



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 4

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GEELONG TASTES SUCCESS AT BRIMBANK PARK

Brimbank Park hosted the opening of the Athletics Victoria Winter Season with ten Geelong Region Teams keen to take on the best Victorian middle and long distance specialists over the testing 3.1 kilometre course. Recent rain had softened the course making a few turns a little tricky but generally runners reported favourable yet challenging conditions.

All Geelong runners (plus many runners / onlookers from other teams) praised our new uniform which was both classy looking and comfortable to race in.

Welcome to new runners; Leigh Scukovic, Jeremy Thompson, Vin Gasper, Michael McKenzie, Jason Leishman, Chris Last, Jo Wall, Karen Dorris, Emily Rooke, Inge Magher, Andrea Cannell, Lucy Mills, Hayley Cook, Rebecca Wiasak, Phoebe Darbyshire, Taryn Rau, Bianca Cheever and Chelsea Merry who added depth and talent to our teams for the first race of the year.

A special thank you also to Bob Pitcher, Greg Trevarthen, John Perrott, Kevin Varker, Jodie Godwin, Libby Crowe, Darryl Mahon, Fiona Mahon, Tracey Rau, Heather Cheever, Wendy Wall, Lee Troop and the Trevarthen tribe who assisted as bus drivers, marshalls, time-keepers, team managers and cheer squad for the guys and gals representing Geelong. Thanks guys - your support was much appreciated.

Division 1 of the Men's Open Section saw some great racing between a host of class athletes. Craig Mottram, tuning up for a Grand Prix race in Japan, led off for Geelong and cruised through the opening lap before opening up a handy lead over the last 3 kilometres. Mark Boxer, Darren Lynch, Damian Cranage, Mark Tucker and Rohan Perrott all ran strongly to keep in contention. However, the great depth of the Glenhuntly team (they had nine Open runners under 20 minutes!) gradually wore down the opposition to run out comfortable winners.

In the Men's Open Division 4, a rejuvenated Andrew Lambart flew out of the blocks to put Geelong Region into second position behind Doncaster after the first leg. As the race progressed, Dean Goddard, Michael McNaughton, Tom Paton and Jamie Godwin gradually whittled away the lead to hit the front in the shadows of the finishing post for a well deserved victory. Well done guys!

Leigh Scukovic and Jeremy Thompson, representing the Geelong Region Cross-Country Team for the first time, flew around the hills of Brimbank Park to open up a huge lead over their opposition. Team mates Paul Wilson and John Moore then carried on the great work to cruise to victory in Division 7 by nearly 4 minutes. Great running, guys!

Geoff Purnell carried on his great early season running form to speed around the 6.2 km. course in 23.20 for third place behind Frank Shevlin's Ballarat Region Team. However, despite a solid final leg from impressive 'new' veteran, Vin Gasper, third was where the Geelong Region Veteran's Team stayed, over 4 minutes behind the formidable Bendigo Region trio.

In the Under 20 Men's Division, three solid runs from Simon Cole,

Travis Trevarthen and long striding new recruit, Michael McKenzie saw Geelong Region finish fifth behind a very strong Ringwood trio.

In a very strong Under 18 Men's section Geelong finished seventh. However, both Chris Last and Tyson Mahon competed against older athletes with Tyson recording second fastest time behind an older Collis Birmingham. In his first cross-country run for Geelong, Jason Leishman ran strongly in his final leg to move up through the placings.

Geelong Region entered four Women's Teams for the Brimbank Park Cross-Country Relays with all performing very well.

In Division 2, Karen Dorris ran strongly in her opening leg to finish a clear second. Promising middle-distance runner, Emily Rooke was then able to consolidate Geelong's position before handing over to Jo Wall who flew around the challenging course to clearly take second place in a fine debut by our women's team.

Three new recruits in Inge Magher, Andrea Cannell and Lucy Mills lined up for Geelong's Division 3 Team with all running very well over unfamiliar cross-country terrain to finish with a solid third placing.

Geelong Region's Under 20 runners, Phoebe Darbyshire and Rebecca Wiasak used their track speed to put their team up with the leaders in the opening two legs. With one leg remaining it was a race in three with Geelong's Hayley Cook determined to run down her Box Hill opponent. However, despite Hayley running the third fastest Under 20 time of the day, Geelong finished 23 seconds back in second place. Great running, girls, especially considering that Phoebe, Rebecca and Hayley are all eligible for the Under 18 Division.

Probably the race of the afternoon was the Women's Under 16 Division with only 24 seconds separating the first three places. Geelong runners Taryn Rau, Chelsea Merry and Bianca Cheever all ran brilliantly over the 3.1 kilometre course to finish third behind Box Hill and Ballarat Region. With all three girls individual times being up with the leaders, we can expect some great races over the remainder of the season. Well done, girls - fantastic effort in your first race for Geelong.

BRIMBANK PARK CROSS - COUNTRY RELAYS

(Saturday 5th May.)

DIVISION 1 MEN	(6 x 6.2 km.)
Craig Mottram	18.50
Mark Boxer	20.27
Darren Lynch	20.20
Damian Cranage	21.49
Mark Tucker	20.14
Rohan Perrott	19.42

4th Place in 121.22 (first place Glenhuntly in 116.04)
Fastest - M Power (Glenhuntly) - 18.30
- S Monaghetti (Ballarat Region) - 18.42

- C Mottram (Geelong Region)	- 18.50
- N Adkin (Doncaster)	- 18.52
- C Semple (Glenhuntly)	- 19.01
- M Thompson (Glenhuntly)	- 19.09
- D Eadie (Glenhuntly)	- 19.23
- C Nicholson (Glenhuntly)	- 19.24
- G Smidlechner (Doncaster)	- 19.28
- S Nankervis (Ballarat Region)	- 19.28

DIVISION 4 MEN (5 x 6.2 km.)

Andrew Lambart	21.33
Dean Goddard	22.55
Michael McNaughton	21.50
Tom Paton	21.42
Jamie Godwin	21.40

1st Place in 109.40 (second place Doncaster 2 in 110.20)

DIVISION 7 MEN (4 x 6.2 km.)

Leigh Scukovic	23.13
Jeremy Thompson	22.17
Paul Wilson	24.01
John Moore	25.17

1st Place in 94.48 (second place Ballarat Region 7 in 98.39)

VETS (40 +) (3 x 6.2 km.)

Geoffrey Purnell	23.20
Neil MacDonald	25.36
Vin Gasper	24.17

3rd Place in 73.13 (first place Bendigo Region in 68.26)

Fastest - F Shevlin (Ballarat Region) - 21.58

UNDER 20 MEN (3 x 6.2 km.)

Simon Cole	24.07
Travis Trevarthen	25.22
Michael McKenzie	23.18

5th Place in 72.47 (first place Ringwood in 67.48)

Fastest - J Quick (Ballarat Region) - 21.48

Note: Michael McKenzie is Under 18.

UNDER 18 MEN (3 x 3.1 km.)

Chris Last	13.08
Tyson Mahon	10.26
Jason Leishman	10.53

7th Place in 34.27 (first place Ballarat Region in 31.21)

Fastest - C Birmingham (Ballarat Region) - 10.09

- T Mahon (Geelong Region) - 10.26

Note: Tyson Mahon and Chris Last are Under 16. C Ballingall (Glenhuntly) ran 10.24 in the Under 16 section so we can look forward to some great racing in the Individual races later in the season.

DIVISION 2 WOMEN (3 x 6.2 km.)

Karen Dorris	24.33
Emily Rooke	26.53
Jo Wall	23.37

2nd Place in 75.03 (first place Peninsula Road in 73.11)

Fastest - S Power (Glenhuntly) - 21.36

- V Mitchell (Ballarat Region) - 22.47

- N Chapple (Box Hill) - 22.56

- R Barton (Ballarat Region) - 22.59

- S Gibbs (Peninsula Road) - 23.17

- T Warrick (Ballarat Region) - 23.26

Note: Jo Wall is Under 20 so running 23.37 for 7th fastest time in the Open Women's Division was a great effort.

DIVISION 3 WOMEN (3 x 6.2 km.)

Inge Magher	27.09
Andrea Cannell	28.06
Lucy Mills	28.31

3rd Place in 83.46 (first place Glenhuntly in 76.39)

UNDER 20 WOMEN (3 x 3.1 km.)

Phoebe Darbyshire	12.35
Rebecca Wiasak	12.51
Hayley Cook	12.03

2nd Place in 37.29 (first place Box Hill in 37.06)

Fastest - J De Bruin (Box Hill) - 11.53

- E Smith (Box Hill) - 11.55

- H Cook (Geelong Region) - 12.03

Note: Phoebe Darbyshire, Rebecca Wiasak and Hayley Cook are all Under 18. J Keage (Box Hill) ran 11.43 and F Nash (Doncaster) ran 11.49 in the Under 18 section so we can look forward to some great racing in the Individual races later in the season.

UNDER 16 WOMEN (3 x 3.1 km.)

Taryn Rau	12.21
Chelse�a Merry	13.25
Bianca Cheever	13.08

3rd Place in 38.54 (first place Box Hill in 38.30)

Fastest - N Menhennet (Ballarat Region) - 12.10

- J Thornton (Box Hill) - 12.19

- G McCallum (Box Hill) - 12.20

- T Rau (Geelong Region) - 12.21

With only 11 seconds separating the first four runners for fastest time there should be some fantastic competition in this section during the season.

Note: Chelsea Merry is Under 14. K Katsanevakis (Doncaster) ran 12.31 for fastest time in the Under 14 Section.

VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETE" AT BRIMBANK PARK CROSS-COUNTRY RELAYS

For each race of the A.V. Winter Season 3, 2, 1 votes will be given by the committee to both Men and Women athletes to decide the "Geelong Region Best Performed Athlete".

Men.

3.	Craig Mottram
2.	Andrew Lambart
1.	Tyson Mahon

Women.

3.	Joanna Wall
2.	Hayley Cook
1.	Taryn Rau

RUNNER PROFILE

This profile features a runner who competes successfully on the track, road, beach, cross - country and with the Professionals - obviously an extremely versatile and talented athlete.

Mark Boxer

Occupation Postman

Age 27 **Date of Birth** 31 / 10 / 73

Height 173 cm. **Weight** 62 kg.

Married / Single Married to Bern

Coach Steve "Stoofa" Lewry (or so he claims!!!!)

Personal Bests

800m. 2:05
1500m. 4:02
3000m. 8.45
5000m. 15:13
10000m. 31:15

Mark is also the "Rip to River" co-record holder where he crossed the line with a fantastic impersonation of Superman.

Favourite Food Pasta

Food Eaten Before a Race Fettucine Carbonara at Spaghetti Deli.

Favourite Drink Diet Pepsi

Favourite Movie Gallipoli

Favourite Book Mills and Boon (obviously a romantic at heart!)

Favourite Music / Band "Offspring" and "Nirvana"

Favourite TV Show Bad Girls

Favourite Night Spot "bed!"

Favourite Holiday Spot Bali

A Winter Training Week

Mon. am. 25 minutes easy
 pm. 60 minutes easy / steady plus Swiss Ball / Boxing.

Tues. am. 25 minutes easy
 pm. "Mona" Fartlek.

Wed. am. 25 minutes easy
 pm. 70 minutes easy over hills plus Swiss Ball / Boxing.

Thur. pm. Track Session: (8 x 400 metres)

Fri. am. 40 minutes easy.

Sat. am. 60 minutes Hills.
 pm. 30 minutes easy.

Sun. a.m. Long Run (90 minutes)

Other Training / Recovery Sessions.

Regular Massage from Kev Varker.

Favourite Training Session Track Sessions

Favourite Race Herb Hedaman 1600 metres at Stawell

Best Ever Performance First at Stawell over 3200 metres (I had to run down my good friend, Dean Goddard to win!) (Ed. Mark has a magnificent finish line photograph of this race on

his wall at home.)

Favourite Place To Train You Yangs

Toughest Ever Training Session 6 x 400 metres in 60 seconds with 60 seconds recovery.

Most Admired Runner / Person Kylie Minogue (if only she could run!)

Advice to Other Runners "to give anything less than your best is to sacrifice the gift." Steve Prefontaine

Goals for the Future To break 15 minutes for 5000 metres and 4 minutes for 1500 metres.

Anything else????

"In my first game of cricket I took a "hat trick" and we won the game".

"I once kicked 8 goals in a game of football with three of them coming from the back pocket."

"I was almost shot on a long run at the You Yangs!" - thanks for the directions, Lynchy and Buster! Actually, we were exploring a new running trail at the You Yangs when we found ourselves in the middle of a shooting range - a few shots whistling around our ears helped us find 'fast twitch fibres' we didn't know we possessed.

RACE ENTRY

If you have not entered A.V. Winter Races with a season's ticket, you must be entered 10 days before the race you wish to run.

You can enter on-line via the Athletics Victoria web site on:

www.athsvic.org.au

You will need to use your credit card.

or

Fill in a race entry form and post / fax with the appropriate money to:

**Athletics Victoria
 Olympic Park
 Swan Street
 Melbourne, 3004**

Phone: 9428 8195 Fax: 9427 9183

You do not need to enter the relays.

BUS TIMES

A bus or buses will leave Norlane Waterworld at the following times:

Flemington Road Race	Sat 19 May	11:15 am.
Warragul Cross-Country	Sat 2 June	10:00 am.
Albert Park Road Race	Sun 1 July	6:30 am.
Bundoora Cross-Country	Sat 14 July	11:15 am.
Sandown Road Relays	Sat 21 July	11:15 am.
Coliban Road Relay	Sat 4 Aug	11:00 am.
Brimbank Park C-C	Sat 18 Aug	11:15 am.
Burnley Half Marathon	Sun 16 Sept	6:00 am. *

Note: Numbers competing will determine whether a bus is used for the Burnley Half Marathon.

Each runner travelling by bus will be required to contribute \$6 to cover the cost of petrol and bus hire.

Also, could runners wishing to travel by bus please notify Neil MacDonald to confirm a seat. (Phone: 52 231620)

AROUND THE TRACKS AND TRAILS

Geelong Region Cross-Country Team members have not confined their activities to A.V. Winter Races with both Andrea Cannell and Inge Magher recording victories in Geelong Cross-Country Club races over the last fortnight.

Andrea recorded her victory over 6.5 kilometres along the Barwon River with close friend and training partner, Inge Magher finishing just 4 seconds behind in second place.

One week later, over the testing Geelong Grammar 10 km. course, Inge greeted the judge first for a well deserved victory. Great running, girls - the prize money just about pays for the running shoes / gear purchased at our night at "The Athlete's Foot".

PUTTING THAT EXTRA 'BUZZ' INTO YOUR RUNNING

Runners are always trying to get an extra edge (legally, hopefully!) whether it be a new training session or light weight racing shoes or supplementary exercises.

Well, a Japanese marathon star who won Olympic Gold in Sydney got a crucial extra buzz by drinking the stomach juice of giant, killer hornets. Naoka Takahashi, who became a national heroine by winning the women's marathon, drank the 100 per cent natural beverage before and during the marathon after Japanese scientists found it gave an astonishing boost to human performance.

Maybe we Australian runners can find a use for the internal organs of European Wasps that infest many of our houses?

However, Takahashi isn't the first Olympic marathoner to go for unusual substances during the race.

Way back in 1896 our own Edwin Flack (winner of the 800 / 1500 metres) collapsed while leading the race just 4 km. short of the stadium. The delirious Flack had to be revived with a potion of egg and brandy.

Eight years later in St. Louis the starters included a 153 cm. Cuban named Felix Carvajal, who paid his own fare to the United States but lost all his money in a New Orleans craps game before the Olympics. He arrived for the marathon start in a long-sleeved shirt, beret, long trousers and heavy street shoes. Somebody eventually cut his trousers to the knee and Carvajal ran very well, leading the race at the half-way point.

To quench his thirst he stole some apples and peaches from an orchard. However, the theft resulted in severe stomach cramps that ended his race and his "Olympic Dream".

The winner of the race, Thomas Hicks, was spent 15 km. from the finish and begged to be allowed to lie down but his handlers refused. Instead they administered an oral dose of strychnine sulphate and raw eggs, something that continued regularly until the finish.

At the London Olympics in 1908, South Africa's Charles Hefferon led the marathon by four minutes just 3 km. from the stadium when he accepted a glass of champagne. Sadly for Hefferon, the all too early celebration resulted in stomach cramps and dizziness and he had to settle for second.

In more recent times, American marathon legend Frank Shorter recovered by consuming three gins while soaking in a bathtub

after winning the Olympic Gold in 1972. Shorter also consumed 'defizzed' Coke along the marathon course to keep up his energy levels.

Think I'll stick to water and any number of modern 'sports drinks' that don't have a sting in the tail!

Don't forget - our next race is on Saturday June 2 at Lardner Park, Warragul (Melway 28 reference - Map 512 U8)

1:20 pm.	Women Under 14 Men Under 14	2km. Cross-Country 2km. Cross-Country
1:30 pm.	Men Under 16 Men Under 20	4km. Cross-Country 4km. Cross-Country
1:40 pm.	Men Under 18	8km. Cross-Country
2:15 pm.	Women Under 20 Women Under 18	3km. Cross-Country 3km. Cross-Country
2:25 pm.	Women Under 16 Women Open Women 40+	6km. Cross-Country 6km. Cross-Country 6km. Cross-Country
3:00 pm.	Men Open / Vets	8km. Cross-Country

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

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