



# GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 39

June 2004

## GEELONG RUNNERS MOTOR AROUND SANDOWN

Favourable conditions greeted Geelong athletes as they arrived at the Sandown Race Course for the Athletics Victoria 3 and 10 kilometre Road Championships. As was the case last year, runners would not have to battle the strong southerly wind that can slow runners on the gradual climb up the back straight, so fast times were up for grabs for those in good shape and prepared to work hard.

Leading off for the Geelong Team were our Under 14 and Under 16 Girls and Boys who set the scene with many personal best times and high placings.

First across the line in the Under 14 Girls' race was the in-form Kate Sly who is going from strength to strength in her second season in Geelong senior colours. Kate's time of 10.57 was also a substantial Personal Best for 3000 metres.

Rounding out our Geelong Team were Eliza Curnow and Laura Stekelenburg who crossed the line within a couple of seconds of each other. Eliza once again favoured an early morning game of netball as her warm-up while Laura is rapidly returning to full fitness with each training session and race completed. Well done, girls - our Under 14 Team has been in top form in the opening races and is leading the Teams' Championship.

First home in the Under 14 Boys was Sam Withington who started conservatively before powering home over the last half of the race to finish third in a Personal Best time of 10.41. Also running under 11 minutes in finishing fifth, was Tyron Cover whose Saturday afternoon exploits were a mere stroll in the park compared to Sunday's game of soccer, Little Athletics Cross-Country, then a game of Little League Football - Phew!!! Despite having another year in the Under 14 Age-Group, Ryan Saunders finished an excellent 8th, enabling our youngest male team to collect full points. Great running, guys!

Kelsey Rau, our sole representative in the Under 16 Girls Age - Group, appreciated running in a large, mixed field as she recorded an excellent third placing and a P.B. time. And with the Victorian Schools Cross-Country Championships and Selection Trials to be held at Bundoora on June 19th, Kelsey is running into form at just the right time.

Aggressive racing paid dividends for Under 16 athlete, Tim Kilfoyle as he strode out confidently over the first 400 metres before settling back into the pack. Eventually, Tim slashed 81 seconds from last year's time in recording a Personal Best time of 10.12. Also running a huge Personal Best was the improving Tom Burns-Wallace, who ran a minute quicker than last year.

Under 18 athlete Brenton Rowe's longest race before Saturday was the variable distance of the "Rip to River" Fun Run. However, swapping sand for the rock hard Sandown asphalt did not deter Brenton as he ran stride for stride with the two leading Under 20 finishers to easily take out the Under 18 ten kilometre event. Also having their first 10 kilometre road outings were training partners, Rebecca Forlong and Nick Wightman. Rebecca wisely

chose to wear her more protective training shoes to limit impact stress, but not leg speed, as she easily took out the Under 20 race to make it two individual wins from two races in the "New Balance / Runners World Winter Challenge" for Under 20 athletes.

(Note: New Balance and Runners World offer generous cash prizes and clothing sponsorship to the Best Overall Under 20 Male and Female Winter Season Athletes and their clubs - "Go Rebecca!")

Nick Wightman appreciated the small packs that often form in the 10 kilometre Road Championships as he ran even paced laps to record a fine debut time of 34.30 for seventh place.

After watching our juniors perform so well, the pressure was certainly on the senior members of the team to emulate their efforts. And despite a false start in the men's race that caused the field to compress into a tight knit group where many new friendships were temporarily forged, sixteen senior Geelong men were determined to give it everything around the three and a bit laps of Sandown.

Leading the way for the Geelong Men was Olympian Lee Troop who, despite being a little fatigued from his Athens' marathon build-up and recent races, was still able to run a very smart time in finishing second. Two months ago middle - distance track specialist Louis Rowan was sidelined with a painful kidney stone complaint. However, once fully recovered, Louis was able to begin a gradual return to full fitness. At Sandown, Louis understandably started conservatively before unleashing his famous finishing burst over the last 800 metres to outlean Eureka's Collis Birmingham on the line. Another member of the Jaime Werner stable, Ross Young, ran impressively in his first A.V. race for 2004 to finish in the top thirty places. Fourth to finish for Geelong was Simon Taylor who was happy not only with his time but also to pull - up relatively pain free in his notoriously tight calves. Rounding out our top six finishers and our Division One Men's Team were the two "Super Geoffs" - Purnell and Clark, who continue to amaze with their fast veteran running times and lean physiques (Geoff Purnell was 7th in the highly competitive 45 - 49 Age Group while Geoff Clark finished 4th in his Division.) Note: The winners of these Age - Groups: 45 - 49 P. Gaffney (32.40) and 50 + R Wilson (34.19) ran times most younger athletes can only dream of!

It's funny how a race can develop within a race. This was the case with Paul Wilson and Geelong Team debutant, Brad Saunders, who ran within a stride or two of each other for the entire 10 kilometre journey. And the result: Wilson by a second! Brad, hope you enjoyed your first outing in the Geelong Team colours.

Hugh Thyer was to make his 2004 Cross - Country debut at Lardner Park. However, a 'dodgy' take-away meal meant that the only running Hugh was able to do on Saturday 15th May was to the smallest room in the house. At Sandown, Hugh continued his steady improvement with a strong run that had him crossing the line a few cricket pitches ahead of veteran team-mate, Paul Stewart.

A little further back in the field, John Stekelenburg employed his usual tactics - go out hard and see what happens? And after a half - way split of 18.39, a handy time was within reach. However, reduced running and increased bare-foot water

skiing over the last few months resulted in an understandably slower second five kilometres but a still respectable finishing time. A little further back in the field, Andrew Chalmers and Chris Colley were battling not only each other, but the Malvern guy who races in thongs - yes, it does seem unbelievable but think of the money he saves on running shoes and socks! Also, he's more likely to pick up a sponsorship deal with Dunlop than a shoe deal with Nike or Adidas. And yes, he does have 'racing thongs' and 'training thongs'! Eventually, in a gut-busting sprint to the line, Andrew was able to not only hold off Chris, but more importantly, "Mr Thongs" to secure valuable team points for our team. Rounding out the Geelong Team was the determined Travis Zimmer, who continues his return to full fitness after a frustrating run with numerous injuries.

Special mention must also be made of Richard Colman, who recorded 25.04 in finishing second in the 10 km. Wheelchair Race.

In the Women's Open 10 km. Road Championship, prospective Geelong recruit and former top junior tennis player, Rebecca Tweed and 2003 Melbourne Marathon winner, Loretta McGrath ran with great rhythm and strength to finish just outside the top ten in being first Geelong women home. Also breaking 38 minutes was Nadia Semjanov, who features in this newsletter as our Geelong Athlete in Profile. Third Geelong runner to finish was the evergreen Joanne Lambert who battled on gamely with a side - stitch for the last half of the race. The race to be fourth Geelong athlete home (and final point scorer for our Division One Women) was an absolute beauty with Celia Cosgriff, Cathryn Hoare and Freyja Stott crossing the line within 35 seconds of each other. Celia, Cathryn and Freyja are all improving with each race and certainly add depth, determination and talent to our senior Women's Team - great going, girls!

Making the journey up the highway to compete regularly in Melbourne is time consuming but once again a fantastic group of supporters were on hand to assist, to cheer and to encourage. Thanks to: Tracey Rau, Chris Sly, Lyn Taylor and Kev Varker. You guys and gals are certainly a big part of any team or individual successes we experience.

## SANDOWN ROAD CHAMPIONSHIPS

Saturday 29th May  
2003 time in ( )

### MEN'S OPEN 10 km.

Lee Troop	2nd	29.12	
Louis Rowan	15th	31.41	
Ross Young	30th	32.45	(34.40)
Simon Taylor	74th	34.05	
Geoff Purnell	124th	35.25	(35.28)
Geoff Clark	148th	36.18	(39.37)
Paul Wilson	174th	36.55	(37.03)
Brad Saunders	176th	36.56	
Hugh Thyer	192nd	37.29	
Paul Stewart	195th	37.37	
John Stekelenburg	225th	38.53	
Neil MacDonald	261st	40.15	(39.31)
Andrew Chalmers	295th	41.51	
Chris Colley	296th	41.55	
Travis Zimmer	384th	52.20	(49.47)

Fastest - S Field (St. Kevins)	- 28.47
- L Troop (Geelong)	- 29.12
- D Ruschena (Glenhuntly)	- 29.20
- N Harrison (Glenhuntly)	- 29.35
- C Perrett (Mentone)	- 29.38
- M Chettle (Glenhuntly)	- 29.48

- D Quin (Melb. Uni.)	- 30.17
- R de Highden (Doncaster)	- 30.33
- J Marsh (Old Xaverians)	- 30.41
- S Naicholas (Glenhuntly)	- 30.53

### UNDER 20 MEN 10 km.

Nick Wightman	7th	34.30
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Fastest - S Ellis (Eureka)	- 32.39
- D Locke (Peninsula R.R.)	- 32.50
- R Boadle (Ballarat YCW)	- 33.18

### UNDER 18 MEN 10 km.

Brenton Rowe	1st	32.43
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Fastest - B Rowe (Geelong)	- 32.43
- R Lindsay-Johns (Ringwood)	- 33.28
- K Symons (Yallourn Newb.)	- 33.41

### UNDER 16 MEN 3 km.

Tim Kilfoyle	13th	10.12	(11.33)
Tom Burns - Wallace	19th	10.39	(11.38)

Fastest - C Huffer (Glenhuntly)	- 9.26
- K Wille (Knox Athletic)	- 9.29
- M Seen (Knox Athletic)	- 9.34

### UNDER 14 MEN 3 km.

Sam Withington	3rd	10.41
Tyron Cover	5th	10.53
Ryan Saunders	8th	11.24

Fastest - M Blicavs (Keilor St. Bernards)	- 9.42
- K Grimster (Frankston)	- 10.31
- S Withington (Geelong)	- 10.41

### WOMEN'S OPEN 10 km.

Rebecca Tweed (Inv.)	12th	37.05	
Loretta McGrath	13th	37.11	(37.57)
Nadia Semjanov	18th	37.54	(37.06)
Joanne Lambert	46th	41.39	(44.46)
Celia Cosgriff	91st	46.20	
Cathryn Hoare	92nd	46.23	
Freyja Stott	94th	46.55	

Fastest - L Weightman (Knox Ath.)	- 34.42
- K Seibold (Malvern)	- 35.28
- S Braakhuis (Melb. University)	- 35.42
- J Edwards (Glenhuntly)	- 36.03
- K Smyth (Glenhuntly)	- 36.28
- L Dick (Ringwood)	- 36.39
- N Marmy Conus (Inv.)	- 36.48
- K Dick (Doncaster)	- 36.49
- A Trembath (Doncaster)	- 36.52
- H Slattery (Inv.)	- 36.59

### UNDER 20 WOMEN 10 km.

Rebecca Forlong	1st	37.24
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Fastest - R Forlong (Geelong)	- 37.24
- R Ferry (Peninsula R.R.)	- 39.12
- J Gellert (Eureka)	- 39.15

### UNDER 18 WOMEN 10 km.

Fastest - Z Warrington (Frankston)	- 37.35
- K Duncan (Knox Athletic)	- 41.58
- M Amezquita (Keilor St. Bern.)	- 48.47

**UNDER 16 WOMEN 3 km.**

Kelsey Rau 3rd 10.42 (10.49)

Fastest - R Green (Frankston) - 10.18  
 - R Owen (Frankston) - 10.34  
 - K Rau (Geelong) - 10.42

**UNDER 14 WOMEN 3 km.**

Kate Sly 3rd 10.57  
 Eliza Curnow 10th 11.23  
 Laura Stekelenburg 11th 11.28 (10.59)

Fastest - B Nash (Essendon) - 10.21  
 - T Stockford (Frankston) - 10.57  
 - K Sly (Geelong) - 10.57

**VOTES FOR  
 "BEST PERFORMED GEELONG REGION  
 ATHLETES" AT THE  
 SANDOWN ROAD RACE**

**Senior Men.**

3. Lee Troop  
 2. Louis Rowan  
 1. Ross Young

**Senior Women.**

3. Rebecca Forlong  
 2. Loretta McGrath  
 1. Nadia Semjanov

**Junior Men.**

3. Brenton Rowe  
 2. Sam Withington  
 1. Tyrone Cover

**Junior Women.**

3. Kelsey Rau  
 2. Kate Sly  
 1. Eliza Curnow

**THE BUSH INN AWARD**

The winner of the Bush Inn Award for the Sandown Road Championships is

**Geoffrey Purnell**

in recognition of his outstanding start to the 2004 A.V. Winter Season and his fantastic team spirit over many years.

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

**CHARLES SUFFREN CROSS - COUNTRY  
 Saturday 12th June**

A hardy group of Geelong Region Cross-Country Team athletes and supporters travelled to a chilly Burrumbeet Race Course on Saturday 12th June for the running of the historic Charles Suffren Cross-Country Race. Over the years, many of Australia's best

distance runners have contested this race with names such as Rob de Castella, Steve Moneghetti, Chris Wardlaw, Shaun Creighton, Tony Benson and Les Perry all on the winner's trophy.

Well, the name of Steven Moneghetti was once again to the fore as the 'retired' Marathon Man powered around the course for a comfortable victory in 19.55.

**GEELONG RESULTS**

2003 results in ( )

**6.5 km. (Under 16 Men, Under 18 Men, Under 20 Men, Open Men)**

Matthew McDonough	21.23	5th Open Men
Ross Young	22.29	Open Men
Nick Wightman	23.24	3rd U 20 Men
Geoffrey Purnell	24.37	Vet Men (24.36)
Paul Wilson	25.16	Open Men (25.48)
Michael Kenny	25.18	3rd U 18 Men (24.51)
Geoffrey Clark	25.19	Vet Men (24.41)
Hugh Thyer	25.54	Open Men
Tom Burns - Wallace	26.23	5th U 16 Men
Kevin Hoare	26.57	Open Men
Tim Kilfoyle	27.32	U 16 Men
Chris Colley	28.50	Vet Men
Neil MacDonald	32.28	Vet Men (28.04)

**3 km. (Under 14 Men and All Women)**

Sam Withington	11.35	5th U 14 Men
Kelsey Rau	11.37	1st U 16 Women (11.49)
Hamish Wishart	12.12	U 14 Men
Harriet Brown	12.47	U 16 Women
Cathryn Hoare	13.06	Open Women (14.26)
Alexandra Brown	13.38	U 18 Women
Freyja Stott	13.45	Open Women

**RUNNER PROFILE**

Nadia Semjanov has run for health and fitness for many years. However, over the last twelve months and under the guidance of Rohan Perrott, Nadia has stepped up the intensity of her running, recording many impressive performances, particularly over the longer distances.

**Nadia Semjanov**

Occupation Home Maker

Age 38 Date of Birth 27 / 4 / 66

Height 164 cm. Weight 50 kg.

Married / Single Married to Michael.

Two daughters: Mia - 7 and Shelby - 5.

Coach Rohan Perrott

**Personal Bests**

3000m. 10:45

5000m. 17:57

10000m. 37:06

Favourite Food Ice Cream

Food Eaten Before a Race Toast or Cereal

Favourite Drink Espresso and Wine

Favourite Movie "Lord Of The Rings" and "Austin Powers"

Favourite Book "I enjoy reading lots of different books."

Favourite Music / Band Most music but I do enjoy "Powderfinger" and "Coldplay".

Favourite TV Show "Most comedy shows"

Favourite Nightspot Entertaining / cooking for friends at

home. Relaxing with the family.

**Favourite Holiday Spot** Snowfields

## A Normal Training Week

<b>Mon.</b>	am.	50 minutes easy run.
<b>Tues.</b>	am.	50 minutes build-up run over hills.
<b>Wed.</b>	am.	60 minutes easy
<b>Thur.</b>	am.	50 minutes easy run.
<b>Fri.</b>	am.	35 minutes very easy jog.
<b>Sat</b>	am.	50 minutes including 16 minutes of fartlek: (2 x 90 seconds, 2 x 60 seconds, 4 x 30 seconds, 4 x 15 seconds 'on' with equal time recovery between)
	pm.	25 minutes very easy
<b>Sun.</b>	am.	90 minutes over hills
	pm.	25 minutes very easy.

### Other Training / Recovery Sessions.

Massage once a week plus walking

**Favourite Training Session** Sunday morning long run with friends.

**Favourite Race** I like them all!

**Best Ever Performances** 2003 A.V. 15 kilometre race at Albert Park. (7th place in 56.32)

**Favourite Place To Train** Anywhere as long as it's not windy!

**Toughest Ever Training Session** Completing a long run over the hills near Seamist in the Otways.

**Most Admired Runner / Person** Lee Troop - he always has time to encourage other athletes.

**Advice to Other Runners** "Don't dwell on bad performances - remember: there's plenty more races where you can redeem yourself. Run to enjoy!"

**Goals for the Future** "To complete a marathon - hopefully the 2005 Melbourne Marathon"

### Anything else - Funny Running Story???

"Competing in a Weet - Bix eating competition on the bus trip home from the Coliban Road Relays. At first, most of us were reluctant, but everyone eventually had a go. It doesn't seem like a difficult task to eat one Weet - Bix in under 60 seconds but I can assure you, it is. Also, I must mention that the girls on the bus did much better than the guys!"

## AROUND THE TRACKS AND TRAILS

Craig Mottram's second track race of the European summer at the THALES FBK Games in Hengelo on Monday 31st May resulted in a new Australian 5000 metre Record and the best seat in the house as Ethiopia's Kenenisa Bekele smashed the six year old World Record of compatriote, Haile Gebrselassie.

Craig's time for seventh place was 13:10.47, slicing almost two seconds from his own Australian Record, while Bekele ran an astonishing 12:37.35 after running the second half of the race solo. Bekele's time equates to 61 second laps with an unbelievable 5:01 for the last two kilometres. The World Record splits were:

1000 metres	2:33.24
2000 metres	5:05.47
3000 metres	7:37.34 (Craig Mottram's Australian 3000

metre Record is 7:37.30)

4000 metres 10:07.93

Nine days later, the 21 year old Bekele smashed the World Record for 10 000 metres in Ostrava when he clocked 26:20.31, eclipsing Haile Gebrselassie's mark of 26:22.75, set in 1998.

Also competing at Hengelo was Georgie Clarke, who is closing in on an Olympic A Qualifier (4:05.80) with a time of 4:09.54 in the 1500 metres to finish seventh behind Canadian, Carmen Douma-Hussar (4:04.85).

On June 11, at the Bergen Bislett Games, Craig Mottram thought he would take a decent chunk off his Australian 5000 metre Record with an outstanding time of 13:03.37 for fifth place behind Kenyan winner, John Kibowen (13:01.94). Georgie Clarke contested the 1500 metres and went out at 4.03 pace before finishing in 4:14.69.

Also chasing an Athens' Olympic Qualifying time is Mark Tucker, who opened his European campaign with a 6th placing over 5000 metres (13:52.37) in the B.M.C. Meet at Solihull (UK) on May 22nd and a 13:54.39 run for 8th at Kassel (Germany) on June 11th. Between these races, Mark joined a very exclusive club on June 5th when he ran the Tullamore Mile (Ireland) in 3:59.9 for 3rd place. Since Bannister first ran the mile in under four minutes 50 years ago, the magical four minute barrier has been broken just under 900 times. Amazingly, New Zealand's John Walker (129 times) and America's Steve Scott (131 times) account for more than a quarter of those times. On June 16 Mark won the 1500 metres in Kingston, England, running 3:45.6.

At the U.S. Open Meet at Palo Alto, Mark Fountain recorded an impressive 1500 metre P.B. in running 3:39.18 for fourth place.

Once again our junior athletes have been busy with many outstanding performances recorded at the Victorian Primary Schools Cross - Country Championships at Bundoora on Thursday 17th June where a top five placing meant selection in the Victorian Team for the School Sport Australia Cross - Country Championships to be held in Canberra from 28 - 31 August. Well done to:

Georgie Buckley	2nd	12/13	Girls 3 km.	10.48
Tyron Cover	2nd	11	Boys 3 km.	10.13
Amy Stekelenburg	9th	11	Girls 3 km.	11.21
Ryan Saunders	46th	12/13	Boys 3 km.	11.04

Meanwhile, the following Geelong Region athletes competed at the Victorian All - Schools Cross-Country Championships at Bundoora on Saturday 19th June. These Championships also served as a selection trial for Victorian Teams contesting the IGA Australian All-Schools Cross-Country Championships in Canberra on 28 - 31st August. Well done to:

Kate Sly	5th	U 14	Girls 3 km.	11.45
Laura Stekelenburg	15th	U 14	Girls 3 km.	12.21
Kelsey Rau	1st	U 15	Girls 4 km.	15.17
Harriet Brown	8th	U 15	Girls 4 km.	16.42
Holly Lipson	19th	U 15	Girls 4 km.	17.06
Chelsea Merry	6th	U 17	Girls 4 km.	16.23
Charlotte Curnow	19th	U 17	Girls 4 km.	17.52
Sam Withington	9th	U 14	Boys 3 km.	11.13
Tom Burns-Wallace	11th	U 15	Boys 4 km.	14.33

Tim Kilfoyle	26th	U 15 Boys 4 km.	15.35
Daniel Payne	28th	U 15 Bcys 4 km.	15.41
Michael Kenny	12th	U 17 Boys 6 km.	21.36
Brenton Rowe	2nd	U 18 Boys 6km.	19.45

## HALEY MCGREGOR. SHE'S BACK, BIGGER AND BETTER AND LOOKING TOWARDS ATHENS.

This time last year Haley McGregor was in a hole. She was struggling with her running and was close to giving it away. However, showing the grit and determination she is known for, Haley has bounced back with some remarkable performances over the last twelve months, culminating with her fabulous run at the Zatopek. I was fortunate to catch up with one of Australia's brightest hopes for the Athens Olympics for a chat about her exceptional 2003 as well as her hopes for the future.

**N.M. Haley, welcome back to Falls Creek. How many years have you been coming up to the Victorian High Country over summer?**

H.M. I was talking about this on the way here. I think this is my fifth year at Falls Creek.

**N.M. You would have learnt a lot in that time?**

H.M. Yes, most certainly. When I first came up here I sat back a little and watched in awe at what all the top runners were doing. Also, I tended to go hard in every run back then because I was excited and 'pumped' for every session. I guess I was trying to impress. But there was so much to learn. Now I understand the true benefits of Falls Creek so I can utilise the altitude, the group training and the rest and recovery that is needed up here.

**N.M. When you first came up here did you follow the standard "Wardlaw / Moneghetti Program" with the 'Mona Fartlek' on the Tuesday and the 'Quarters' on a Thursday?**

H.M. Yes I did. I've pretty much followed that program every year although last year I changed it around a little.

**N.M. This time last year you did your first Pretty Valley long run for 2003 and really struggled. At the time you were out of form and had not been running all that well. How have you turned it around since then?**

H.M. Aaahh ..... I have had a change in training. Nic Bideau has been coaching me and I've probably started to realise that I'm better at the longer distances. I've also completed a lot of good, consistent training over winter and I've learnt a lot by being around people like Nic and Sonia (O'Sullivan) and Buster (Craig Mottram). I've tried to adapt a lot of what I've seen into my training. I'm also benefiting from the longer sessions, not pushing myself every run but being consistent.

**N.M. Can you remember the Pretty Valley run I was referring to?**

H.M. Absolutely! I finished in 99 minutes and the run usually takes me 90 minutes. I was hurting so much that all I wanted to do was lie down for the rest of the day. Up until then I had overtrained, basically killed myself and I had dug a massive hole. Eventually I had to take two weeks off and that was one of my first runs back. However, even though I was only here for ten days, because we had to evacuate because of the bushfires, I could feel myself improving with each run. So last year's stint at Falls Creek gave the rest of the year a kick start.

**N.M. Congratulations of your great run at the Zatopek where you ran 31.43.14 which is an A Qualifier for the Athen Olympics. That must have been a huge thrill?**

H.M. It was awesome but it's hard to describe the feeling. It was one of those races that I don't remember too much about because I was so focused. But the jog lap I completed after I finished was something pretty special.

**N.M. Going into the race did you think you could run that fast?**

H.M. I never really thought about a time. I knew I was in good shape and that everything had gone right in training leading up to the Zatopek. I had completed some sessions that indicated that I could go close. However, I knew it was going to be tough and because I was so focused, I didn't really know what pace I was on until three laps to go when I had a glance at the clock. Then, I tried to work out what I had to do but basically, I just tried to run as fast as I could on the night.

**N.M. What were some of those key sessions you completed that indicated you were in good shape?**

H.M. There was a track session that Nic got me to do on a Saturday morning. It ended up being 10000 metres on the track made up of 400 metres pretty hard followed by 400 metres 'float' repeated until I'd completed 10 kilometres.

**N.M. So it was 13 x 400 metres with a 400 'float' between?**

H.M. Yes, that's right. I ran 32.50 for that feeling as though I'd done nothing. I actually went home and felt as though I hadn't trained, I was feeling so fresh.

**N.M. Did you do the session by yourself?**

H.M. No, P.J. Bosch, one of our training group, helped me out. The only problem was that we took off way too fast as we were feeling so good. But eventually we got the pace right and ended up chatting some of the way as we were feeling so comfortable. I also did another key session of a hard lap of the Tan in 12.07 then 10 x 500 metres with one minute recovery. I did all the 500 metre reps in under 90 seconds so that told me I was in pretty good shape too.

**N.M. Just before the Zatopek Nic said you should run 32 minutes and 31.45 if everything went well. So, he's a pretty good judge.**

H.M. Yes, he's a very good judge and when he says that he instills so much confidence and belief so that you know you're in good shape. Normally a few doubts creep in when you're struggling but to go into the race so confident was a big factor in my run.

**N.M. And Eloise Poppett did a fantastic job pacing you for the first half?**

H.M. Yes, she was absolutely sensational. While Eloise was leading I was so switched off - I was laughing at Fieldy (Haley's boyfriend, Simon Field) on the way around and chatting to Eloise. She was so relaxed that it made it feel easy.

**N.M. Did you feel as though you were holding back during the first 5000 metres?**

H.M. Absolutely. Nic said that he thought I could have run quicker as I was pushing up on Eloise down the home straight each lap. However, it was probably good that I didn't run faster in the first part of the race otherwise I may have died.

**N.M. Eloise did a great job running 75 / 76 seconds for each lap.**

H.M. Yes, she was spot on and so even. I tend to run best when I'm in a consistent rhythm, then I can wind it up near the finish.

**N.M. With three laps to go, we in the stands thought you were going to miss out on the 31.45 A Qualifier by a few seconds. However, you ran 74,**

**74, 70 seconds to fly home. Did you know how close you were?**

H.M. With three laps to go a few negative thoughts crept into my head. I was really hurting but I was able to work out roughly what I had to do. But I was thinking, "I can't do it, I'm really gone and I'm really, really hurting!" One silly thought that went through my head with three laps to go was, "If I do make the qualifier, I'll have to go through all this pain again at the Olympic Trials!" However, I put my head down and said, "Come on Haley, you've come this far, give it everything!"

**N.M. When Eloise dropped out it looked as though you lost your rhythm for a few laps. Did you notice that and how did you re-focus?**

H.M. Absolutely. I was so relaxed when Eloise was leading that I think I lost concentration for a while when she dropped out. For a few laps I forgot that I was racing and it took me a few laps to get going again.

**N.M. How is the change in the selection criteria going to affect you?**

H.M. Hopefully it won't. It was disappointing to hear of the change on the day but I didn't take that into the race. I still think, that because the A Qualifier is so tough, if I finish in the top two at the trials, I should be right. Obviously it would be nice to have the old criteria but you've got to accept the change and do what you can do. If I'm in good shape I'll try to do it again at the trials. If not, I'll just have to hope that they pick me anyway.

**N.M. So, for our readers, what is the new criteria?**

H.M. We have to run the qualifying time at the trials and finish in the top two to be an automatic selection. But if you've already got a qualifier and you finish in the top two, they can still pick you.

**N.M. And with Benita Johnson running the 10000 metres, at least there will be someone to share the pace with?**

H.M. Yes, having Benita there will be great. (Ed. At the Australian Athletic Championships / Olympic Selection Trials, Haley and Benita Johnson ran the 10 000 metres as a training run, alternating laps at 5000 metre race pace with laps at marathon race pace. Benita won in 31:49.97 with Haley second in 32:20.49. Both were selected in the Australian Olympic Team for Athens.)

**N.M. You have been in great form over the last twelve months with a very successful winter season probably the highlight. You have been to the World -Cross - Country Championships, the World University Games and you have won the National Cross - Country Championship and the City to Surf.**

H.M. I'm never really content with what I do but to look back, it has been a very good year. Obviously, I'd like to perform better next year internationally. But yes, the year has totally exceeded my expectations, particularly as I was struggling so much this time last year and was ready to chuck it all in.

**N.M. You were feeling that frustrated with your running?**

H.M. Yes, just before Christmas I was.

**N.M. And you weren't enjoying your running?**

H.M. I think I was a bit disheartened because I believed that more was better - that was my principle but you do have to run smart as well as dedicated and know when to back off so you can recover.

**N.M. What was the highlight of your winter season?**

H.M. I'd have to say winning the National Cross - Country Championship. I'd under-estimated what it would be like to win a

National Championship. Also, I'd won the City to Surf six days before and came down with a cold. I wasn't feeling good so I e-mailed Nic, who was overseas at the time, and said, "I don't think I should run the National Cross as I'm not feeling so good - what do you think?" Anyway, he got straight on the phone and told me why I should run. It was a tough race and I gutted it out and gave it everything and they're always the best races to win.

**N.M. And it was a very tough field with both Georgie Clarke and Eloise Poppett in good shape?**

H.M. Yes, Georgie was in really good shape even though eight kilometres is probably not her best distance but she's always such a tough competitor.

**N.M. You mentioned that Nic Bideau is now your coach. What specific changes has he made to your training and running in general?**

H.M. It's more about holding me back at times because I used to go pretty hard in every session. Every rep, in every session tended to be as hard as I could go. Now Nic has shown me how to hold back at times. One of our integral winter sessions was 8 x 1000 metres on a Tuesday and to get through this session you could not go too hard on the first one. So, I had to learn to hold back on the first one with Nic sometimes wanting us to pick it up on numbers 3, 5 and 7. So I've learned to vary the pace within a session. I've also increased my kilometres quite a bit this year and I'm feeling fitter for it.

**N.M. How many kilometres would you run in a big week now?**

H.M. I've run a couple of 160 kilometre weeks but I hovered around 145 - 150 kilometres for most of the winter, even with the races.

**N.M. And you were coping well with that?**

H.M. Yes, I felt great. Because I was holding back a little with each session, I felt pretty fresh for each run.

**N.M. Those 8 x 1000 metres - did you run those on the Tan?**

H.M. Yes, we did them on the bottom of the Tan from the traffic lights up to the bottom of Anderson Street. We usually did them with a minute recovery.

**N.M. Who were your previous coaches?**

H.M. Originally I was with Richard Huggins. He got me into the sport and coached me for about three years. Then I was with Pam Turney for about three years and I've been with Nic since about November / December of 2002.

**N.M. You come from rather a strange back ground for a runner in that you were a State level kayaker?**

H.M. Yes, I was a kayaker and finished three Murray River Marathons. Then got into the V.I.S. and did endurance kayaking for a few years.

**N.M. How tough is the Murray River Marathon?**

H.M. Oh, it is very, very tough! They send out a wake - up call every morning at 5:00 am and by the fifth and last day when you hear "Morning Has Broken" over the loud speakers, it takes every ounce of energy just to get up, let alone get to the start line.

**N.M. Did you compete as a single or as a pair?**

H.M. No, we did it as a TK2 relay team so each team member paddled about two 20 kilometre legs, making up 40 kilometres a day.

**N.M. How old were you when you competed in kayaking?**

H.M. I did the Murray River Marathon when I was in Years 10, 11 and 12 at school so I would have been 15 - 17 years old. I swapped over to running when I was 17 or 18.

**N.M. Why the change?**

H.M. I think I have a pretty short attention span and I thought I'd 'been there, done that' with kayaking. Also, I was not enjoying it as much. There is also something about running where you're

using your whole body - I'm not sure if it's the impact of hitting the ground but you can finish a run absolutely exhausted, like I was at the Zatopek. With kayaking, because you're seated and there's no impact, you can recover pretty quickly and I've always loved pushing my body to the limit and I feel as though I can do that with running. That's why I fell in love with the sport.

**N.M. Did you think you could reach higher levels with the kayaking?**

H.M. I had just teamed up with an American coach and he was pretty confident that I could make the next team for the World Championships but it didn't interest me that much and I'd lost some of the enjoyment. Kayaking is quite political, which you get in all sports, I guess, but I think I was ready for a change and I fell in love with running at the right time.

**N.M. What other sporting interests did you have when you were younger?**

H.M. When I was a kid I had my hand in every sport going around. I was in the local softball and basketball teams and I played netball for years and years. I also played in the school football and cricket teams. But I only did Little Athletics for one year as an under 10 and didn't like it because they made me do high jump, which I didn't like. I used to just run in and push the bar off.

**N.M. You're not the tallest person. As a girl were you also petite?**

H.M. I was always little, always at the end of the photo line.

**N.M. So the high jump mat may have been as tall as you were?**

H.M. Yes, I had no hope of getting over the bar.

**N.M. So all the sport you played as a junior has built up a great skills and fitness base for now.**

H.M. I think so. I grew up about an hour out of the city and we never watched TV as kids, we were always down at the park playing. We also walked to school and I always did what my three older brothers were doing.

**N.M. You are training with two of the best distance runners in the world in Sonia O'Sullivan and Benita Johnson. What have you learnt training with them?**

H.M. Oh geeh ..... where do I start? I went away and lived with them for four weeks at Laguna Mountain, and although I was injured for a week of that, it was just the best experience. I came back from that trip and the first thing I said to Fieldy was that I'd learnt what it takes to make it. Both Sonia and Benita are 100 % disciplined in everything they do in terms of recovery, stretching, diet and that's apart from the actual training.

**N.M. Apart from Sonia and Benita, who do you look up to in World Athletics?**

H.M. Definitely Paula Radcliffe. You can't go past the things she's achieved in the last few years through hard work and self-belief. Simon was lucky enough to meet her in November and he came back with raving reports, just saying that she was down to earth and was really easy to chat to. To have all that ability but to be a nice person as well speaks volumes. I also admire Steve Moneghetti for the same reasons I admire Paula Radcliffe. Steve is so approachable and knowledgeable and has achieved so much over a long period.

**N.M. What supplementary training do you complete to ensure that you're in the best possible shape?**

H.M. That's another thing I've changed this year in that I get massage and physio at least two, if not three times a week. I do stretching and I've just started a strength and conditioning program so I do gym and circuits three times a week. I also do running drills and strides on a Sunday afternoon.

**N.M. Are the circuits mainly core stability and body weight exercises?**

H.M. Yes, no weights, just things like dips, push-ups,

chin-ups and ab work.

**N.M. In 2002 you rose to prominence in the National 5000 metre Championship at Olympic Park when you sat on Benita's heels for lap after lap. Everyone in the crowd was thinking that sooner or later Benita would drop you. But you hung on and with 200 metres to go you sprinted past her to win the National Championship. That must have been a huge thrill?**

H.M. That win was completely out of the blue. I had done a session on the Tuesday night before the Thursday race and I said to Pam Turney, my coach at the time, "Pam, I can't possibly race on Thursday - I feel horrible and those 200's felt shocking!" Pam said, "Haley, do you know what time you were doing them in?" Well, I didn't because I wasn't timing myself but I was doing them in about 28 - 29 seconds which was the quickest I'd done them all year. So I was in better shape than I thought. Also, being in my home town of Melbourne, having all my friends and family there, even a few flat mates who knew nothing about athletics, made a huge difference. I was as surprised as anyone when I was still there with a lap to go. I think it was half-way down the back straight on the last lap as Benita was starting to pull away when something clicked in my head and I thought, "hang on a minute, I'm feeling good, I'm not going to just let her go!" It was only then that I thought that I could win so I gave chase.

**N.M. Did you have to pinch yourself as you crossed the line as Australian Champion?**

H.M. Yes, absolutely. That took a long time to sink in and even now when I think about it, the win feels more a fluke than anything because I didn't expect it.

**N.M. A win is a win!**

H.M. Yes, exactly. You've got to take them when you can.

**N.M. How many 200's did you complete on the Tuesday before the race?**

H.M. Just eight with a jog across recovery. Generally that was, and probably still is, one of Pam's pre-race sessions.

**N.M. Now Haley, I'm always trying to break the big stories and there's a rumour sweeping through Falls Creek that you and Simon Field have announced your engagement. Is it true?**

H.M. (Laughing) No, No, No!!!

**N.M. I think Troopy started the rumour.**

H.M. I'm not sure if it was Troopy or Nic but no, the ring is definitely on my right hand finger not the left.

**N.M. But seriously, Simon being a talented runner himself, would be very good for you.**

H.M. Absolutely. It just helps to have someone else who understands what I'm trying to do. A lot of people might not realise the commitment and dedication needed to reach the top. Going to Laguna Mountain this year I saw Sonia and Benita going to bed early each night, not going out, not drinking, being strict with their diet. We can also get moody if we have a bad session or a bad race and it does take a special person to understand all of that. Simon understands all of that and I hope I can reciprocate when he has the same feelings.

**N.M. I would guess that it's important to know when to say something and when to say nothing at all.**

H.M. Yes, exactly. There are very few people I can be around on race day and Simon is definitely a person I want around me when I'm a little tense.

**N.M. What interests do you have outside of running?**

H.M. Ummmm ..... I'm studying Occupational Therapy

and I love it. I love going out to the movies and dinner. I like to read a lot. My brothers are not into athletics so I often go out with them to take my mind off running and have a mental break. I live with one of my brothers and he's great. I might have had a bad session and he'll say, "who cares - it's only running! Let's go out to a movie." So he's great for bringing me back down to earth.

**N.M. In the lead-up to Athens, what are your plans?**

H.M. If everything goes according to plan, I'd take off in March for the World - Cross Country and then have a stint at Laguna Mountain in May followed by 5 km. road race in Carlsbad.

**N.M. Apparently Carlsbad is a pretty quick road course?**

H.M. Yes, although I raced there last year and didn't run so well. I think I ran 16.15 but I'm hoping to run much quicker this year. After that, it would be off to London for a few races and some training before heading off to St. Moritz for another stint at altitude. Then hopefully off to Athens with a holiday in the Greek Islands to rest and recuperate after the Olympics.

(Ed. Haley ran the Carlsbad 5 km. Road Race, finishing 6th in 15.38 behind Kenya's, Isabella Ochichi - 14.53 (World Best for a 5km. Road Race) and Benita Johnson - 15.07)

**N.M. How did you enjoy Laguna Mountain last year?**

H.M. I loved it. There's not much to do there but the people are so friendly. There's a little town called Julian not too far away and Georgie Clarke and I would drive there occasionally for a break. But I just loved the idea of training hard in the morning, recovering in the afternoon then doing a second run later in the day. It was really peaceful which enabled me to do some reading and complete a lot of university work between running sessions. I just thrived on it.

**N.M. So you're pretty comfortable with being almost a full - time athlete?**

H.M. Yes. But I need something else to do like getting right into a book. I've brought some Spanish books with me this year and I want to get right into learning Spanish.

**N.M. You mentioned that you're better at the longer races. Are there any plans to make your marathon debut?**

H.M. Yes, I'm pretty keen to run one next year (2005), possibly in London or Chicago.

**N.M. Haley, thank you very much for your time and all the very best in your build up to the Athens Olympics?**

H.M. Thanks heaps for that, Neil.

## RUNNER PROFILE

### Haley McGregor

**Occupation / School** Third Year student at Latrobe University studying Occupational Therapy

**Age** 24 **Date of Birth** 27 / 5 / 79

**Height** 161 cm. **Weight** 46 kg.

**Married / Single** Single

**Coach** Nic Bideau

#### Personal Bests

400m. 57.4  
800m. 2:07  
1500m. 4:16  
3000m. 9.02  
5000m. 15.32  
10000m. 31.43

**Favourite Food** Muffins

**Food Eaten Before a Race** Toast and Jam

**Favourite Drink** Cappichino

**Favourite Movie** "Lord of the Rings" (Brother's influence)

**Favourite Book** "April Fools Day" by Bryce Courtenay

**Favourite Music / Band** 'It changes daily.'

**Favourite TV Show** "The Simpsons"

**Favourite Night Spot** 'At the movies.'

**Favourite Holiday Spot** Merrimbula.

#### A Normal Training Week.

<b>Mon.</b>	am.	60 mins. easy.
	pm.	35 mins. easy plus Gym / Circuits
<b>Tues.</b>	am.	Track Session. This varies but something like: 20 mins. warm-up 10 x 800 metres with 60 seconds recovery between (run every second rep harder) 20 mins. cool-down.
	pm.	35 mins. easy
<b>Wed.</b>	am.	60 mins. easy.
	pm.	35 mins. easy plus Gym / Circuits
<b>Thur.</b>	am.	Threshold Session: 20 mins. warm-up 10 km. @ Heart Rate of 180 b.p.m. 20 mins. cool-down
	pm.	35 mins. easy.
<b>Fri.</b>	am.	50 mins. easy.
	pm.	Gym / Circuits
<b>Sat.</b>	am.	Session on Grass. This varies but something like: 20 mins. warm-up 4 x 1600 metres (5.00 mins.) with 3 mins. recovery between. 20 mins. cool-down.
	pm.	35 mins. easy
<b>Sun.</b>	am.	1 hour 45 mins. run at Ferny Creek
	pm.	20 mins. jog / drills / strides

#### Other Training / Recovery Sessions.

Massage / Physiotherapy session twice a week.

Gym / Circuits session three times a week.

**Favourite Training Session** Sunday long run and "Progressive Tan Laps" (I have run 13.40 13.20 12.50)  
My Personal Best time for the Tan is 12.07 completed in a training session.

**Favourite Races** 10 kilometres on the road.

**Best Ever Performances** 2000 Olympic Trials 5000 metres (4th in 15.40) 2002 National 5000 metre Championship (1st in 15.32) 2003 National Cross - Country (1st) 2003 Zatopek 10000 metres (1st in 31:43.14)

**Favourite Place To Train** Ferny Creek

**Toughest Ever Training Session** A Track Session of: 5 x 800 metres (200 jog recovery) 8 x 400 metres (200 jog recovery) 10 x 200 metres (200 jog recovery) with a jog lap between sets.

**Most Admired Runners / People** My brother.

**Advice to Other Runners**

"Enjoy your running and listen to your body."

**Goals for the Future**

"To make the 2004 Olympic Team, then to run a marathon - hopefully the 2005 London Marathon."

## UP-COMING RACES

### SANDOWN ROAD RELAYS

Saturday 10th July

Don't forget - our next race is the Road Relays at Sandown Park on Saturday 10th July.

1:30 pm.	Women Open Div. 1	4 x 6.2 km.
	Women Open Div. 3	3 x 6.2 km.
	Men Open Div. 1	6 x 6.2 km.
	Men Open Div. 4	5 x 6.2 km.
	Men Open Div. 7	4 x 6.2 km.
	Men Vets	3 x 6.2 km.
	Men Under 20	3 x 6.2 km.
2:00 pm.	Women Under 20	3 x 3.1 km.
	Men Under 18	3 x 3.1 km.
	Women Under 18	3 x 3.1 km.
	Men Under 16	3 x 3.1 km.
	Women Under 16	3 x 3.1 km.
	Men Under 14	3 x 3.1 km.
	Women Under 14	3 x 3.1 km.

With 14 Geelong Teams expected to compete, we will require a time-keeper for each team. If you are available to fill this role, could you please contact Neil MacDonald.

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

### BUNDOORA PARK CROSS-COUNTRY

Saturday 17th July

1:00 pm.	Women Under 20	6 km.
	Men Under 16	6 km.
	Men Under 18	6 km.
1:35 pm.	Women Under 14	4 km.
	Women Under 16	4 km.
	Women Under 18	4 km.
	Men Under 14	4 km.
1:55 pm.	Women Open	8 km.
	Men Under 20	8 km.
2:45 pm.	Men Open	12 km.

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

### COLIBAN ROAD RELAYS

Saturday 31st July

We will be entering a Division One Men's Team (7 runners), a Division Four Men's Team (5 runners) and a Division One Women's Team (5 runners) for the Coliban Road Relay. The Coliban is a fantastic race where team-bonding comes to the fore on the bus trip home. If you are available for selection, please let Neil MacDonald know A.S.A.P.

## AUSTRALIAN MEN'S 5000 METRE RECORD

After Craig Mottram's recent fantastic form over 5000 metres, I thought you might be interested in the progression of the Australian Men's 5000m Record. Great to see the names of our two Geelong boys, Lee Troop and Craig Mottram, at the bottom of the list!

15:23.4	Jack H Sheaves (Sydney 8 / 6 / 1931)
15:09.0	John Alexander (Los Angeles Aug 1932)
14:46.2	Les Perry (Melbourne 5 / 2 / 1952)
14:23.16	Les Perry (Helsinki 24 / 7 / 1952)
14:23.2	Geoff Warren (Bendigo 11 / 4 / 1955)
14:07.2	Dave Stephens (Melbourne 17 / 12 / 1955)
14:01.8	Allan Lawrence (Sydney 8 / 9 / 1956)
13:52.37	Dave Power (Roma 2 / 9 / 1960)
13:51.4	Albie Thomas (Melbourne 15 / 12 / 1963)
13:50.0	Albie Thomas (Sydney 2 / 2 / 1964)
13:41.7	Ron Clarke (Melbourne 14 / 1 / 1964)
13:39.0	Ron Clarke (Zurich 23 / 6 / 1964)
13:34.8	Ron Clarke (Hobart 16 / 1 / 1965)
13:33.6	Ron Clarke (Auckland 1 / 2 / 1965)
13:25.8	Ron Clarke (Los Angeles 4 / 6 / 1965)
13:16.6	Ron Clarke (Stockholm 5 / 7 / 1966)
13:14.82	Lee Troop (Melbourne 25 / 2 / 1999)
13:12.04	Craig Mottram (Melbourne 7 / 3 / 2002)
13:10.47	Craig Mottram (Hengelo 31 / 5 / 2004)
13:03.37	Craig Mottram (Bergen 11 / 6 / 2004)

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

*Wickley's*

**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.**

## GEELONG REGION CROSS – COUNTRY TEAM 2004 WINTER RACING PROGRAM

Saturday 17 <sup>th</sup> April	Geelong Road Championships (Eastern Gardens) 2 laps of inner road circuit for Senior Men / Women (4.7 km) 1 lap of inner road circuit for Juniors (2.35 km)
Saturday 24 <sup>th</sup> April	A.V. Cross – Country Relays (Werribee Equestrian)
Saturday 15 <sup>th</sup> May	A.V. 8 km. Cross – Country (Lardners Park, Warragul)
Saturday 29 <sup>th</sup> May	A.V. 10 km. Road Race (Sandown)
Saturday 12 <sup>th</sup> June	Charles Suffren Cross-Country (Ballarat)
Saturday 19 <sup>th</sup> June	A.V. Schools Cross-Country (Aust. Selection Trial) (Bundoora)
Sunday 27 <sup>th</sup> June	A.V. 15 km. Road Championships (Albert Park)
Saturday 10 <sup>th</sup> July	A.V. Road Relays (Sandown)
Saturday 17 <sup>th</sup> July	A.V. 12 km. Cross – Country. (Bundoora)
Saturday 31 <sup>st</sup> July	A.V. Coliban Long Road Relay
Saturday 14 <sup>th</sup> August	A.V. 16 km. Cross – Country (Coburg)
Sunday 29 <sup>th</sup> August	Australian Cross-Country Championships (Canberra)
Saturday 4 <sup>th</sup> September	Geelong Cross-Country Championships. (Eastern Gardens) Senior Men / Women – 6 km. Junior Men / Women – 3 km.
Sunday 16 <sup>th</sup> September	A.V. Half Marathon (Burnley)
Sunday 10 <sup>th</sup> October	Melbourne Marathon

### ATHLETICS VICTORIA WINTER AGE GROUP RACE DISTANCES

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

Ages Calculated at 31 st December 2004 for Under Age Competition / 1 st January for Over Age.