



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



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FORLONG WINS BY A FURLONG AT HILLY LARDNER PARK CROSS - COUNTRY.

Beautiful autumn weather greeted Geelong athletes as they made the long journey down the Monash Freeway to Lardner Park, Drouin for the second race of the Athletics Victoria Winter Season. However, while the sun was shining and the footing was firm, Lardner Park, with its long, strength sapping hills, shallow ditches and equestrian obstacles, is arguably the most challenging cross-country course encountered during the A.V. Season.

Leading the way for the Geelong Team was Rebecca Forlong, who recorded an impressive all-the-way victory in the Under 20 Women's 4 kilometre Race despite having to recover from a self-inflicted mid-race tumble. Well done Rebecca - excellent running! Rebecca is also our 'Geelong Athlete In Profile' for this newsletter.

However, first up for Geelong were our Under 14 athletes who were to contest a two kilometre course that was 1300 metres of very challenging hills and 700 metres of flat terrain around the Lardner Park dam to the finish.

Sam Withington, back into his correct age-group this week after running in the Under 18 Relay Team at Werribee, found the slightly shorter distance to his liking as he finished a fantastic second in the smart time of 7.07. Also running over two kilometres was Kate Sly, who warmed-up for her race by plaiting Michael Kenny's hair into a weird, slightly scary piccaninny style on the team bus. However, once the gun fired, Kate was all business as she sped around the course to cross the line in fourth place (second in the Country Championship) Sixth across the line was Laura Stekelenburg, who ran her best race for the Cross - Country Season, before speeding back to Geelong for a starring role in the Geelong College performance of "Godspell". Younger sister, Amy also ran a fine race to anchor the Geelong Under 14 Girl's Team to full points in the coveted Team's Competition. Great running, girls!

Our sole representatives in the Under 20 Men's 4 kilometre race and the Under 16 Men's 3 kilometres were Nick Wightman and Tim Kilfoyle, who are both improving with each run and are rapidly closing in on a top three placing in these most competitive age groups.

Lining up for his first Geelong Team Cross-Country race was Lara resident, Phillip Doolan who used his steeple-chasing skills (Phillip finished 4th in the Under 18 2000 metre Steeple Chase at the IGA Australian Youth Championship) over the various equestrian obstacles to finish a promising fifth in the Under 18 four kilometre event. Just six seconds later Michael Kenny crossed the line to take seventh placing in another strong run from this bottom - aged athlete. Rounding out the Under 18 team was Tom Burns-Wallace who stepped - up an age group and race distance to assist Phillip and Michael in securing a team victory. Well run and thanks, Tom.

In the Under 16 Women's 3 kilometre event, Kelsey Rau ran a wonderful race to finish hot on the heels of two talented, older competitors. Keep an eye on young Kelsey as she is running in to top form and is very keen to give the older girls a real fright this season. Harriet Brown's Saturday morning schedule was timed to

the second with an early morning game of hockey, jump in the car for the trip to Lardner Park, race over three kilometres, cool down, then back in the car for the trip home. Phew!!!

Six Geelong women toed the line for their race over the two lap course with Nadia Semjanov's strength and endurance coming to the fore as she collected a well deserved silver medal in the Country Championship. Over the last few weeks Nadia has endured tightness in her calves but a cautious approach to warming - up and regular massage has managed the problem. Next to finish for Geelong was the evergreen Jo Lambert. Jo, who is a four - time Deaflympic Games medallist and a three - time world record holder, is reaching top form as she prepares for the 2005 Deaflympics to be held in Melbourne. Both Cathryn Hoare and Celia Cosgriff took an intellectual approach to race preparation as they 'hit the books' to calm the nerves. Cathryn's preferred text was the rather obscure "Chemical and Biological Warfare" while Celia was immersed in "Learning Performance of Physical Skills - Second Edition" This cerebral warm - up seemed to work well as both girls ran strongly over the tough six kilometre course. Celia also made the rather strange observation that she was happy with how she ran and felt, from the waist up? Melissa Coghlan's warm - up consisted of a frantic dash around Lardner Park in search of safety pins for her registration numbers. However, once A.V. number 803 was secured front and back, Mel was able to run sub 5 minute kilometre pace over the hilly terrain. Freyja Stoit is really enjoying her first season of cross - country running and is improving with each outing in Geelong colours. At Lardner Park, with Lee Troop cheering from the sidelines, Freyja flew down the final hill at breakneck speed to finish impressively.

As stated in previous newsletters, Rohan Perrott loves cross-country running and the tougher the course, the better he likes it. Well, Lardner Park was made to order as the Chilwell Primary School teacher ran an outstanding race to finish fifth. Second Geelong runner to finish was Simon Taylor, whose tight calves are enjoying the more forgiving surfaces provided in cross - country running. Then, crossing the line in quick succession were the improving Paul Wilson and our 'Super -Vets', the two Geoffs - Purnell and Clark. These two guys love their running, are as fit as most athletes half their age and are as tough as teak. Just over a minute later, a race within a race was developing between Jamie Godwin and Russell Johnson as they both ignored weary legs to call on depleted fast twitch fibres in a mad dash for the line. Eventually, in a photo finish, the nod went to Jamie, by a mere second. Already there is talk of a rematch at Sandown. Many forms of cross - training are used by athletes to maximize performance and speed-up recovery. Some swim, some bike ride, many do gym circuits or Pilates. Well, Chris Colley favours ball - room dancing, with partner Jill on a Saturday night as his chosen method of winding down from a tough race. And if Chris' running performances continue to improve, we might see Craig Mottram, Lee Troop and Georgie Clarke joining him for "The Pride of Erin" or "The Evening Three Step" on a regular basis.

Finally, mention must be made of the Geelong Team bus that at times had it's nervy passengers with their hearts in their mouths as it chugged and rattled its way to and from Lardner

Park. The bus in question was a Hino 28 seater (apparently Hino vehicles are made in Cuba) that had certainly seen better days. For older readers, think Partridge Family bus (minus the fancy paint work and Shirley Jones). Chris Sly, our intrepid test pilot, was a little apprehensive when told on collecting the bus, "it doesn't have first and second gears but you probably won't need those anyway. Also, the battery can go flat overnight so take these jumper leads!" And yes, the battery was flat the next morning! Then, there was the missing seat belts and outside lights that may or may not have been working. At one stage I even thought I heard Chris utter those famous words from the ill-fated Apollo 13 mission, "Houston, I think we have a problem!" Anyway, thanks Chris for your sensational driving performance in a bus that made a certain, much maligned 79 Corona Station Wagon look like a Mercedes M Class.

LARDNER PARK CROSS - COUNTRY

(Saturday 15th May)

MEN'S OPEN 8 km.

Rohan Perrott	5th	25.05
Simon Taylor	87th	29.25
Geoffrey Purnell	94th	29.39
Paul Wilson	105th	30.13
Geoffrey Clark	117th	30.44
Jamie Godwin	155th	31.51
Russell Johnson	156th	31.52
Chris Colley	205th	34.03
Neil MacDonald	213th	34.14

Fastest - S Field (St. Kevins)	- 24.05
- S Forrest (Aths. Nunawading)	- 24.26
- C Perrett (Mentone)	- 24.42
- R De Highden (Doncaster)	- 25.02
- R Perrott (Geelong)	- 25.05
- N Adkin (APS United)	- 25.08
- M Fedmowski (Mentone)	- 25.20
- D Ruschena (Glenhantly)	- 25.32
- D Quin (Melb. University)	- 25.40
- C Appleby (Ringwood)	- 25.46
- P Eason (Ballarat Harriers)	- 25.55

UNDER 20 MEN 4 km.

Nick Wightman	6th	13.08
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Fastest - D Locke (Peninsula R.R.)	- 12.19
- T Rayner (Frankston)	- 12.23
- B Woodman (Glenhantly)	- 12.41

UNDER 18 MEN 4 km.

Phillip Doolan	5th	13.53
Michael Kenny	7th	13.59
Tom Burns - Wallace	13th	15.41

Note: Tom Burns - Wallace is Under 16.

Fastest - K Symons (Yallourn / Newb.)	- 12.49
- T Popplestone (Yallourn / Newb.)	- 13.11
- R Lindsay - John (Ringwood)	- 13.14

UNDER 16 MEN 3 km.

Tim Kilfoyle	10th	11.01
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Fastest - A Watson (Wendouree)	- 9.48
- K Wille (Knox Athletic)	- 9.58
- D Ireland (Keilor St B.)	- 10.06

UNDER 14 MEN 2 km.

Sam Withington	2nd	- 7.07
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Fastest - A Conway (Traralgon)	- 7.02
- S Withington (Geelong)	- 7.07
- K Grimster (Frankston)	- 7.12

WOMEN'S OPEN 6 km.

Nadia Semjanov	15th	23.43
Joanne Lambert	35th	25.52
Cathryn Hoare	69th	28.10
Melissa Coghlan	79th	29.08
Celia Cosgriff	85th	29.26
Freyja Stott	93rd	30.40

Fastest - A Thompson (Glenhantly)	- 20.49
- S Gibbs (Peninsula R.R.)	- 21.21
- L Weightman (Preston)	- 21.42
- K Seibold (Malvern)	- 22.17
- S Braakhuis (Melb. Uni.)	- 22.25
- L Furst (Knox Athletic)	- 22.35
- J Edwards (Glenhantly)	- 22.54
- S Wallace (Peninsula R.R.)	- 23.02
- T Austin (Malvern)	- 23.02
- L Dick (Ringwood)	- 23.05

UNDER 20 WOMEN 4 km.

Rebecca Forlong	1st	14.47
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Fastest - R Forlong (Geelong)	- 14.47
- J Gellert (Eureka)	- 15.35
- P Brown (Ringwood)	- 15.53

UNDER 18 WOMEN 3 km

Fastest - Z Warrington (Frankston)	- 11.02
- A Uys (Frankston)	- 11.18
- B O'Shannessy (Glenhantly)	- 11.49

UNDER 16 WOMEN 3 km.

Kelsey Rau	3rd	11.16
Harriet Brown	15th	12.48

Fastest - R Green (Frankston)	- 11.03
- S Grahame (Frankston)	- 11.15
- K Rau (Geelong)	- 11.16

UNDER 14 WOMEN 2 km.

Kate Sly	4th	7.36
Laura Stekelenbuurg	6th	7.54
Amy Stekelenbuurg	11th	8.20

Fastest - L Hall (Athletics Essendon)	- 7.21
- S Lund (Glenhantly)	- 7.28
- S McCurley (Traralgon)	- 7.33

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

Senior Men.

3.	Rohan Perrott
2.	Nick Wightman
1.	Simon Taylor Geoff Purnell

Senior Women.

3. Rebecca Forlong
2. Nadia Semjanov
1. Joanne Lambert

Junior Men.

3. Sam Withington
2. Phillip Doolan
1. Michael Kenny

Junior Women.

3. Kelsey Rau
2. Kate Sly
1. Laura Stekelenburg

The winner of the **Bush Inn Hotel Award** for the Lardner Park Cross - Country Race is **Rohan Perrott** for his outstanding 5th placing and his fantastic contribution to the Geelong Team over many years.

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

RUNNER PROFILE

Rebecca Forlong landed on Australian shores from New Zealand late last year and quickly showed that she was a quality athlete and a wonderful addition to Geelong Athletics, both on the track and over cross - country terrain. Now, after a strong finish to the summer track season where she finished fourth in the Australian Under 20 1500 metre Championship in Sydney, Rebecca has started the winter season in top form that she hopes will lay the foundation for bigger and better performances in the future.

Rebecca Forlong

School Student doing a remedial massage course at the Gordon Institute.

Age 17 **Date of Birth** 13 / 7 / 86

Height 178 cm. **Weight** ???

Married / Single Single.

Coach Bruce Scriven

Personal Bests

400m. ? (Haven't run a 400 seriously since I was 13 years old.)
800m. 2:11.8
1500m. 4:31
3000 m. 10.02 (Have only run a couple of these so will improve on this!)

Favourite Food Ice - Cream

Food Eaten Before a Race Sandwich and banana

Favourite Drink Fruit smoothies

Favourite Movie "Finding Nemo".

Favourite Book Bible

Favourite Music / Band Planet Shakers

Favourite TV Show "C.S.I."

Favourite Night Spot ?

Favourite Holiday Spot The beach.

A Recent Training Week.

Mon. pm. Fartlek: 10 minutes warm-up
6 x 3 minutes 'on' with 1 minute easy b/w
10 minutes warm-down.

Tues. pm. 40 minutes easy.

Wed. pm. 10 minutes warm-up
20 minute hill circuit around Eastern Beach ramps plus 5 minute 'effort' after on flat.
10 minute warm-down

Thur. pm. 60 minutes easy.

Fri. REST

Sat. pm. Race
or 10 minutes warm-up, then
3 x 8 minutes 'on' with 2 minutes
easy b/w.
10 minutes warm-down
or 12 minutes @ Threshold Pace, easy 5
minutes, then another 6 minutes @
Threshold Pace.

Sun. am. 60 minutes easy run.

Other Training Massage during the massage course I am doing.

Favourite Training Session Hill circuits.

Favourite Race Winning the New Zealand Under 16 Cross - Country Championship.

Best Ever Performance Representing New Zealand at the World Youth Championships last year. I just missed making the semi - final in the 800 metres.

Favourite Place To Train Eastern Beach.

Toughest Ever Training Session

8 x 300 metres @ 1500 metre race pace with 100 metre jog recovery.

Most Admired Runner / Person "Anyone who puts their heart and soul into what they do!"

Advice to Other Runners "Don't strive to be better than others, strive to be your best self." and "Make sure you find enjoyment in what you do."

Goals for the Future 1. To get into the top three at the Under 20 Australian Athletic Championships. 2. To make the Commonwealth Games Team in the future.

CHARLES SUFFREN

Geelong will be sending a team to the Charles Suffren Cross - Country Race to be held at the Burrumbeet Race Course on **Saturday June 12.**

There will be a 6.5 km. race for Open, U20, U18 and U16 Men and a 3 km. for all Women and U14 Men. The 6.5 km. race starts at 2:30 pm. followed by the 3 km. at 3:15 pm. Entry is \$5 for Seniors and \$3 for U18. I will be sending off a bulk entry for our team so please let me know if you wish to run by Monday 7th June. Race entry will also be taken on the day. A bus (if numbers warrant) or cars will be leaving Norlane Waterworld at 12:15pm. sharp. Please let Neil MacDonald know if you wish to travel by bus. (52 231620)

Interesting to note that the Charles Suffren was first raced in 1948 with names such as Les Perry, Tony Benson, Rob de Castella, Chris Wardlaw (course record holder in 19:05), Max Little, Brian Lewry, Steve Moneghetti, Shaun Creighton and our own Lee Troop, Darren Lynch and Richard Jeremiah all on the winner's trophy.

UP - COMING A.V. RACES

Our next two Athletics Victoria races are the Sandown Road Race at the Sandown Motor Racing Course (Melways Map 80C - 10) and the Albert Park Road Race

Don't forget: if you have not entered with a Season Ticket you need to enter individual races by 5:00pm. on the Monday prior to race day either on-line (athsvic.org.au) or fax (9427 9183) with full credit card details.

SANDOWN ROAD RACE

(Saturday 29th May)

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

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

ALBERT PARK ROAD CHAMPIONSHIPS

(Sunday 27th June)

8:30 am.	Women Under 14	5 km.
	Women Under 16	5 km.
	Women Under 18	5 km.
	Women Under 20	5 km.
	Men Under 14	5 km.
	Men Under 16	5 km.
	Men Under 18	5 km.
	Men Under 20	5 km.
9:00 am.	Women Open	15 km.
	Men Open	15 km.

A bus will be leaving Norlane Waterworld at 6:30 am. sharp. Please confirm your seat on the bus by notifying Neil MacDonald (52 231620) by the Thursday prior to the race.

AROUND THE TRACKS AND TRAILS

Four of our junior athletes ran brilliantly at the Barwon Zone Primary Schools Cross-Country Championships at the Eastern Gardens on Wednesday 19th May.

Congratulations to:

Georgie Buckley	1st	12 / 13 Year 3000 metres
Tyron Cover	1st	11 Year 3000 metres
Amy Stekelenburg	2nd	11 Year 3000 metres

Ryan Saunders 3rd 12 / 13 3000 metres
Georgie, Tyron, Amy and Ryan will now contest the Victorian Primary Schools Cross - Country Championships at Bundoora on Thursday 17th June. Good luck and fast running, kids!

Another group of our junior athletes performing admirably were:

Kate Sly	1st	400 metres	66.66
	1st	800 metres	2:30.34 (record)
	1st	1500 metres	5:20.79
Sam Withington	1st	400 metres	62.77
	1st	800 metres	2:25.71
	1st	1500 metres	5:12.26
Tim Kilfoyle	3rd	400 metres	58.40
	1st	800 metres	2:14.52
	4th	1500 metres	4:52.86
Michael Kenny	1st	1500 metres	4:34.19

Kate, Sam, Tim and Michael will now contest the Western Zone Country Track and Field Championships in October.

Meanwhile, Georgie Clarke's build-up for selection in the Athens Olympic Team continues with two encouraging races overseas. At the '4 Minute Mile 50th Anniversary Race' at Iffley Road, Oxford, Georgie finished second in the mile to training partner and Sydney silver medallist over 5000 metres, Sonia O'Sullivan. O'Sullivan won in 4:27.79 while Georgie set a huge personal best, running 4:31.76 after going through 1500 metres in 4:11.8. Then, three days later, Georgie backed up for the Women's Road Mile at Balmoral, Scotland, finishing 6th in 4.41 behind English winner, Kelly Holmes (4.29).

Craig Mottram went 'head to head' with Kenyan 'super - star', Paul Tergat (Marathon World Record Holder (2:04.55), five time World Cross-Country Champion and twice Olympic Silver medallist over 10 000 metres), on the road in the Great Manchester 10 km. on May 23, recording an outstanding victory in 27.54. Craig will now concentrate on his first track 5000 metres either in Hengelo on May 31 or Bergen on June 11. Obviously, Craig is in great shape at the moment and a 5000 metre time under 13.10 is possible given good conditions.

Meanwhile, Lee Troop recorded an impressive win in the annual 'Run To The G' Fun Run, recording 29.57 after a 17 kilometre warm-up and an 8 kilometre cool-down for a total of 35 kms. to replicate his marathon specific Sunday long run.

CRAIG MOTTRAM. HE'S BACK, HE'S FLYING AND HE'S ATHENS BOUND.

Craig 'Buster' Mottram is the most talented male middle-distance runner seen in Australia for decades. However, Craig would rather forget the first half of 2003, when an injured knee failed to respond to intensive treatment and time was running out for the Geelong star to put in the training and racing necessary in the lead-up to the Athens Olympics. But fortunately, 'Buster' is back, better than ever and ready to show the African distance athletes, dominant for so long, that 'tall white men can run!'

N.M. Craig, this time last year you were hoping for a big 2003, to build upon your successes of 2002. However, 2003 turned out to be a bit of a roller-coaster ride of highs and lows.

C.M. That's very true. The first half of the year was all downhill but we were able to bounce back by heading overseas in June and making the most of limited opportunities to run an Olympic A Qualifier. Actually, we had initially decided that the Olympic A Qualifier was going to be my main goal for 2003 so that worked out well. So despite last year having a few negatives, there was also the positive that I was able to focus on a smaller target, achieve that, then move onto Athens.

N.M. You hurt your iliotibial band. How did this happen?

C.M. I think it's pretty common knowledge that I was playing a game of basketball with some friends, just after I got back from Europe in 2002. I didn't notice any pain during the game but pulled up sore the following day. The knee then got progressively worse for three or four days before we decided to take a few days off. But the more time I took off, the worse it got. Eventually it got to the stage of exploring cortisone injections, cutting the band under local anaesthetic and even travelling half way around the world for treatment. But the body is a strange thing and eventually, after taking its time, it came right.

N.M. You weren't trying to emulate your brother, Neil who is a star with the Melbourne Tigers in the National Basketball League?

C.M. No, despite what some people think, I was not playing Neil. I was actually playing against a guy named Ian Prendergast, who plays A.F.L. football for Carlton. We used to race when we were younger in Little Athletics so perhaps he was getting back at me from those earlier competitions. However, I don't think that the basketball initially hurt my knee, it probably put my hips out a bit, then running with this imbalance caused the I.T. band to flair up.

N.M. How bad was the knee?

C.M. It was pretty bad. For about three months I couldn't run properly and was just jogging around for a few minutes here and there. But one morning I decided to try to push through the pain barrier to see what would happen. However, after seven minutes of slow jogging, I just fell over. A lady walking her dog nearby came over to ask if I was OK. I just limped back to the car and thought that was it.

N.M. For treatment you even got to the stage of heading overseas to see renowned masseur, Gerard Hartmann?

C.M. Yes, I travelled to Limerick in Ireland to see Gerard. We had tried everything back here and had seen everyone under the sun to get it right. They were all great and very optimistic but it just wasn't getting any better so we decided to travel to the other side of the world to see Gerard Hartmann, who is Paula Radcliffe's masseur. Gerard has a really good record for getting people back from injury. I went over there in March and had some intense treatment. At first we had planned to stay for two weeks but after eight days he sent me home saying that he couldn't fix it. In fact, the knee really swelled-up and had a negative reaction so I flew home expecting to need an operation that would mean little running and lots of rehab for six months.

N.M. The story about the operation is an interesting one. How close did you come to going under the knife?

C.M. Yes, twice I was booked in. I was booked in for just after New Year but I sat down with Nic and we decided to give it another few weeks and try Gerard's treatment. Then I rang the specialist, David Young, from Ireland after Gerard's treatment was not working, and arranged to have the operation as soon as

possible after I arrived home. But I got off the plane on Friday and thought, "stuff it! The operation is on Monday afternoon. I may as well go out for one last run!" Anyway, I ran for 30 minutes and there was no pain! Then on Saturday, I ran for 40 minutes and there was no pain - Sunday, an hour with no pain. When I woke up on Monday the knee still felt fine so I told David Young that I wanted to postpone the surgery. Anyway, he said that whenever I decide to have the surgery, just give him a call and he'd fit me in the next day. Luckily for me, he's still waiting for the phone call. Young had a theory that the plane trip had acted like a hyperbaric chamber and had helped to clear away the scar tissue that had been stirred up by Hartmann's intensive massaging.

N.M. Did you ever think that the injured knee might mean the end of your career?

C.M. Yes, I did, many times. I spoke to a lot of people who'd had I.T. band injuries as well as people who have had the surgery and there is a high success rate. David Young said that he was 99% sure that it would be right but everybody is different and what if I was the 1% who didn't recover? Also, not everyone who has the operation is looking to run 160 - 170 kilometres a week. Everyone's body is built a certain way for a good reason and if you start stuffing around with it having operations, not so good things can happen.

N.M. Eloise Poppett said that the six months she was forced to take off from running through injury made her a better person and in the long run was highly beneficial. In hindsight, was your seven month injury break beneficial?

C.M. I don't know if it's made me a better person but it's certainly made me a better athlete. I've endured a lot through those seven months - I had a split with my coach (Bruce Scriven) which was quite awkward, then to become injured straight after leaving Scrivo was extremely frustrating. When you make a tough decision like that you want to get out there straight away and prove to everyone that you have made the right decision, but because of the injury, I didn't get that opportunity. At the time, I knew it was the right decision and I think people are starting to see that now. However, you learn a lot of lessons when you become injured - you learn to listen to your body and you do all the little one percenters that can really make a difference at the top level. Also, I did stay motivated, I did stay disciplined, I ate good food, I went to the pool everyday, I did circuits most days, I rode most days - basically, I did everything possible that would not irritate my I.T. band. It just took a lot longer to heal than anyone thought it would.

N.M. I saw you the day before you headed off to Europe and you looked incredibly lean for an athlete who had basically not run for seven months. All of that cross-training and discipline obviously paid off.

C.M. Yes, it does. No exercise can replace running if you're a runner but a lot of the hardships in running: the routine, the discipline, the running twice a day, if you can mimic that with other exercises like swimming and riding and circuits, then you're keeping fit and strong while the injury heals.

N.M. So, you headed to Europe to catch up with Nic's group. Tell us about your first harder session.

C.M. Yes, I left for London on the 10th June, then we headed to St. Moritz on the 13th June. St. Moritz is at 1900 metres so we were pretty high and I was easily the least fit runner on the mountain. Then, about a week later, Nic thought he'd introduce a little quality into my running. So we went out and ran easily for 18 minutes, then Nic said to run roughly 2 kilometres around one side of the lake, working pretty hard without getting my heart-rate too high. So, I went out like a 'bull

at a gate' despite not having run fast for a long time. I probably did the first kilometre in about 2.50 but the second kilometre was closer to 6 minutes. Nic actually jogged past me towards the end. Then we jogged about 10 minutes back to the track and Nic said that he wanted me to do five laps on the track, aiming for 70 - 72 seconds a lap. Anyway, I thought, hell Nic, seven months ago I could run 59 - 60 seconds a lap for five laps so this shouldn't be too hard. My first lap was 70, then it went 74, slowing, slowing, then 91 seconds for the last lap. So I wasn't very fit but one week later, I was able to do it, so it didn't take me long to turn it around.

N.M. You actually did the same session one week later?

C.M. Yes, although I did a 15 minute hard effort prior to going to the track, then I averaged 69 seconds a lap for the 2000 metres on the track.

N.M. A lot can happen in a week.

C.M. Yes, it can.

N.M. You had quite a few races while you were overseas. Initially, you had the Annual Wedding Day Race (7.2 km.) around Bushy Park where you smashed the course record, running 21.00.

C.M. Yes, I was married to Sonia O'Sullivan that day as it's a teams race and she was my partner.

N.M. A good way for you to get started as it was a low pressure race.

C.M. Yes, but I put a lot of pressure on myself as I want to perform well. I was certainly nervous as I remember having to go to the toilet a million times before the race. But it was a fun race and I raced against Marty Dent, another Australian who has been based overseas for a while.

N.M. Then, a little while later you raced over 5000 metres at Heusden Zolder in Belgium where you ran 13:32.42. Despite the 15th place, the time must have been encouraging?

C.M. Yes, that was a huge step forward. I hadn't put spikes on previously and had probably only had three track sessions in the lead-up so, I was really pleased to run 13.32. A few days before the race, I asked Nic, "what do you think I can run?" because this was my last opportunity to get something out before the Paris World Athletic Championships. Anyway, Nic said, "if you run 14 minutes, that's a good run. If you run 13.50, that's a great run and if you run under 13.45, you're a freak!" My training showed I was probably in 13.45 - 13.50 shape. Anyway, I had a perfect run and ended up having an excellent race. I didn't run for about three days afterwards as my feet were blistered and torn apart from putting on spikes for the first time in ages. Then Keith Connor (Australian Track and Field Head Coach) gave me a call and said, "you've met the requirements, you can run in Paris." But, one of the reasons for me doing that race was to have the option of saying that I didn't want to run at the World Championships rather than being told that I couldn't do it.

N.M. Your next race was a 3000 metres in Helsinki where you ran 7:51.14.

C.M. Yes, that was not a bad race. I went over there with good friend and training partner, Adrian Blincoe (Ed. Adrian is one of New Zealand's top middle-distance athletes and will feature in an up-coming newsletter). Adrian was really nervous before the race because he was in great shape at the time and had been smacking me up in training so he didn't want me to beat him. However, I kept telling him that 3000 metres was my speciality but he did beat me that day. But 7.51 was alright - I was there until about 600 metres to go. When they kicked it down, I lacked the change of speed but I knew it wouldn't take long to get that back.

N.M. Two weeks later in Liege you ran 5000 metres in 13:21.52, which was an agonisingly close, just 0.20 outside an Athens' Olympic A Qualifier.

C.M. That's right, that was post World Championships where I had been doing some of the SBS commentary with Nic. That was an interesting race because I knew it was going to be close so we planned to give it a great shot, hopefully get the time, then head home. But to just miss it was quite funny, actually. Maurie Plant has never worked so hard in all his life - he was in with the photo finish judges asking them to take a closer look at my finish time but they wouldn't budge. But, that run gave me a huge amount of confidence as I knew I could get the time in the right race.

N.M. And with the Rieti Mile Race in between, you travelled to Rovereto, Italy where you ran 13:17.81 for third place but more importantly, you had an Olympic A Qualifier.

C.M. I had a disappointing mile in Rieti. El Guerrouj was having a World Record attempt and Buster was having the slowest mile attempt (Craig ran 4:05.80). I thought I might be able to run 3.57 or thereabouts, but that wasn't to be. But then, two days later I came out and ran 13.17 which just goes to show that you don't have to be super fast to run a good 5000 metres. A lot of people think you've got to be able to run 52 seconds a lap to be able to run 13.15 but that isn't so. As long as you're strong and have done the hard work, you can still run a solid 5 km.

N.M. In the Rieti Mile you went through 800 metres in 1.57 but were 20 metres last. How does it feel to be tailed-off in a big race?

C.M. Humiliating, but we knew what was going to happen. If I could run 1.57 and 1.57, I would have been up there with a 3.54 but my 1.57 at 800 metres was as fast as I'd run for ages and I really suffered during the last two laps. Also, Rieti is at about 700 metres altitude so that made it tougher.

N.M. You don't run many of them but what's your P.B. for 800 metres?

C.M. 1.52 point something - I ran it in the second half of the Edmonton 1500 metres. I don't like 800 metres - I just seem to have a bit of a phobia about them but it's certainly one area where I hope to improve.

N.M. If you trained specifically for the 800 metres, you'd have to be able to run 1.47 - 1.48?

C.M. Maybe not at the moment, but if I was in my best shape, I'd like to think I could run that.

N.M. An interesting point about the Rieti Mile was that Kenyan Alex Kipchirchir ran a World Junior Mile Record of 3:50.25 in finishing second to the great Hicham El Guerrouj (3:50.20)

C.M. Well, I certainly didn't help either of those guys with any pacing.

N.M. Nic was saying that a lot of your training leading up to Rovereto was at 5 km. race rhythm so that's probably why you struggled with the faster mile racing.

C.M. Yes, we were doing lots of training in Bushy Park at 64 - 65 second per 400 paces but saying that, you still got to do some running at a faster pace so that 64 second pace feels comfortable.

That's one of the reasons Nic sent me to Rieti for the mile. Running 4 minutes for four laps would make 64 second pace over 5000 metres feel quite relaxed.

N.M. Nic's obviously a big believer in specificity - you can't do in a race what you haven't done in training.

C.M. Yes - we do a lot of things in training that mimics race

situations. However, you can never beat the race environment and you can never train to the standard that you can race at. That's one of the problems some athletes encounter - they train too hard and leave their best form on the training track rather than stepping up another gear in races. Better to train smart and just get many of the sessions done so the fitness levels accumulate slowly over time.

N.M. Finally, you gained a 'Wild Card' to the IAAF Final in Monte Carlo where you raced the great Ethiopian, Kenenisa Bekele over 3000 metres. Did you have anything to do with Bekele?

C.M. No, not until he went past me in the final. He's a fantastic athlete but while I would have loved to have won the race, it was more an opportunity for me to be seen again. The year before, I left Europe after winning the World Cup 3000 metres and a lot of people were wondering where I had been. I was very grateful that the organisers gave me the opportunity to race there and I ran OK. (Ed. Craig finished 8th in 7:48.76 behind first place-getter Bekele who ran 7:36.98) Every race seemed to be an improvement so I was very happy with how I ran in Europe after starting the year injured.

N.M. Did you have any niggles in the I.T. band while in Europe?

C.M. Yes, I did. When I first came back to London after spending three weeks at St. Moritz my knee swelled up quite a bit. Unfortunately, I had gone eight days without treatment because Cameron Johnson (Cameron Johnson is a physio as well as being Benita's husband) had left for London. But once I got to London, Cameron was able to treat it intensively and it settled down quite quickly. I also have a Baker's Cyst behind my left knee which flaired up a little after doing some faster training in Bushy Park so I had to back-off the fast training for about two weeks. When you're coming back from injury, there's always going to be a few ups and downs and you have to be patient and let your body get over the inevitable little niggles. A lot of people might think I was able to get back to running 150 plus kilometres a week pretty quickly but I probably didn't put together a 150 kilometre week until I was back in Australia.

N.M. How often do you have a massage or physio to keep your body in good working order?

C.M. I see Andrew Lambart on Monday and Friday and I see Garry Miritis on Wednesday so that's three treatments a week. But when I was over in London I was seeing Cam every second day.

N.M. And what about up here at Falls Creek?

C.M. Up here I ice my knee three to four times a day as well as regular treatment. We also stand in the freezing aqueduct water after each run. So far I've been seeing Anne Lord and Cam arrives tomorrow, so I'll be seeing him about three times a week, not because it's sore but rather preventive maintenance. I certainly believe in the old saying, "prevention is better than cure" as I definitely don't want it coming back.

N.M. After the joy of posting the Olympic A Qualifier you had a few races to do for your sponsors and for some money. One race was a road mile in Newcastle where you were a little ill.

C.M. Yes, when I was flying from Monaco I ate something on the plane that knocked me around and for about six days, causing a bad case of gastro. But I went up there to Newcastle anyway as the organiser is a good friend. I tried to run the best I could but was struck down with a bad case of 'the runs' during the race, which was a little unfortunate. But I was able to turn it around with a 28.36 in the "Great Ireland 10 km. Road Race" in Dublin a week or two later. We decided to race the road 10 km. as we wanted to see how strong I had become after only three or four months of training after the seven months off with injury. To run 28.36 off only a few months training was very encouraging.

N.M. Then a quick flight back to Australia for the Burnie 10 km. Road Race where you ran 28.25.

C.M. Burnie was very satisfying, especially considering the long flight and only a few days recovery from the Dublin race. Usually, races like Burnie are great fun and are a chance to relax and 'kick back'. But this year there were a lot of guys who thought I might be vulnerable but I knew I was in great shape. I felt that my only problem was backing up after a long flight and the short race recovery. But I did all the right things and arrived in Burnie feeling pretty good.

N.M. What sort of things do you do on long flights to make sure you arrive in good shape?

C.M. We wear those special high socks that stop the blood from pooling in your ankles. We also try to stay mobile as much as possible. However, with travelling to Europe two or three times a year, the best thing to do is to take a sleeping tablet and sleep. Also, I always ask for an exit row so I can stretch my legs. Most importantly, you have to get into the time-zone and routine of where you are headed. When we are heading for London we usually leave Australia at 6:00 pm. so we stay awake to Singapore which would be about 3:00 am. Melbourne time. Then, when we get back on the plane for the flight to London, we sleep so when we arrive in London it's 5:00 am. and you're ready to go.

N.M. And you drink plenty of fluids?

C.M. I definitely drink lots of fluids, which can be little hard if you're sleeping a lot.

N.M. After the Burnie Race you also had a crack at the record time for a lap of Melbourne's famed Tan Track. Tell us about that run?

(Ed. the Tan is 3.84 km. in length and Steve Moneghetti's Australian best time was 10.41 while Kenyan, William Chirchir held the all-time best of 10.19)

C.M. I train on the Tan regularly and I knew that a Kenyan held the record so I thought, "we can't have that!" I also knew that 1 kilometre was about a third of the way up the Anderson Street Hill so I relaxed to there, then really pushed over the top of the hill. I was pretty happy to run 10.12. (Ed. Lee Troop finished second in 10.42)

N.M. Running 10.12 is pretty amazing but do you think sub 10 minutes is possible?

C.M. Who knows. However, I'm pretty sure I can run faster than 10.12 as I was not in my best shape at the time.

N.M. The Zatopek was almost the end of your season and in the lead-up there was a lot of 'umming and aahing' as to whether you'd race and whether you'd have a shot at the Australian 10 000 metre record. Once you decided to run, were you serious about breaking the record? (Ed. The Australian record is held by Shaun Creighton's at 27:31.92)

C.M. Yes, in many ways I was because I knew I was in great shape and if the race was faster during the first half, I could well have run the record. The talk about the record was more 'paper talk' than me talking it up but I wasn't going to say I couldn't do it, because I knew I could. However, I had to run along with the group early on. I knew that Troopy thought he was in 27.40 'ish' shape so if he took it through to half-way at that pace, I was pretty confident of kicking it down over the second half and maybe getting the record. But it didn't turn out like that so I was very happy to win (Craig ran 27:50.55 with Lee Troop second in 28:13.96)

N.M. You are a very disciplined athlete and do lots of supplementary work to complement your

running. Exactly what do you do?

C.M. I do circuits in the gym on Monday, Wednesday and Friday. This involves lots of body weight exercises like chin-ups, dips and push-ups, some light upper body weights and core stability work but obviously, the running is the most important training. A month ago I did a stint of lifting weights, things like squats and lunges but I found that the quality of my running sessions was affected so we decided to stop the weights. Now I just concentrate on core stability and body weight exercises and let the terrain at places like Falls Creek and Ferny Creek give me the strength in my legs.

N.M. Unfortunately you did not compete at the Paris World Championships but did some commentary for SBS. That must have been a thrill.

C.M. Yes, it was great. I had the opportunity to work alongside Nic Bideau, Jane Flemming, David Culbert and David Basheer. I mainly did the middle-distance events, so I knew a little about that even though the others knew more of the stats. But I knew what it felt like to be racing at that level and perhaps how the athletes would be thinking and feeling. I also knew a lot of the athletes personally, so that helped. Fortunately, we've had some good feedback on the coverage although I don't think I'm ready to go into commentary just yet although it could look good on the regime later in my career.

N.M. The distance races at the World Athletic Championships were fantastic. Is watching the best run still inspirational for you?

C.M. Yes, definitely. The men's 5000 metres with El Guerrouj backing up after winning the 1500 was a great race, but the men's 10 000 metres was a highlight for me. No one should be able to run 12.58 for the second 5 km. in a Championship race but Bekele and Gebrselassie did. (Ed. 12.58 is 62 second per 400 metre pace) I don't think most people realise the enormity of what they did. When we were commentating we tried to break the race down into little chunks so people could better understand what was happening. It was funny but old habits die hard. As each distance race started Nic and I still started our stop watches despite the SBS TV screen in front of us showing every available split and statistic. David Basheer, the other commentator, would sometimes be forced to give us a nudge because the live crosses to the commentary box would sometimes catch us looking down at our watch splits rather up at the TV cameras or the TV screens. But yes, the 10 000 metres was certainly inspirational - perhaps even a little intimidating because when I'm racing these guys I'm concentrating on what is happening around me and focusing on running as well as I can.

N.M. I liked your comment in the men's 5000 metres when El Guerrouj faltered slightly over the last few strides. You said, "At least he's human - maybe I'll get him next year!"

C.M. True, everyone thinks he's unbeatable but he's been beaten twice over 5000 metres in the last twelve months. At the moment he's certainly dominant over 1500 metres but he did lose at the Sydney Olympics so everyone is beatable. But he's definitely human, although he's probably a better model than most. So, we'll see next year.

N.M. You've had a few conversations with El Guerrouj and he has great self-belief.

C.M. True. He's a really nice guy to talk to and he's really encouraging. He's a little baffled too as to why people let him go to the front and just dominate races. But he honestly believes that he's better than anyone else. Perhaps his incredible self-belief intimidates his competitors into thinking, 'hey, El Guerrouj is in the race - I can't possibly win', so they're already running for second.

N.M. And he doesn't have a huge kick. He can just run at sustained speed for longer than anyone else.

C.M. Yes, in the 1500 metres he just winds it up and with the help of the pace-maker early on, he runs 1.47 - 1.48 for the last 800 metres, which is amazing running. In the 5000 metres at the World Championships he tried to do the same thing but ran out of legs. I'd

like to see him race a few more times when the pace is not on from the gun - that would be interesting.

N.M. Now, your role on the SBS commentary team was just a prelude to a much more important public speaking engagement. Next week you're Master of Ceremonies for Erin Hewitt's wedding in Adelaide.

C.M. Yes, I'm M.C. for the wedding and I've been collecting some material between training sessions up here. I've never done anything like this before and I'm sure I'll be pretty nervous. However, I'm looking forward to the wedding and I've got a few amusing stories to tell.

N.M. And at least David Basheer won't be belting you on the arm if you make an error!

C.M. True, and I won't have Nic correcting me everytime I state an incorrect statistic. The first rule TV people tell you is 'if you make an error, don't admit it because 99% of the public watching at home wouldn't know!' But I made plenty of mistakes in Paris, I can assure you. Then after the race Nic would have all these notes on my mistakes - things like, 'this person has not done this, that person has not raced there, this was not a P.B.'

N.M. Nic has an encyclopaedic knowledge of track and field so you certainly picked the wrong person to sit next to!

C.M. Yes, he's full of knowledge but I've certainly learnt a lot. Now, I'm reading the running magazines from all around the world and I've met and know many of the athletes so that will help next time I do any commentary.

N.M. You're easing back into training at Falls Creek after a short break. At first you had a slight soleus (calf) strain but that's OK now. What are your plans for the next few weeks?

C.M. I'm up here until the end of January. I'll be gradually building up on the kilometres and quality in preparation for the World Indoors and the World Cross - Country in March. Obviously the National Championships are now more important with Athletics Australia's fantastic, I'm being sarcastic there, ruling that if you want to be automatically selected you must win the trial and run the A Standard. So, I'll have to turn up to Sydney in pretty good shape so that I don't give the selectors a chance not to pick me. It will be a case of get the job done and hopefully run under 13.21. If I can do that it will set me up for a pretty good year.

N.M. Running 13.21 in Australia might be a bit of a time-trial.

C.M. To be honest, I'm more than happy to run from the front and run 13.20 and see if anyone else can come through with me. I know that when I ran 13.12 I had a lot of help from the Kenyans. I'm not sure what Troopy is doing (Ed. Lee Troop won the 10 000 metres in 28:32.43) but for people like Mark Tucker it's a great opportunity. If you haven't run that quick before, you don't know what it feels like but if there's someone else out there running an even-pace 13.18, they can get into that rhythm and hang on. (Ed. Craig won the trial comfortably in 13:31.74. Mark Tucker finished 11th in 14:03.70)

N.M. What plans do you have for altitude training this year?

C.M. To start, we'll do five weeks at Falls Creek, then after the World Cross - Country we'll go Laguna Mountain for a three week block. In between there's a 5 km. Road Race at Carlsbad that we might do. After the training camp at Laguna Mountain I'll either head back to Australia for 5 - 6 weeks or go straight to our London base and start preparing for Athens.

N.M. Have you been to Athens?

C.M. No. Nic and a lot of the people who are helping me

have been there and have given me some advice. I'll probably arrive at the last moment to avoid the heat and humidity that can be so draining. We think the best way will be to treat it as a normal meet in Europe and basically fly in two days before my race. If it goes as well as I'm hoping and predicting, maybe I'll hang around and enjoy the Greek Islands after the Games.

N.M. Even when injured you remained very disciplined, especially with your diet. Now that you're back running, you're much fitter but still believe you need to drop a few more kilograms to be at your absolute best. What do you emphasize in your diet?

C.M. I've learnt a lot over the last few years about diet through living with Nic and Sonia and Benita. They are very strict on what they eat. Different things work for different people but up here at Falls Creek I concentrate on foods with a high iron content, things like red meat and iron supplements, so that our blood gets the greatest benefit from training at altitude. Basically, most foods are suitable as long as they don't contain too much of the bad fats. So I don't cook with too much oil, I don't have butter or margarine on my toast, I only eat lean meat and I eat lots of fresh fruit and vegetables - all the little things that can make a difference if you want to compete with the best in the world. And especially up here at altitude, I drink a lot. I also have a lot of sports drinks and recovery supplements straight after a session so my body can recuperate, refuel and rebuild quickly. If you run 160 kilometres a week, you're going to look lean even if you only eat Doritos and pies all day, but you certainly won't run to your potential.

N.M. I notice that you wear a heart rate monitor regularly up here. Is that to stop you working too hard?

C.M. Yes. Back at sea-level we do a lot of threshold running at varied heart-rate. As I was saying earlier, a lot of people train too hard and don't leave themselves any room for improvement when they race. Up here at altitude you can be feeling great for the first half of a session but can fall in a big hole and fatigue so quickly. Using the heart - rate monitor as a guide, you can sustain the work load for the whole session. We've done VO₂ max and maximum heart - rate tests so we know exactly how hard we should be working in different sessions and at different times of the year.

N.M. Do you put your heart - rate monitor on for your easy runs so you don't go too hard?

C.M. No, I think the easy runs should be done on how you feel. If you're feeling good - get rolling, if not - go very easy. When I first started back from injury I used my heart - rate monitor a lot because I didn't want to work too hard and become injured again. Nic would for example say, 'do not go over 140 beats per minute!' And because I was unfit for running, it meant that I would occasionally have to walk.

N.M. You've been on the world athletics scene for a few years now. Has it become any easier or can it still be a struggle to make ends meet?

C.M. No, it can still be hard. There's no staying in fancy hotels or anything like that. Last year, at one stage, I was sleeping on the floor in London and sharing a tiny room with New Zealand athlete, Adrian Blincoe. Unfortunately, Australia is a very small market compared to America and Europe and we don't sell too many running shoes so there's not the big sponsorship money available to Australian athletes, unless you're a Cathy Freeman. Also, as I'm a full-time athlete, if I'm not competing through injury, there's not much money coming in.

N.M. To illustrate your point about the size of the Australian market compared to overseas, Nic Bideau was saying that more than 200 000 pairs of

Nike Zoom Bob Kennedy racing spikes were sold in America and Europe while less than 200 pairs were sold in Australia.

C.M. Yes, that's a big difference.

N.M. Craig, thank you very much for your time and all the very best for this Olympic Year. And please, no more games of basketball!

C.M. Thanks, Neil. I'll try to leave the basketball to my brother.

Note: At the World Indoor Championships in Budapest, Craig Mottram broke his own Australian 3000 metre record in the heats (7:48.09) before finishing 10th (8:03.82) in the final, where the pack jogged through the first kilometre. In the World Cross - Country Championships in Brussels, Craig finished 9th in the 4 km. Short Course Race and 13th in the 12 km. Long Course Race, both times behind Ethiopian winner, Kenenisa Bekele. At 6:00 pm. the 6th of May 2004, Craig won a mile race at famous Iffley Road track to commemorate the 50th anniversary of Sir Roger Bannister's first breaking of the four-minute mile. With Bannister ringing the bell used in his 1954 race to signify the last lap, Craig streeted the field with a 57.7 third lap to win easily in 3:56.54. Second man to run under four minutes and Victorian Governor, John Landy was also watching on.

Then two days later, Craig blitzed a quality field in the Balmoral 5 km. Road Race in Scotland. Putting in a 2 minute 41 second kilometre surge mid-race, Craig won decisively, smashing his own Australian 5000 metre Road Record in running 13.21. Behind Craig was Kenyan, John Kibowen (twice World Cross-Country Short Course Champion) and Sergiy Lebid (Ukraine - four-times European Cross-Country Champion). The field also included Daniel Komen (World Indoor and Outdoor 3000 metre record holder) so Craig certainly collected some handy scalps.

ANOTHER PEAK INSIDE CRAIG MOTTRAM'S TRAINING DIARY

In Issue 13 (April 2002), Craig Mottram let us peak inside his training diary in the lead-up to his Australian 5000 metre Record run in Melbourne. This year, Craig has again opened his diary for us, revealing some of the Falls Creek training that would lay the foundation for a successful European season and the Athens Olympics.

Craig spent five weeks training at Falls Creek (1600 metres altitude), arriving on Boxing Day, 2003. At Falls Creek, the main session of the day is completed in the morning, with a recovery run along the aqueduct to Ropers Hut and back each evening.

Mon. am. 60 mins. easy run. (Langfords Gap)
5 / 1 pm. 30 mins. easy run. (Ropers Hut)
Circuits in gym.

Tues. am. Fartlek. (Langfords Gap)
6 / 1 25 mins. warm-up.
8 x 3 mins. 'on' with 90 secs. 'off'.
Ran just over 1000 metres in each rep.
20 mins. cool-down.
pm. 30 mins. easy run. (Ropers Hut)

Wed. am. 70 mins. steady run (Fitzy's Hut)
7 / 1 pm. 30 mins. easy run plus drills / strides.
(Ropers Hut / Baby Aqueduct)
Circuits in gym.

Thur. 8 / 1	am. pm.	Quarters (Langfords West) 20 minutes warm-up 8 x 400 metres with 200 metre float. 15.01 "Ran in snow. It was #@&%ing cold!" 15 minutes cool-down. Off - travel to Adelaide for Erin Hewitt's wedding.
Fri. 9 / 1	am. pm.	60 mins. steady run. (Water Tower) 30 mins. easy run. (Ropers Hut) Circuits.
Sat. 10 / 1	am. pm.	Track session in Adelaide. 10 laps @ 71 - 72 seconds per lap. 1 lap easy jog. 10 mins. of 15 secs. 'on' / 15 secs. 'off' up and down the straight. 1 lap easy jog. 10 laps @ 70 seconds per lap. 30 mins. easy jog. Erin's Wedding (Craig was the M.C.)
Sun. 11 / 1	am. pm.	1 hour 35 min. run over flat terrain. Travel back to Falls Creek.
Mon. 12 / 1	am. pm.	68 mins. easy run. (Langfords Gap) 30 mins. easy run. (Ropers Hut) Circuits in gym.
Tues. 13 / 1	am. pm.	Fartlek. (Langfords Gap) 25 mins. warm-up. 8 x 1000 metres 'on' with 60 secs. 'off'. Ran 2:50 - 2:56 for each kilometre 20 mins. cool-down. 30 mins. easy run. (Ropers Hut)
Wed. 14 / 1	am. pm.	70 mins. steady run. (Fitzy's Hut) 30 mins. easy run plus drills / strides. (Ropers Hut / Baby Aqueduct) Circuits in gym.
Thur. 15 / 1	am. pm.	Quarters (Langfords West) 20 minutes warm-up. 8 x 400 metres with 200 metre float. 14.41 3 mins. recovery. 15 minute surge (Heart Rate 180 b.p.m.) 15 minutes cool-down. 30 mins. easy run.
Fri. 16 / 1	am. pm.	60 mins. easy run. (Water Tower) 30 mins. easy run. (Ropers Hut) Circuits in gym.
Sat. 17 / 1	am. pm.	20 minutes warm-up 12 x 1 min. Hill Reps. (jog down recovery) 20 minutes cool-down. 30 mins easy run. (Ropers Hut)
Sun. 18 / 1	am. pm.	1 hour 45 min. easy run. Rest

MORE ISN'T ALWAYS BETTER

Thought you might be interested in this quote by Hicham El Guerrouj on why he believes he didn't win the Olympic 1500 metre Gold Medal in Sydney.

"I had over - trained. I put too much pressure on myself because I wanted that gold medal too much. If I had trained 15% less, I would have won. I was training like a crazy person because there was a lack of self - confidence and a lack of maturity. An athlete does not only train with their body - they must train their mind too!"

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

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