of the 'super -stars' from other sports?

G.C. No, not really. I'm not really into that sort of thing. Obviously, I saw the top runners but I've seen them at races before so that wasn't such a big deal. I did see a few of the top swimmers like Ian Thorpe but the Village was huge and you could go days without seeing anyone you knew.

N.M. During the last few years you have had a few ups and downs, like a lot of teenage female athletes. What were some of the problems you experienced and how did you work through them?

G.C. I had a few problems immediately after Sydney - nothing too serious as I was still running, just not running as much. In 2002 I was back running well, then at the end of the season I developed quite a serious knee injury that kept me out of the Commonwealth Games. Initially, I had bursitis under the I.T. band but that had improved by August. Then I had general swelling in both knees that caused ongoing problems for the next 12 - 16 months that stopped me from running. At the time there was no real diagnosis of what was wrong but it was probably just a growing problem. Also, at that time my body was changing and at first I found it hard to adapt, both physically and emotionally, when I did get back running. I kept rushing back instead of being patient and realising that it would take time to become fit and run fast again. In the end I was forced to take a long time off from running and as I'd had no time off since I was eleven or twelve, at first, it was pretty hard to take. But I've been on the way up since April of this year and with all the hard work I've been putting in, things are going well again. However, I think that it will be another year or so before I'm running at my absolute best. You don't see many young girls on the middle-distance circuit overseas as it's such a tough event to run at the top level. Also, a lot of young girls struggle from 15 - 19 years of age because their bodies are changing. But it's not abnormal so you just have to accept it and be patient.

N.M. Eloise Poppett said exactly the same thing: that a lot of teenage girls hit the 'difficult years' and think that they will never run well again and give it away.

(Ed. an interview with Eloise Poppett will be in a future newsletter.)

G.C. Yes, that's true. I think you need a really good support group around you, which I do, and believe that with hard work, patience and perseverance you can run fast again. I'm definitely working hard and I'll keep trying my best until I'm running as well as I know I can.

N.M. Even though it was hard at the time, physically and mentally did you need a break from running?

G.C. I think that because everything came so easily to me when I was younger, I needed to have things put back in perspective a little, not that I ever got ahead of myself.

However, the time off gave my body a chance to develop and gave me some time to appreciate the things that I had achieved and the things I still hoped to achieve. At the time I thought that the time off was the worst thing that had happened to me but because athletics is such a tough sport that requires so much hard work and dedication and I hope to be in the sport for a long time, the time off has helped me a lot.

N.M. And you're hungry again!

G.C. Yeah I'm certainly hungry but I'm also patient and I know what it's going to take and how hard I'll have to work. But as long as things are progressing forward, I'm happy.

N.M. While you were out injured you did Pilates. Are you still doing Pilates?

G.C. No, Pilates is a bit slow for me. It was good at the time because I couldn't do any gym work because of the pressure on my knee but now that the knee is OK, I do gym work instead.

N.M. What gym work do you do?

G.C. I do bits and pieces although not a great amount because we're running so much. I do a little bit with weights but most of the work I do involves sit-ups / core stability work and circuits involving my own body weight.

N.M. Earlier this year you 'bit the bullet' and headed overseas even though you were not fully fit. While overseas you trained with Sonia O'Sullivan and Benita Johnson, who were both running really well at the time. Those sessions must have been challenging?

G.C. As I was really unfit, those first few sessions were very tough and I was constantly out the back and at the time I hated every minute of it. But it was also good because it pushed me and made me realise how much work I had to do to get back. Eventually, I started to regain fitness and if I did that four months of training now, it would be a totally different story. I also appreciated Sonia's and Benita's support at the time as they were both fantastic to me.

N.M. And both of them have been there and done that.

G.C. Yes they have but they're both really nice people too.

N.M. You mentioned before that Nic Bideau is now you coach. Why the change and what is Nic's basic coaching philosophy?

G.C. What a lot of people might not realise is that Nic has been around ever since I was eleven and has had a big impact on my whole career. And although Scrivo has done a fantastic job coaching me when I was younger, Nic was always around offering advice and helping out too. And for most of the time Nic and Scrivo acted as a partnership but unfortunately that didn't work at the end so I had to choose between one or the other. In the end I chose Nic because I thought my career was better served by going with him. As far as training goes, it hasn't changed much except that I'm doing more of it.

N.M. How many kilometres would you be doing in a big week now?

G.C. About 115, maybe 120, but that's pushing it.

N.M. How many days do you run twice?

G.C. Three days a week, maybe a bit more up here at Falls Creek.

N.M. With the increased running, do you feel as though you're getting stronger?

G.C. Yes, slowly because the longer stuff is my weaker area as I found out on this morning's long run.

N.M. At the moment you're concentrating on the 1500 metres but what do you think will eventually be your best distance?

G.C. At the moment I like the 1500 and I'll stay with it for a while. I think my engine runs out at 3 kilometres but who knows

in a few years time. I still like the faster stuff although I'm not very quick at the moment. Maybe by the end of the year I'll be back down to 2.01 for 800 metres.

N.M. A couple of weeks ago you ran 8.56 for 3000 metres at State League on a very hot night. That must have been very satisfying?

G.C. Yes, that was really good. It was a P.B. and showed that I'm going forward so hopefully I can follow up with a few more P.B.'s.

N.M. When you're not running, what do you like to do?

G.C. I'm studying Health / Science at University although I'm not sure what career I want to follow. I chose this area because it gives me lots of choices. I also hang-out with my friends, go to the movies, I love shopping. I guess I live a pretty normal life when I'm not racing or training.

N.M. Georgie, thank you very much for your time. All the very best for the up-coming season and I hope you run that sub 4.05 and make it to Athens.

G.C. Thanks, Neil.

Note: Georgie ran 4:09.66 in winning the 1500 metres at the Melbourne Telstra A Series on February 12th then finished a close second to Sarah Jamieson in the Australian Championship / Olympic Selection Trials in Sydney (4:11.84) The following evening at the Australian Titles, Georgie ran her first ever track 5000 metres, winning a tactical race in 15:53.31 with the last 200 metres in 31 seconds.

Selected to run the World Cross-Country Long Course Race over 8 km., Georgie finished 55th in 30.07 behind winner, Australia's Benita Johnson (27.17) before heading to the US where she is planning to run the Carlsbad 5 km. Road Race on March 28 and the Mount SAC 5000 metres track race on April 16 (hoping to run under 15.20). In between she'll complete altitude training at Mount Laguna with other members of the Bideau group. Then from there, it's on to Europe for several 1500 metre races and hopefully an Athens Olympic A Qualifier. Good luck and good running, Georgie.

RUNNER PROFILE

Georgie Clarke

Occupation / School Second Year University Student

Age 19 Date of Birth 17 / 6 / 84

Height 170 cm. Weight 48 kg.

Married / Single Single

Coach Nic Bideau

Personal Bests

400 m. 55.0

800 m. 2:01.7

1500 m. 4:06.77

3000m. 8:56

Favourite Food Avocado

Food Eaten Before a Race Banana or toast

Favourite Drink Mineral Water

Favourite Movie ?

Favourite Book ?

Favourite Music / Band Whatever is on the radio

Favourite TV Show "24"

Favourite Night Spot The Beach

Favourite Holiday Spot The Whitsundays.

A Normal Training Week.

Mon.	am.	30 - 50 mins. easy.
	pm.	30 mins. easy plus drills / strides
Tues.	am.	30 mins. easy.
	pm.	Track Session: This varies but something like: 2 x 1200 metres in about 3.38 with a lap jog recovery. 3 sets of 400 metres in about 68 seconds (40 seconds recovery) then 200 metres in about 30 - 32 seconds. Lap jog recovery between sets.
Wed.	am.	50 - 60 mins. easy.
	pm.	REST
Thur.	am.	30 mins. easy.
	pm.	15 minute warm - up 20 minute 'pace' run. 15 minute cool - down
Fri.	am.	40 - 50 mins. easy.
	pm.	REST
Sat.	am.	Track or Fartlek Session: This varies but something like: 2000 metres (in about 6.20) 2 minutes recovery 3 sets of 4 x 300 metres (30 seconds recovery between reps / 3 minutes recovery between sets)
	pm.	REST
Sun.	am.	60 - 80 mins. easy.
	pm.	REST

Other Training / Recovery Sessions.

Massage, gym, circuits, swimming at the beach

Favourite Training Session any track session.

Favourite Races 1500 metres.

Best Ever Performances Winning World Youth Championships 800 metres (1999) and 1500 metres (2001)
2000 World Juniors 800 metres (second) / 1500 metres (third)

Favourite Place To Train Jan Juc / Geelong

Toughest Ever Training Session Any speed sessions on the track with short recoveries (lots of lactic!)

Most Admired Runners / People I admire many athletes.

Advice to Other Runners

"Believe in yourself and be patient and consistent."

Goals for the Future

"To stay uninjured for as long as I can and to win as many races as possible."

Future issues of the Geelong Region Cross-Country Newsletter will feature interviews with:

Eloise Poppett,

Hayley McGregor, Benita Johnson, Craig Mottram,
Rod de Highden, Adrian Blincoe, Nick Bideau
and Louis Rowan.

Order your copy now.

TROOPY TRAINING. PUTTING IN THE HARD YARDS.

Lee Troop is a man on a mission. His goals for 2004 are to claim the Australian Marathon Record (currently held by the great Robert de Castella at 2:07.51) in April's London Marathon and a top ten finish in the Athen's Olympic Marathon. To achieve these goals, Lee has changed his training focus from the more traditional Tuesday, Thursday, Saturday 'hard / quality sessions' to the following, more 'marathon specific' training program.

Warning: do not try this at home!

Sun.	am.	37 - 39 kms. Run easy pace for first two hours (28 - 30 kms.), then run last 30 mins. hard (9 km.)
	pm.	10 - 11 km. easy
Mon.	am.	15 - 16 km. easy
	pm.	15 - 16 km. easy
Tues.	am.	16 km. 'Mona Fartlek' (2 x 90 seconds, 4 x 60 seconds, 4 x 30 seconds, 4 x 15 seconds hard with equal time recovery between.)
	pm.	10 - 11 km. easy
Wed.	am.	28 - 30 km. easy
	pm.	10 - 11 km. easy
Thurs.	am.	15 - 16 km. easy
	pm.	15 - 16 km. easy
Fri.	am.	17 - 19 km. 3 - 4 x Eastern Park Road Circuit (undulating 2.34 km. circuit) in 7 minutes with 2 mins. jog recovery between.
	pm.	10 - 11 km. easy
Sat.	am.	15 - 16 km. easy
	pm.	15 - 16 km. easy
Total		230 - 240 km.

All easy runs between 3.40 - 4.00 min. / km. pace.

Core stability work for 30 minutes on Monday and Thursday.
Physio on Tuesday and massage on Friday.

Lee, all the best in achieving your goals this year.

AUSTRALIAN CROSS - COUNTRY CHAMPIONSHIPS.

At the time of publication, the date for the Australian Cross - Country Championship had not been confirmed.

Initially it was scheduled for Saturday 4th September but Athletics Australia is considering incorporating their race with the School Sport Australia Cross - Country Championships on Saturday 28th August in Canberra.

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



**CORIO BAY SPORTS
MEDICINE CENTRE**

**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.**

**Please support the above businesses and organisations.
And don't forget to
say that you're from the Geelong Region Cross - Country Team
whenever you use their services.**

**Hoping you have a great Winter Season
running for the Geelong Region Team.**

**If you have any questions,
don't hesitate to give me a call on 52 231620.
Neil MacDonald**