



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 41

July 2004

SEVEN GEELONG TEAMS IN THE PLACINGS AT THE SANDOWN ROAD RELAYS

The Sandown Road Relays are the Grand Final for Victoria's best distance runners. Run well on the time-tested Sandown Raceway course and you can claim to be in fine form. A time under 18 minutes for senior men (Steve Moneghetti's Course Record is an amazing 17.16, set in 1996) or under 20 minutes for senior women (Susie Power's Course Record is an unbelievable 19.03, set in 2001) has you in a very select group. Be part of a winning team at Sandown and you can create history, for it's at Sandown that a club's distance running talent and depth are put to the ultimate test. Team wins at Sandown are not just created by the stars twinkling - it's how well the lower ranked team members perform that often decides the final positions.

Our planning for Sandown began weeks ago. Team selections, running order and likely opposition were thrown around like military leaders discussing battle plans. But like all dangerous conquests, there were casualties along the way with injury, illness, work commitments and holidays all taking their toll. Even last minute fitness tests or overseas flight schedules on race morning had the nerves jingling. Surely the D - Day Invasion was not this complicated!

Eventually, after enough phone calls to send the Telstra share price through the roof (Telstra shares surged past \$5 in the lead-up to Sandown!), thirteen fit and committed Geelong Teams assembled at a windy Sandown Raceway (is it ever anything but windy at Sandown?) ready for action.

On the bus heading to Sandown, much of the discussion centred on how our Division One Men would fare, with only Matthew McDonough and Rowan Walker available from last year's victorious team of Matthew McDonough, Kym Morgan, Richard Jeremiah, Mark Tucker, Rowan Walker and Lee Troop. However, while we lacked the big names, six very determined Geelong athletes were prepared to go down fighting in defending the Les Perry Trophy.

Leading off for the Division One Men was the much improved Louis Rowan, who was very keen to see how recent 100 kilometre weeks would translate into racing performance. Well, despite slowing a little over the last half of his leg, (most athletes were roughly 20 seconds slower on the second lap due to the blustery northerly wind howling up the back-straight rise) Louis was leading at the change-over with Rohan Perrott. Rohan is a Sandown veteran with a dozen Road Relays to his credit (Sandown P.B. - 18.10) and so was not fazed by the gusty wind as he recorded a very handy 19 minute time. Matt McDonough then set about consolidating the team position with an aggressive first lap that saw him drop his closest opposition. Unlike most athletes competing at Sandown, Ross Young was able to run two evenly paced laps to join our first three runners under 20 minutes. With the shadows lengthening and the temperature rapidly dropping, eighteen year old Nick Wightman ran two strong laps in his senior Geelong debut. Well done, Nick - hope you enjoyed the challenge on running with the 'big boys'.

Final runner, Rowan Walker, despite not being in peak form, surprised everyone (including himself) by negatively splitting his two laps (10.13 and 9.57) with an impressive, gut-busting finish that just failed to snatch third place. Great effort, guys - you all ran excellent races under difficult conditions.

Jamie Godwin was the lead-off runner for the Division Four Men, and with wife, Jodie due to give birth at any moment, the expectant father was keen to complete his two laps as quickly as possible, before tagging with Simon Taylor, who ran one of the fastest Division Four times for the day. Paul Wilson and Hugh Thyer do much of their training in the Rohan Perrott group and similar training resulted in almost identical times for our third and fourth runners. Final runner, Brad Saunders was keen to rest his tight calves and join the Geelong Team Cheer Squad at Sandown. However, a late withdrawal late Friday night resulted in rapid team reshuffling and a hasty call to the Saunders' household. Unfortunately, Brad was out to dinner, but son Ryan placed a note on Dad's pillow requesting he bring his running gear with him to Sandown. Not sure of Brad's response when he arrived home, but he put in a super effort off limited training to run his team into third place. Excellent effort, guys!

Division Seven runner, Chris Colley sat very quiet and very focused as the team bus, expertly piloted by Chris Sly, headed for Sandown. And at precisely 1:56.25 pm. Chris was able to put the visualisation into practice as he ran laps of 12.28 and 13.10 to have his team up with the leaders as he tagged with Geelong Guild team mate, Doug Byrt. Sandown was Doug's first race in Geelong senior colours and he ran two evenly paced laps (13.39 and 13.45) in an excellent debut. In the days leading up to the Sandown Road Relays, Andrew Chalmers was concerned about his 'dickie' calves and understandably started his final leg conservatively. However, once his legs loosened up, Andrew was able to stride out confidently to race his team into second place. Unbelievably, Andrew's 2004 Sandown time was 1 second slower than his 2003 time - yes, I thought he ran a few centimetres wide on that final corner! Great running, Chris, Doug and Andrew!

Lead-off runner for the Men's Veteran Team, Geoff Purnell, has been in top form this year and was keen to run a 'blinder' at Sandown. And so, when the gun fired, Geoff flew from the line like a Stawell Gift winner. Unfortunately though, he paid the price for his overly optimistic start on the second lap (10.56 / 11.30) but still ran a highly respectable time before tagging with Geoff Clark, who was most disappointed that his second lap was 2 seconds slower than his first - talk about 'blowing-up!' Travelling to Melbourne to compete in Athletics Victoria races can be time consuming and a little tiring. However, spare a thought for the Stekelenburg family who, after spending two weeks on holiday at the Shangri-La's Rasa Ria Resort in Kota Kinabalu, Borneo (they also managed to fit in regular run training despite the constant 32 degree temperature), were determined to be back in time for the Sandown Road Relays. And so, after leaving Borneo at midnight Friday, enduring a seven and a half hour flight to Sydney, where they had a two hour stop-over, then a flight to Melbourne, it was straight to Sandown where John, Laura and Amy were ready to race their hearts out while Mary managed an Under 16 Girl's Team. Now, that's what I call

commitment and team spirit! Anyway, despite feeling jet-lagged, exhausted, sunburnt and covered in sand fly bites, John took off aggressively to record a snappy first lap of 11.38 before understandably tiring a little on his second circuit (12.26). However, when the final results were announced, our 'old codger' team had finished a fabulous third. Great effort, Geoff (to the power of 2) and John.

Last year, the Sandown pre-race talk was of a possible win to our Division One Men. This year, our top women's team was mentioned in dispatches as a definite place-getter in the prestigious Division One Section. However, confidence was at an all-time high when wily veteran athlete and Sandown Team Manager, Darren Riviere stated in true Andrew Lloyd speak, "bugger the silver or bronze, let's go for the gold!" And with Tweed, McGrath, Forlong and McDonough under Dazza's expert guidance, our girls were ready to fly.

And so it was, as Rebecca Tweed, fresh from an outstanding fourth at Albert Park, used her strength to motor through laps of 11.08 and 11.18 before tagging with 2003 Melbourne Marathon winner, Loretta McGrath whose two strong laps of 11.20 and 11.45 had her team in a wonderful position and rookie Manager Riviere beside himself with excitement. Top Under 20 athlete, Rebecca Forlong has been on holiday in her native New Zealand for the last few weeks but on arriving home, was most eager to step up an age group and race distance to assist our senior women. Many athletes also have a preference as to where they like to run. However, Rebecca's response when asked where she would like to run was: "you put me where you like and I'll run my best!" Thanks for being so accommodating Rebecca, and well done on your two gutsy laps of 11.45 and 11.58. Kim McDonough, a 400 metre specialist in the professional ranks, was making her debut in Geelong colours and so was entitled to be feeling as 'toey as a Roman sandal' as she waited at the change-over point. However, Kim ran two expertly even-paced laps (12.40 and 12.40) to cross the finish line in a fabulous second placing - the best ever result from a senior Geelong Women's Team. Great running, girls! And great managing, Daz - I hear your pre-race address was truly inspirational!

Cathryn Hoare, lead-off runner for our Division Three Women, is arguably the most improved Geelong Winter athlete, with personal best times recorded on a regular basis. At Sandown, Cathryn flew around her two laps to record 27.06, a remarkable 2 minutes and 47 seconds faster than her 2003 time, which was recorded under much less windy conditions. Great work Cathryn - great to see all the hard work in training paying off! Second runner, Melissa Coghlan used a rather unconventional warm-up technique for Sandown - she helped boy friend, Richard Jeremiah shift house. However, the possible stresses involved in moving heavy or fragile objects did not deter Melissa from running an excellent race. Celia Cosgriff was under stress of a different sort as some 'low-life' decided to steal her car in the week leading up to Sandown. However, Celia was able to channel her annoyance into her running to anchor her team to a fine second placing. Well done, Cathryn, Mel and Celia!

And so, with all the senior races underway out on the course, it was left to our junior athletes to 'strut their stuff'.

Leading the way were our Under 14 Men's Team, who had recorded a resounding victory at the Cross - Country Relays earlier in the season. Since then both Tyron Cover and Sam Withington have been selected to represent Victoria at the Australian Cross - Country Championships in Canberra during August, while Ryan Saunders is returning to full fitness after shaking off a nasty bout of tonsillitis. At Sandown, Tyron recorded the fastest Under 14 Men's split of the day, while Sam and Ryan ran excellent laps to record a decisive team victory. Wonderful running, guys!

Kate Sly, lead-off runner for our Under 14 Women's Team has spent

much of her school holidays fighting a persistent cold. Fortunately, Kate was close to full fitness for Sandown and ran an outstanding opening lap of 11.43, second fastest Under 14 Women's split of the day. Georgie Buckley has been in top form this year and was very keen to contest the 3 kilometre Individual Road Race at Sandown on the 29th May. However, a rolled ankle at training put paid to that race so Georgie set her sights on running fast at the Road Relays over the slightly longer distance. A quick change with team mate, Kate and Georgie and her bright orange Asics racing flats were flying around the course for a super-quick 11.51, a substantial improvement on her 2003 time. As was mentioned earlier in the newsletter, Laura Stekelenburg had a rather unorthodox pre-race routine as her family were at an altitude of 32 000 feet while the rest of us were fast asleep. However, looking tanned and with braided and beaded hair, Laura ran an excellent race to record 12 minutes 'dead' to secure the silver medal for her team. Great running, Kate, Georgie and Laura! To illustrate the talent and depth in our Under 14 Girl's Team, the Sandown time recorded by Kate, Georgie and Laura would have won the Under 16 race by two seconds and finished a close second in both the Under 18 and Under 20 races.

Our first two runners in the Under 16 Men's race both made their Geelong debuts at the Sandown Road Relays last year. This year, both Daniel Payne and Hamish Wishart showed the benefits of 12 months training as they slashed half a minute off their 2003 times. Third runner, Ryan Smith warmed-up for his first race in Geelong colours with a game of football before, kicking off the footy boots and jumping in the car for a speedy trip up the highway. Once at Sandown, Ryan ran at a promising sub four minute kilometre pace. Hope you enjoyed your first race for Geelong, Ryan.

Because we have a large number of talented junior athletes, two Under 16 Women's Teams contested the Sandown Road Relays. However, just getting to the starting line can be a challenge as Kelsey Rau discovered as the Rau family Golf was stuck in 'grid-lock' along Toorak Road. Eventually, after much cursing and nashing of teeth, Kelsey was able to complete her warm-up, then record a fast opening leg for her team. Breanna Ryan was another athlete having her first run for Geelong at Sandown and ran her opening kilometre at the speed of a thousand startled gazelles before slowing a little as she hit the up-hill climb into the wind. However, Bree made a most encouraging debut, considering her limited training over the last few months. Final runner, Holly Lipson, fresh from an excellent race at the Little Athletics Zone Cross - Country Championships, then ran a strong lap to eventually finish a creditable sixth. Incredibly, the extremely strong Frankston club finished first, second and third in this age group. Also, Kelsey, Breanna and Holly all attend the "Geelong Institute of Sport" (Sacred Heart College).

Jessie Couch, another Sacred Heart student and an avid St. Kilda supporter despite Dad winning the Brownlow Medal for Geelong, led off for Team Two in the Under 16 Women's section and recorded a very good time of 13.11 before tagging with Eliza Curnow, who ran close to 4 minute kilometre pace in the trying conditions. Running the final leg was eleven year old Amy Stekelenburg, who ignored her holiday tiredness to fly around the windy circuit with her blonde, braided and beaded hair clinking with each powerful stride. Unbelievably, Amy was able to slash over a minute from her 2003 time. Not surprisingly, Amy fell asleep in the car on the way home.

Michael Kenny, sporting a new, streamlined hair cut, led off for the Under 18 Men with a strong opening leg before handing

over to Phillip Doolan, who made a successful return to racing after a short break, due to work commitments. Third runner, Tom Burns-Wallace, moved up an age-group to help with 'team - balance' and ran very well against the older athletes to anchor his team to a solid sixth placing in this highly competitive age-group.

Budding pentathlete, Charlotte Curnow has been a relay specialist this year with her two Geelong races being the Cross - Country and Road Relays. Well run and well done, Charlotte - great to see you so keen to step into the Geelong Team at a moment's notice. It was also great to see Taryn Rau successfully return to racing at Sandown after a frustrating run of breathing problems over the last year or so. Well done, Taryn - we all admire your determination to persevere in a sport that you love and have a great talent for.

And well done to all athletes who represented Geelong at Sandown on Saturday 10th July. It was a fantastic day, with seven of our thirteen teams in the placings and many fine individual performances recorded. **GO GEELONG!!!**

Finally, thank you very much to: Sue Buckley, Doug Coghlan, Wendy Cover, Elwynne Dunstan, Bea Lipson, Peter Rau, Tracey Rau, Darren Riviere, Chris Sly, Jeanette Sly, Mary Stekelenburg, Lyn Taylor, Graeme Watkins, Alan Wishart and Kev Varker who all managed teams at Sandown, and to all the supporters who turned up to cheer us on as we 'dug deep' to find that extra ounce of energy - I'm sure your encouragement took seconds from our finishing times. We couldn't compete without your wonderful support so any success we experience is your success too.

SANDOWN ROAD RELAYS

Saturday 10th July
2003 time in ()

DIVISION 1 MEN (6 x 6.2 km.)

Louis Rowan	19.06	
Rohan Perrott	19.22	
Matthew McDonough	19.09	(18.35)
Ross Young	19.48	
Nick Wightman	21.37	
Rowan Walker	20.10	(19.40)

4th place in 119.13 (first place Ballarat YCW in 116.43)

Note: Nick Wightman is Under 20

Fastest - S Moneghetti (Ballarat YCW)	- 18.11	(17.41)
- S Nankervis (Ballarat YCW)	- 18.24	(18.24)
- D Ruschena (Glenhuntly)	- 18.27	(18.12)
- S Field (St. Kevins)	- 18.40	(17.59)
- R De Highden (Doncaster)	- 18.43	
- L Rowan (Geelong)	- 19.06	
- M McDonough (Geelong)	- 19.09	
- M Tierney (Box Hill)	- 19.09	
- J Marsh (APS United)	- 19.11	
- G Morgan (Melb. Uni)	- 19.15	
- P Eason (Ballarat Harriers)	- 19.18	
- P Hulbert (Glenhuntly)	- 19.19	

DIVISION 4 MEN (5 x 6.2 km.)

Jamie Godwin	22.32	
Simon Taylor	21.19	
Paul Wilson	23.01	(23.16)
Hugh Thyer	23.04	
Brad Saunders	23.24	

3rd place in 113.20 (first place Ballarat YCW in 108.42)

DIVISION 7 MEN (4 x 6.2 km.)

Neil MacDonald	24.32	(24.34)
Chris Colley	25.38	
Doug Byrt	27.24	
Andrew Chalmers	25.04	(25.03)

2nd place in 102.38 (first place Melb. Uni. in 95.29)

VETERAN MEN (3 x 6.2 km.)

Geoffrey Purnell	22.26	(21.56)
Geoff Clark	22.30	(21.50)
John Stekelenburg	24.04	(23.54)

3rd place in 69.00 (first place Diamond Valley in 64.42)

Fastest - P Wakely (Diamond Valley)	- 21.01
- A Milovac (Diamond Valley)	- 21.05
- S Mulholland (Malvern)	- 21.43
- C Chambers (Bendigo)	- 21.19
- G Purnell (Geelong)	- 22.26

UNDER 20 MEN (3 x 6.2 km.)

First place Box Hill in 63.40

Fastest - B Woodman (Glenhuntly)	- 19.57
- D Clarke (St Kevins)	- 20.27
- A White (Box Hill)	- 20.31

UNDER 18 MEN (3 x 3.1 km.)

Michael Kenny	10.39	(10.24)
Phillip Doolan	10.26	
Tom Burns-Wallace	11.15	(12.03)

6th place in 32.20 (first place Frankston in 29.01)

Note: Tom Burns-Wallace is Under 16

Fastest - D Frey (Frankston)	- 9.15
- M Frey (Frankston)	- 9.48
- K Symons (Yallourn / Newb.)	- 9.54
- S Vance (Frankston)	- 9.58
- S Crowther (Knox Aths.)	- 10.04

UNDER 16 MEN (3 x 3.1 km.)

Daniel Payne	11.28	(11.55)
Hamish Wishart	11.53	(12.20)
Ryan Smith	12.12	

7th place in 35.33 (first place Knox in 29.47)

Note: Hamish Wishart is Under 14

Fastest - M Bayley (Knox Aths.)	- 9.43
- M Seen (Knox Aths.)	- 9.59
- C Huffer (Glenhuntly)	- 9.59
- A Watson (Ballarat Region)	- 10.00
- K Wille (Knox Aths.)	- 10.05
- R Matthews (Ath. Essendon)	- 10.05

UNDER 14 MEN (3 x 3.1 km.)

Tyron Cover	11.25	
Sam Withington	11.47	
Ryan Saunders	12.38	

1st place in 35.50 (second place Ballarat YCW in 37.12)

Fastest - A Davis (Ballarat YCW)	- 11.04
- T Cover (Geelong)	- 11.25

- S Withington (Geelong) - 11.47
- A Green (Ballarat YCW) - 11.47
- R Saunders (Geelong) - 12.38

DIVISION 1 WOMEN (4 x 6.2 km.)		
Rebecca Tweed	22.24	
Loretta McGrath	23.05	(22.56)
Rebecca Forlong	23.43	
Kim McDonough	25.20	

2nd place in 94.30 (first place Malvern in 92.27)

- Fastest - K Seibold (Malvern) - 21.26
- L Weightman (Knox Ath.) - 21.29
 - S Braakhuis (Melb.Uni) - 21.42
 - J Edwards (Glenhuntly) - 22.17
 - K Smyth (Glenhuntly) - 22.18
 - R Tweed (Geelong) - 22.24
 - L Dick (Ringwood) - 22.48
 - L McGrath (Geelong) - 23.05
 - T Austin (Malvern) - 23.08
 - S Clark (Peninsula R.R.) - 23.22

DIVISION 3 WOMEN (3 x 6.2 km.)		
Cathryn Hoare	27.06	(29.53)
Melissa Coghlan	28.10	
Celia Cosgriff	26.05	

2nd place in 81.21 (first place South Bendigo in 78.26)

UNDER 20 WOMEN (3 x 3.1 km.)

First place Frankston in 35.00

- Fastest - S Grahame (Frankston) - 11.09
- L Gellert (Eureka) - 11.15
 - G Maini (Frankston) - 11.28

UNDER 18 WOMEN (3 x 3.1 km.)		
Charlotte Curnow	14.02	
Taryn Rau	11.48	(11.54)

D.N.F. no third runner (first place Frankston in 35.29)

- Fastest - Z Warrington (Frankston) - 10.40
- F Nash (Doncaster) - 11.17
 - A Uys (Frankston) - 11.24
 - T Rau (Geelong) - 11.48
 - A Daniels (Doncaster) - 11.55

UNDER 16 WOMEN (Team One) (3 x 3.1 km)		
Kelsey Rau	11.40	(11.50)
Breanna Ryan	12.53	
Holly Lipson	13.13	

6th place in 37.10 (first place Frankston in 35.36)

UNDER 16 WOMEN (Team Two) (3 x 3.1 km)		
Jessie Couch	13.11	
Eliza Curnow	12.45	
Amy Stekelenburg	12.36	(13.27)

7th place in 38.32

- Fastest - R Green (Frankston 1) - 11.01
- R Owen (Frankston 2) - 11.14
 - M Bell (Frankston 3) - 11.30

- S Lund (Glenhuntly) - 11.44
- S Renouf (Frankston 2) - 11.49

UNDER 14 WOMEN (3 x 3.1 km)		
Kate Sly	11.43	(11.53)
Georgie Buckley	11.51	(12.10)
Laura Stekelenburg	12.00	(11.41)

2nd place in 35.34 (first place Essendon in 35.01)

- Fastest - B Nash (Aths. Essendon) - 11.03
- K Sly (Geelong) - 11.43
 - G Buckley (Geelong) - 11.51
 - S Kondogonis (Keilor St. Bern.) - 11.56
 - R Menadue (Aths Essendon) - 11.59
 - M Matthews (Aths Essendon) - 11.59
 - L Stekelenburg (Geelong) - 12.00

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

Senior Men.

3. Louis Rowan
2. Matthew McDonough
1. Rohan Perrott

Senior Women.

3. Rebecca Tweed
2. Loretta McGrath
1. Rebecca Forlong

Junior Men.

3. Tyron Cover
2. Sam Withington
1. Hamish Wishart

Junior Women.

3. Kate Sly
2. Georgie Buckley
1. Kelsey Rau

THE BUSH INN AWARD

The winner of the Bush Inn Award for the
Sandown Road Relays is the
Stekelenburg Family
for their wonderful commitment to the
Geelong Team at the Sandown Road Relays.

Well done, John, Mary, Laura and Amy.
Enjoy your meals and the
Bush Inn's famous hospitality.

BUNDOORA PARK CROSS - COUNTRY

Saturday 17th July

Bundoora Park, with its long gradual climb to the water tower and steep, gut-busting rise back up to the Urban Farm, is always a challenging course for cross-country enthusiasts. Throw in a chilling, strong southerly wind and the Athletics Victoria Cross-Country event on July 17 was always going to

suit the strong and determined athlete and the well rugged-up spectator who lists Antarctica as a favourite holiday destination. Bundoora also served as a selection race for Under 18, Under 20 and Open-Age Men and Women hoping to gain selection in the Victorian Team for the Australian Cross-Country Championships to be held in Canberra on August 29.

The opening race over 6 kilometres combined the Under 20 Women and Under 16 / 18 Men. In the Under 20 Women's race, Rebecca Forlong led from the gun for a convincing victory and thus gain selection in the Victorian Cross-Country Team. Great running, Rebecca.

Under 18 athlete, Brenton Rowe was also impressive in fighting back over the last hundred metres to just fail to snatch victory on the line in a photo finish that went to the second print. Second Geelong finisher, Phillip Doolan continues to gain fitness with a strong top ten result while Michael Kenny showed a lot of guts and determination to finish despite lower leg tightness that worsened with each lap. Congratulations also to our Under 18 Men for their Team victory that puts them into a tie with Knox for the Winter Season Premiership.

Buoyed by the Geelong successes in the first race, our Under 14 / Under 16 Women and Under 14 Men were ready to 'rock 'n' roll' over the two lap Bundoora course. Leading the way was young Geelong veteran, Kelsey Rau who made light work of the tough course and icy wind to finish an outstanding second, her best individual result of the 2004 A.V. Cross - Country Season. Interestingly, Kelsey won the Under 15 Victorian All-Schools Cross - Country Championships over the same course (the wind was icy then too but from a different direction) last month in 15.17 - on Saturday Kelsey ran 14.33. Fellow Under 16 athlete, Breanna Ryan also competed in the Victorian All-Schools Cross - Country Championships at Bundoora on the 19th of June, finishing an excellent 7th in 16.39. One month later, Bree again finished an excellent 7th, running herself right out to record 15.18. Well done, Bree!

Still looking tanned from her Borneo holiday and standing out like a beacon against her pale skinned competitors was Under 14 athlete, Laura Stekelenburg. For her first-ever race over 4 kilometres, Laura went out conservatively before running on strongly over the last half of the race to pick up many places. In fact, Laura was in the running for fourth place with 100 metres to travel, before eventually finishing an encouraging sixth in arguably the toughest Under - Age Division for depth of talent. Training partners and great mates, Amy Stekelenburg and Georgie Buckley were under strict instructions to treat their 4 kilometre run as an easy aerobic effort. Well, 17 minutes and 57 seconds of constant talking later, it was mission accomplished and valuable team points accumulated in the fight for the Under 14 Team Premiership. Thanks for running, Amy and Georgie - we really appreciate your great commitment to the team.

Sam Withington, our sole male representative racing over 4 kilometres, has overcome slight knee soreness with the purchase of orthotics and a strengthening / stretching routine. At Bundoora, he also had to overcome training partner, Laura Stekelenburg as they both sprinted for the line, Sam prevailing by a mere second to take 8th place in the Under 14 Men's race.

In her previous two Athletics Victoria races, Rebecca Tweed showed she was an accomplished road runner. However, how would she fare on the undulating, rhythm breaking Bundoora Park course against the likes of Athens' Olympian, Haley McGregor? Well, despite running in heavier training shoes rather than risk racing in unfamiliar spikes, Rebecca ran very strongly to finish just outside the top six she'd hoped for.

Cathryn Hoare and Melissa Coghlan seemed to be attached by a long elastic band as they ran each of their four laps separated by 30 seconds before finishing just 10 places apart. Very consistent pacing, girls.

The talk on the bus trip to Melbourne was that we were perhaps one quality runner short of a top place finish in the Division One Men's 12 kilometre event (the first six runners to finish score points). However, who should arrive as the runners' tags were being distributed? One Matthew McDonough. And boy, did he run well with an outstanding 8th placing against some very hot competition. Only three places later, Rohan Perrott flashed across the line for a team total of 19 points for our first two finishers (so far, so good!) With each run, Rowan Walker is returning to the sort of form that made him the corner stone of last year's Division One Men's Team. In his first ever race at Bundoora, Rowan was pleased with both his time and placing. Geoffrey Purnell decided that an aggressive start was the way to go so blasted out of the blocks to be leading amazing 'super vet', Peter Gaffney at the first water tower turn around. And despite slowing slightly on each subsequent lap, Geoff recorded an outstanding time of 44.17, substantially quicker than he has ever run at Bundoora before. After a conservative start, Paul Wilson gradually worked his way through the field to finish inside the top hundred places and be our fifth finisher. At this stage, it was touch and go for the team medals, and Geelong was definitely in the hunt with our sixth runner, Geoff Clark finishing strongly, just ahead of Simon Taylor, to pip the Peninsula Road Runners Team by a mere 11 points (308 to 319). Great running, guys! Chris Colley has added great depth to our team in his first Winter Cross - Country season. And as each week goes by, Chris continues to build a fitness base that will be of great benefit once the summer track season begins. Chris, hope you're enjoying the longer distances and the challenges that cross - country running presents.

MENS OPEN 12 km.

Matthew McDonough	8th	37.50
Rohan Perrott	11th	38.31
Rowan Walker	28th	40.39
Geoffrey Purnell	73rd	44.17
Paul Wilson	92nd	45.14
Geoff Clark	103rd	45.50
Simon Taylor	108th	46.04
Neil MacDonald	198th	50.40
Chris Colley	219th	52.25

Fastest - S Moneghetti (Ballarat YCW)	- 36.23
- S Field (St. Kevins)	- 36.47
- C Perrett (Mentone)	- 37.09
- N Adkin (A.P.S.)	- 37.22
- S Nankervis (Ballarat YCW)	- 37.40
- R De Highden (Doncaster)	- 37.42
- M Fedmowski (Mentone)	- 37.48
- M McDonough (Geelong)	- 37.50
- A Patti (Doncaster)	- 38.09
- P Hulbert (Glenhuntly)	- 38.21

UNDER 20 MEN 8 km.

Nick Wightman	10th	26.12
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Fastest - L Adams (Aths. Essendon)	- 24.15
- S Ellis (Eureka)	- 24.40
- T Rayner (Frankston)	- 24.51
- B Woodman (Glenhuntly)	- 25.19
- D Locke (Peninsula R.R.)	- 25.23

UNDER 18 MEN 6 km.

Brenton Rowe	2nd	19.37
Phillip Doolan	9th	21.11
Michael Kenny	16th	22.55

Fastest	- M Bayley (Inv.)	- 19.37
	- B Rowe (Geelong)	- 19.37
	- K Symons (Yallourn / New.)	- 19.38
	- R Lindsay- Johns (Ringwood)	- 20.19
	- S Crowther (Knox Ath.)	- 20.36

UNDER 16 MEN 6 km.

Fastest	- K Wille (Knox Ath.)	- 20.32
	- J Huggett (Ballarat YCW)	- 20.42
	- D Ireland (Keilor St. Bern.)	- 21.12
	- M Seen (Knox Ath.)	- 21.21
	- T Fawthorpe (Ringwood)	- 21.21

UNDER 14 MEN 4 km.

Sam Withington	8th	15.09
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Fastest	- M Blicavs (Keilor St. Bern.)	- 13.18
	- A Seen (Knox Ath.)	- 13.44
	- A Conway (Traralgon)	- 13.55
	- T Schumacher (Inv.)	- 14.11
	- K Grimster (Frankston)	- 14.28

WOMENS OPEN 8 km.

Rebecca Tweed	9th	28.56
Cathryn Hoare	55th	34.21
Melissa Coghlan	65th	35.03

Fastest	- H McGregor (Knox Athletic)	- 26.16
	- K Seibold-Crosbie (Malvern)	- 27.33
	- L Weightman (Knox Ath.)	- 27.39
	- J Edwards (Glenhuntly)	- 27.55
	- K Smyth (Glenhuntly)	- 28.14
	- S Braakhuis (Melb. University)	- 28.36
	- L Dick (Ringwood)	- 28.44
	- S Wallace (Peninsula R.R.)	- 28.51
	- R Tweed (Geelong)	- 28.56
	- S Clarke (Peninsula R.R.)	- 29.06

UNDER 20 WOMEN 6 km.

Rebecca Forlong	1st	22.38
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Fastest	- R Forlong (Geelong)	- 22.39
	- Z Warrington (Frankston)	- 22.43
	- R Ferry (Peninsula R.R.)	- 23.29
	- J Gellert (Eureka)	- 23.40
	- G Maini (Frankston)	- 23.53

UNDER 18 WOMEN 4 km.

Chelsea Merry	DNF	
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Fastest	- A Uys (Frankston)	- 14.42
	- B O'Shannessy (Glenhuntly)	- 15.06
	- K Duncan (Knox Ath.)	- 15.08
	- E McLaughlin (Glenhuntly)	- 15.37
	- N Depetro (Western Aths.)	- 16.31

UNDER 16 WOMEN 4 km.

Kelsey Rau	2nd	14.33
Breanna Ryan	7th	15.18

Fastest	- M Duncan (Knox Ath.)	- 14.26
	- K Rau (Geelong)	- 14.33
	- E Clayton (Frankston)	- 14.34
	- S Grahame (Frankston)	- 14.41
	- R Owen (Frankston)	- 14.45

UNDER 14 WOMEN 4 km.

Laura Stekelenburg	6th	15.10
Amy Stekelenburg	13th	17.57
Georgie Buckley	14th	17.57

Fastest	- R Menadue (Essendon)	- 14.39
	- G Thek (Box Hill)	- 14.46
	- L Hall (Ath. Essendon)	- 14.56
	- S Lund (Glenhuntly)	- 15.06
	- S Kondogonis (Keilor St. Bern.)	- 15.07

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

Senior Men.

3.	Matthew McDonough
2.	Rohan Perrott
1.	Rowan Walker

Senior Women.

3.	Rebecca Tweed
2.	Rebecca Forlong
1.	Cathryn Hoare

Junior Men.

3.	Brenton Rowe
2.	Phillip Doolan
1.	Sam Withington

Junior Women.

3.	Kelsey Rau
2.	Laura Stekelenburg
1.	Breanna Ryan

THE BUSH INN AWARD

The winner of the Bush Inn Award for the
Bundoora Park Cross-Country is
Matthew McDonough
for his excellent 8th placing in the
Open Mens' 12 km. Cross-Country.

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

RUNNER PROFILE

This profile features Georgie Buckley, one of our promising junior athletes who is going from strength to strength in her second season in Geelong senior colours. Whether it be representing Victoria in track or cross - country, running at Little Athletics or in VPSSA events, Georgie puts her heart and soul into every race. However, it is not just Georgie's racing results and achievements

that are impressive. More impressive is that Georgie runs for the best reason of all - she loves it!

Georgie Buckley

School / Year Grade 6 student at Chilwell Primary School.

Next year I will be going to Sacred Heart College.

Age 12 **Date of Birth** 24 / 5 / 92

Height 150 cm. **Weight** 38 kg.

Married / Single Single

Coach Neil MacDonald

Personal Bests

100m.	15.0
200m.	31.0
400m.	67.9
800m.	2:30.11
1500m.	5:05.52
3000m.	10.48 (cross - country)

Favourite Food Sushi

Food Eaten Before a Race Banana and a jam sandwich

Favourite Drink Milo

Favourite Movie "Bend it like Beckham"

Favourite Book "Any books by Jacqueline Wilson"

Favourite Music / Band "Delta Goodrem"

Favourite TV Show "The Simpsons" and "Survivor"

Favourite Night Spot ??? - I'm just a kid!!!

Favourite Holiday Spot "The Gold Coast".

A Normal Winter Training Week

Mon.	pm.	Netball
Tues.	pm.	At the Eastern Gardens on the scoria track / grass or on the Eastern Beach ramps circuit. 10 minutes easy run warm-up. Mobility Exercises, Relaxed down - hill strides. Usually Fartlek: something like 3 x 3 minutes 'on' with 2 minutes easy between. 5 minutes easy run / 5 minutes walk cool - down.
Wed.	pm.	Swim Squad.
Thur.	pm.	King Lloyd Reserve Hockey Fields. 10 minutes easy run warm-up. Mobility Exercises, Drills, Strides. Usually a shorter / faster session at the Hockey Fields - something like: "Continuous 400's" - 100 metre walk, 100 metre jog, 100 metre stride, 100 metre 'fast / relaxed' then repeat 4 - 5 times. or 5 x 150 metres @ 800 metre race rhythm with walk / jog / walk back recovery. or a hill circuit around grass hills near Balyang Par 3 Golf Course. Sometimes we finish with a game of soccer or a circuit using a medicine ball / body weight exercises.
Fri.		REST
Sat.	pm.	Athletics Victoria Race or REST

Sun. am. Little Athletics Cross - Country Race or an easy 25 minute run (finish with a few relaxed strides)

Other Training / Recovery Sessions.

Core stability / strength circuit (using body weight), stretching at home, game of netball and I have started swim squad on Wednesday nights.

Favourite Training Session All of them!

Favourite Races 1500 metres on the track and 3000 metres cross - country.

Best Ever Performances At the 2003 Primary Schools Track and Field Nationals in Darwin I finished 4th in the 800 metres, running a 9 second Personal Best. In 2003 I won the Under 12 All - Schools 800 metre Championship. Last month I finished second in the 12 / 13 year old Girls 3000 metres at the VPSSA Cross - Country Championships, running a 58 second Personal Best.

Favourite Place To Train Eastern Gardens and Landy Field.

Toughest Ever Training Session An A.V.I.S. Squad Training Session in Melbourne where we ran 800 metres, 600 metres, 400 metres, 200 metres. It was hard because we had completed a 1500 metre race earlier that morning!

Most Admired Runner / Person Georgie Clarke because she's a great runner and she has come down to our training sessions a few times to talk to and encourage our group.

Advice To Other Runners Remember the "Four P's" - **Planning** (know where you want to go and what you have to do to get there) **Patience** (great things take time)

Persistence (never give up) **Perfection** (always do everything the best you can)

Goals for the Future "To do well in the National Cross - Country Championships in Canberra on August 29th. To stay injury free. To keep enjoying my running."

Funny running stories? "One night at training Neil brought along some unboiled eggs. Each person in our training group then had to use texta to decorate two eggs each. When we were doing our warm - up we all had to run with the eggs in our hands to practice running with relaxed arms and hands. As I was running during the warm - up I squeezed one of my eggs too hard and it immediately broke. Then, when we were doing our mobility exercises, Tim Kilfoyle decided that, rather than holding the eggs with his hands, he would put one of the eggs down the front of his tights. Tim realised it wasn't such a good idea after it broke and sent a sticky egg running down his leg, which he would have to put up with for the rest of the training session.

After we finished our main session around the grassy hills near the Balyang Par 3 Golf Course, we paired up with someone and gently threw one of our eggs to them. When they caught the egg they would take one step back, so the winners would be the pair that got the furthest away from their partner, while still catching the unsmashed egg. However for some, such as Michael Kenny and Tim Kilfoyle, it ended up being who could throw the egg at their partner and for the egg to crack on them. Eventually, it turned out to be an egg war but Neil declared everyone the winner and we each received a chocolate frog.

However, all of our parents weren't very happy when they came to pick us up as we were all covered with sticky egg but we had great fun!"

AROUND THE TRACKS AND TRAILS

On the other side of the world, Geelong athletes continue to train and race in preparation for the Athens' Olympics.

At his altitude training camp at St Moritz, Lee Troop reports that despite the snow and cold that will be nothing like the extreme heat he will experience in Greece, the training is going very well.

On Saturday 17th July, Craig Mottram contested the 3000 metres at the IAAF Super Grand Prix Meet in Madrid, finishing 5th in 7:42.96 behind winner, Salim Mushir Jawher of Bahrain (7:37.49).

At the same meet, Georgie Clarke finished 8th in the 3000 metres running 8:55.97 (P.B. and 11th on the All - Time Australian List) behind Kenya's Isabella Ochichi (8:37.68). Sarah Jamieson (coached by Bruce Scriven) finished an outstanding 3rd in 8:49.46 (3rd on the All - Time Australian List) with Benita Johnson 11th in 9:03.26.

Even though he has missed out on Olympic selection, Mark Tucker continues to race in Europe. On Saturday 17th July, Mark contested the British Milers' Club 1500 metre event in Cardiff, winning in 3:44.19.

LOUIS ROWAN. MAKING UP FOR LOST TIME.

Louis Rowan is arguably the most improved middle-distance runner in Victoria after an excellent summer track season where he gave many of the top athletes a real scare. So, just what has he been doing to turn a talented, but inconsistent "Fun Runner" into an athlete with a realistic shot at bigger and better things. Over a cuppa, I was lucky enough to catch up with Louie for a chat.

N.M. Louis, as we speak it's the off-season for track. What have you been up to?

L.R. I've been training really hard, trying to build up the kilometres. I've gone from last year's track season where I was doing between 60 – 70 kilometres a week to now, where I'm trying to run over a 100 kilometres a week to build up a base. So I'm doing a few more kilometres, not that much harder stuff, but rather lots of good steady running that I can absorb. Jaime Werner, my coach, has put a lot more structure into my running. I'm also a lot more consistent with my training now.

N.M. How many sessions are you doing each week at the moment?

L.R. There are usually three main sessions. On Tuesday night we usually do a fartlek session or a threshold session, on Thursday night we usually do a short or long hills session, then on Saturday we run over the sand dunes at Breamlea, so there's a bit of variety in the harder session that we do.

N.M. How many days do you double-up at the moment?

L.R. I double-up three to four days a week for a total of 10 – 11 runs a week.

N.M. How long is your longest run?

L.R. Usually about 70 minutes on Sunday. I don't feel that I need to go any further than that.

N.M. What sort of pace do you usually run at?

L.R. For my easy runs it would be about 4:30 min / kilometre pace so it's pretty relaxed. If I'm feeling good it might be 4 minute kilometre pace.

N.M. What are your plans for the up-coming summer track season?

L.R. Over the next three or four months I just want to be really consistent with my training so that I know I have a great base for the summer track season. Every other summer I've had nothing to work with and have struggled with consistency. I'm sure that if I can get a lot of running into my legs I will have more strength for the 1500

metres. I've come from a 800 metre background and have lacked the endurance to run a really good 1500. This year I'd like to attack my races more from a 5000 metre preparation so that I can run on strongly when it counts.

N.M. What specific summer track races have you pencilled in?

L.R. I want to concentrate on the Grand Prix races and the Nationals, of course, and hopefully I'm around the mark.

N.M. And long term, you'd be looking at the 2006 Commonwealth Games?

L.R. Yes, I am, and even the 2005 World Championships are a goal.

N.M. Last summer was a big breakthrough time for you in running but the previous year your running was all over the place. In fact, you found that after checking through your training diary, you had averaged only 30 kilometres a week for the year. Were you shocked to see how little running you were doing?

L.R. Yes, I was shocked. But I knew that I hadn't given myself a fair go. You hear of athletes running 160 kilometres a week or more and you think that's pretty unbelievable but now that I've started to train properly, I can see what it takes to be really good at this sport.

N.M. Why were you only averaging 30 kilometres a week? Were you injured a lot?

L.R. No, I wasn't really injured. Mainly, there wasn't much structure to my training but mainly it was because I just loved to run hard. Every session I would go out and just flog myself. There were no long runs or recovery runs or steady runs – it was basically all race pace or flat out. So the 30 kilometres was 30 kilometres of quality.

N.M. What was a standard week for you back then?

L.R. I'd do an hour of hard hills on Monday, a Veteran's race at Landy Field on a Wednesday that might be a hard 1600 metres or a hard 3000 metres, a hard track session on Thursday night that would be something like 6 x 300 metres or 10 x 200 metres and in the summer I'd do a track race on Saturday afternoon. And that was about it, there wasn't much else in between.

N.M. Actually, looking at what you did, it's pretty amazing that you were able to run as well as you did without breaking down.

L.R. Yes, but I just love to race, that's why I run.

N.M. What were some of your P.B.'s back then?

L.R. My 800 metre P.B. came down pretty quickly to 1:52 because of all the quality I was doing but I really struggled to get under 4 minutes for 1500 metres. Then, for a 3000 / 5000 metres I was pretty hopeless because I didn't have any endurance.

N.M. Apart from running a lot more, what other changes have you made?

L.R. I'm trying to get my body stronger and more prepared for the type of racing and training I'll be doing. I'm now doing weights and working hard on improving my core-stability because that has been a real weakness in the past.

N.M. How many days a week are you doing weights and core-stability work?

L.R. We do weights twice a week. Then, I also do a core-stability session twice a week at home by myself. I also have a massage once a week.

N.M. Over the years you've also had a chronic back problem. Is that improving as you've become stronger?

L.R. It's still not quite right but it's getting better, even though I've had problems with my back three times in the last month but I've been able to get over those problems in a day

or two. I see a chiropractor once a month and he says it comes from poor posture affecting a couple of joints in my back. Also, I had a pretty big operation a few years ago that involved cutting through my stomach muscles and they haven't really regained their full strength yet.

N.M. Your coach, Jaime Werner has obviously made a big difference to your running. What exactly has he added to your running?

L.R. Jaime really loves his running and he really wants to see me do well. He's also willing to work in with me and help me achieve my goals. However, most importantly, he's really added some structure to my training so I know where I'm going and what I have to do to get there. He's also someone I can really get along with so he's a friend as well as a coach. Jaime's come from a walking background but he knows a fair bit about athletes and middle-distance running in particular. And what he doesn't know, he's prepared to do some research to find out the answers.

N.M. And I guess it helps that he's fit enough and fast enough to go out and do a lot of the running with you?

L.R. Yes, definitely. Last year it was usually just Jaime and me training but now we have a great group that works really well together.

N.M. Who is in your training group?

L.R. There's Matthew McDonough, Ross Young, Kim McDonough, Mark Boxer, Paul Schnyder and a young kid, Ryan Smith, so there's some very good runners to train with. Then there's some guys in Adelaide: Kym Morgan, Paul Morgan, Shane Tiele and John Cressey who have been following Jaime's program. A few of them are hoping to move over here to train with us. Also, Jaime does most of the sessions with us.

N.M. You have mentioned the races you hope to do this year but last year you had problems actually getting into races?

L.R. Before last season I sat down with Jaime and said that I really wanted to race some of the Grand Prix Races and what did we need to do. At the time I was keen to do some Fun Runs as well but Jaime wasn't keen on Fun Runs at all, so initially there was a little conflict. Anyway, I went on a holiday to Tasmania and competed in a Fun Run down there and was planning to run the Mountain to Surf Fun Run in Lorne. But the Brisbane Grand Prix was looming and many of the other athletes were running reasonable times and I didn't think I was going to get a start. Jaime rang up and asked if I was a chance to get a start and the answer was, 'probably not!' Then Jaime asked, 'what if he runs a P.B. time at State League?', instead of the Mountain to Surf, and they said, 'that would certainly help'. So we changed our plans and raced at Doncaster. Coming off some really good training in Tasmania, I was feeling great and ended up running 3.46 for 1500 metres, which was a 3 second P.B. Straight after that, Jaime was back on the phone and this time they said that they had seen what I could do and I was in. In many ways, the hardest thing is to actually get a start, then you can say if I run OK, I should get another run.

N.M. So, the Fun Runs have been put on the 'back-burner' since then?

L.R. They have. I have seen the wisdom of Jaime's thinking.

N.M. So it's no use being the "Fun Run King" when there are bigger fish to fry?

L.R. Yes, but I'll still run the occasional Fun Run if they fit in with the total program.

N.M. Let's go through a few of the other races from last year. In December, you raced the Zatopek 1500 metres in December, where you ran 3:48.91 for 11th place. Your memories of that race?

L.R. I was pretty disappointed with that run. It was probably

that night that I did a bit of soul-searching and after the race thought, 'that's just not good enough!' Going into the Zatopek I was expecting to run a bit quicker but after the race I decided that I needed to get a lot more serious if I was going to get anywhere against the better runners. At that stage we had been doing a little bit of work but I wasn't really committed.

N.M. How did you run the race?

L.R. Basically, I just ran out of legs. During the third lap, I was in so much pain and was quickly going back through the field. Actually, it was pretty demoralising to see in a race just how unfit I was compared to the other guys. I remember saying to Jaime the next day that my Zatopek run just wasn't good enough and that I was ready to really put my head down and work hard.

N.M. And two months later the hard work started to kick in when you ran the 1500 metres at the Telstra Grand Prix in Melbourne. In that race you finished 5th in 3:42.87, a huge improvement in such a short time. What exactly did you do in those 8 weeks?

L.R. It was really more a change in attitude to training than anything else. Instead of just turning up to a session and moping around, I really put my head down and thought I'd have a 'real go'. In those 8 weeks, for every quality session, I gave it my 'best shot'. In the Melbourne Grand Prix I thought I would not worry about tactics too much, I would just 'go for it'.

N.M. And you used your famous charging finishing burst to fly past a few runners over the last 100 metres. Have you always had a fast finish?

L.R. Yes, I have. People have often commented that I should use this finishing burst earlier but it's not that easy. It's like I have a huge adrenalin rush when I know the finish is within sight. It's then that I can give it everything I've got. Also, it's quite exhilarating to be passing people, so that spurs me on to run even faster.

N.M. Are you also looking to be a little closer to the lead with 500 metres to go so that your finishing burst puts you in a position to win the big races?

L.R. For sure. Up until now I haven't had the fitness and confidence to go with the stronger athletes over the first two laps, but it's something that will be possible as I get more miles into my legs.

N.M. You raced Youcef Abdi and Alastair Stevenson in quite a few of your races last summer. What did you learn from observing Youcef and Alastair up close?

L.R. From what I could see, they are very professional about what they do, even down to how they warm-up and prepare for races. They are also very gutsy in how they race – they are not afraid to go out hard and put it on the line, especially this year when they were chasing Olympic qualifying times for Athens. I also think, that because they were easily the best runners going round, they had to do all the hard work if they were going to run fast times.

N.M. From Melbourne you travelled to the Australian Championships in Sydney, which also served as the Olympic Selection Trials. What happened there?

L.R. I ran a poor tactical race in my heat, running three wide for a fair way, but qualified for the final, running 3:46.88. So after the heat I said to Jaime that I would go out hard in the final and run from the front and the others would have to go around me. However, unbeknown to me, pace-makers had been organised for the final to help Youcef and Alastair run fast, so I don't think I was too popular with the other guys when I went to the front from the gun. But, I don't think running that way was to my detriment and in the future I'll be looking to run that way more often as it's a much cleaner race up front. (Ed. Louis ran 3:45.01 in the final for

9th, Youcef Abdi won in 3:38.43 from Alastair Stevenson in 3:38.78)

N.M. Tactically, are you improving?

L.R. Yes. To begin with I was pretty poor tactically, but the fitter and more confident I get, the better tactical races I run. Also, the more races I do, the more knowledgeable I become about what to do in a given situation and how each of the athletes likes to run.

N.M. The Nationals was one of your last races for the season as you were beginning to run out of legs by then but you also won the Victorian 1500 metre title running 3:45.03. Being Victorian Champion would have been a big thrill?

L.R. For sure, it was a huge thrill, especially seeing it was a pretty tough day and 45 degrees.

N.M. Twelve months ago could you envisage being Victorian 1500 metre Champion?

L.R. No, never! Twelve months ago I was seriously thinking about giving the running away and taking up Modern Pentathlon as I didn't think I was capable of running fast enough. I thought back then that 3.42 would be my ultimate limit whereas now, I know I can run much faster than that.

N.M. What are you like at swimming and shooting and fencing and horse riding?

L.R. I'm a terrible swimmer but I wasn't too bad at fencing.

N.M. You'd certainly have a long reach for fencing. What about pistol shooting and horse riding?

L.R. I had a go at shooting and think that would have been OK. Also I get a bit of practice at shooting and horse riding down on the farm but in the end, I'm really happy I persevered with the running.

N.M. You defeated our own Mark Tucker in the Victorian 1500 metre Championship by half a second or so and Mark has since become the 38th Australian to run under 4 minutes for a mile (3:59.9). Is a sub 4 minute mile on the agenda for the up-coming track season?

L.R. Definitely, I'd love to run under 4 minutes but we don't get that many chances to run mile races these days.

N.M. You have run quite a few pro races over the last few years. Do you intend to cut back on the pro running a bit and use them just as the occasional hard training session?

L.R. Yes, I think so. I haven't run pros for over a year now. I enjoyed running with the professionals, using it as a training tool and getting practice at running people down but then again, when you sit down to plan out a season, it's hard to fit them in around the more important races.

N.M. I suppose the pro races are like the fun runs: you have to use them to your benefit, when they fit in with your schedule.

L.R. That's right.

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

L.R. Aaaahh I think the 1500 metres is, and will be my best distance. Eventually, when I get stronger, I think I should be able to run a good 5000 metres. Jaime has become good friends with the Tanzanian coach, Suleiman Nyambui (1980 Olympic 5000 metre silver medallist) and he reckons I'm a 5 k. runner so perhaps he's a good judge.

N.M. How did you start in athletics?

L.R. I didn't really start until I was 19. At that time I had just finished school and I had become a bit of a slob. In fact, you know you're really a slob and in bad shape when you drive the

car down to the milk bar even though it's only a few hundred metres away!

N.M. Louis, that is seriously lazy!

L.R. Yes, I know and I'm not proud that I did that! But anyway, I've always enjoyed running so I thought I'd go down to Veterans Athletics at Landy Field one Wednesday night. They're a great bunch of guys down at Vets and they made me feel really welcome so I just went from there. After a while I began running in the Geelong Cross – Country Club on a Sunday morning. From there, I joined St Josephs Athletics Club for the summer track season.

N.M. Did you do much running as a kid growing up?

L.R. Yes, I did a little bit at school. I remember running a school record of 2.12 for 800 metres at St Josephs but that was a pretty ordinary time. But I ran that on almost no training so I'm sure I could have run much quicker if I was a little more serious back then.

N.M. What interest do you have outside of running?

L.R. I'm really into horse racing in a big way. My brother and I really love horse racing. A horse is a magnificent animal that is captivating when it's running at speed. Ever since we were kids we have wanted to be involved with horses, whether it be as a horse trainer or horse breeder. My Great Uncle bred horses and when he died we took over his horses. We also purchased a bit of his farm and we continued the horse breeding.

N.M. Have you had any horses of note?

L.R. Not as yet, but we've had a winner at Warrnambool over the three-day carnival – that was a big thrill.

N.M. You mentioned earlier that you've had a major operation. What was the problem?

L.R. Since I started running I've never been able to run a 5 k. or a 10 k. flat out and after a race I'd just collapse into bed for the rest of the day, feeling as crook as a dog. And even at work, I used to say to my brother, Marty, "Geeh I feel sick!" And he used to think I was faking it to get out of work. And over time it seemed to get worse until it got to the stage where I could hardly train at all. Anyway, I went to a few doctors and they couldn't really help me but eventually I went to see Chris Bradshaw at the Olympic Park Medical Centre. He said that he thought he could hear a blockage in one of my arteries so he sent me to the Alfred Hospital where I had lots of tests including an angiogram. Eventually, they found the main artery leading to my stomach and bowel was 99 % blocked so they said, 'it's probably best to get it fixed.' Then I was sent to a surgeon who said that he'd only ever done one similar operation before and was not keen to operate. Eventually, I convinced him that I really wanted it done so he said, 'OK'. Once they opened me up they found that my diaphragm was squashing the artery. That was why I was feeling so sick when I ran – there was a lack of blood getting to the muscles and my stomach and bowels. Afterwards, he said it was a really good operation to do as it was pretty nasty in there. And then, after that, I thought I was in big trouble because when I had recovered from the operation, I went for an easy jog and my heart-rate was sky high – I was just jogging and it was 220 beats per minute. At the time I thought that my running career might be over. But over time the heart rate gradually went down and since then it's been pretty good.

N.M. Is the heart - rate still relatively high?

L.R. Yes, higher than it was before the operation. Before the operation my maximum heart-rate was about 192 beats per minute but now I can get it up to around 210 beats per minute.

N.M. And are you feeling much stronger on the longer runs and in longer races?

L.R. Oh yes, much stronger. I'm also eating much more

which is obviously giving me more energy.

N.M. After the operation you were saying that most people who have had this operation put on a heap of weight.

L.R. That's right. One girl weighed only about 40 kilograms before the operation because her body was deprived of calories and nutrients but afterwards she really stacked it on.

N.M. You didn't think you were going to turn from a lean distance runner into a burly shot putter? (Ed. Louis is 194 cm. tall and weighs about 64 kilograms)

L.R. No, not really. I've always been very lean and I come from a pretty thin family so I suppose I have the right metabolism.

N.M. Because it was a major operation that involved cutting through a lot of stomach muscle, do you think this is contributing to your weaker core and back problems?

L.R. Yes, definitely. During my rehabilitation from the operation I was a bit slack in rebuilding strength in my stomach and I'm only now starting to catch up in this area.

N.M. You also had a nasty kidney stone problem earlier this year but that came when you were having a break after the track season. I hope you have the top medical cover?

L.R. I had the kidney stone for a while and it was only painful when it moved. The operation for that was a pretty basic one where they just smash the stone. I was sore for about a week after the operation, but then I was fine.

N.M. One last question, Louis – a hypothetical. You have a choice between winning an Olympic medal over 1500 metres or training the winner of the Melbourne Cup. What do you choose?

L.R. Jaime puts this question to me all the time and I always jokingly say, 'train the winner of the Melbourne Cup!' because to hold that Cup aloft would be an unbelievable feeling and a sensational achievement. However, right now, I'd have to say I'd easily choose winning an Olympic medal – that would be the ultimate because my goal is to be the best runner I can be. There's plenty of time to train the winner of the Melbourne Cup when I'm older.

N.M. Louis, thanks very much for your time. I hope that the up-coming track season is a beauty for you and that you can get that 1500 metre time down under 3.40.

L.R. Thanks very much, Neil. And the 1500 time under 3.40 will definitely happen. In fact, we have set a goal of 3.36, which I believe is definitely doable.

Thought you might be interested in the type of training Louis completed last summer and is doing this winter.

A SAMPLE TRAINING WEEK LAST SUMMER TRACK SEASON.

Mon.	am.	30 minutes easy run
	pm.	30 minutes easy run
Tues.	pm.	Track: 5 x 1000 metres @ 2.47 – 2.50 pace (jog lap recovery between)
Wed.	am.	30 minutes easy run
	pm.	70 minutes easy run
Thurs.	pm.	Track: 20 x 200 metres @ 28 second pace (1 minute recovery between)

Fri.	pm.	30 minutes easy run.
Sat.	pm.	Race or Track Session (ie. 8 x 400 metres @ 58 seconds - lap jog recovery)
Sun.	am.	50 minutes easy run.

A SAMPLE WINTER TRAINING WEEK NOW.

Mon.	am.	50 minutes easy run @ 4:30 min./ km. pace
	pm.	40 minutes easy run. Core Stability Session.
Tues.	pm.	Threshold Session: 25 minutes @ 3.20 km. pace. Total 70 minutes.
Wed.	am.	30 minutes easy run
	pm.	45 minutes easy run. Weights Session.
Thurs.	pm.	Hill Reps: 12 x 300 metres or 4 x 2 kms. Surge up and jog down.
Fri.	am.	30 minutes easy run.
	pm.	30 minutes easy run. Core Stability Session.
Sat.	am.	Sand dunes at Breamlea: 400 metre loop course. I do 4 sets of 3 of these with 2 minutes recovery. Finish off with 20 x 20 seconds up a short / steep hill.
Sun.	am.	70 minutes run @ 4 min. / km. pace.
	pm.	Weights Session.

Don't forget - our next Athletics Victoria race is a Cross - Country event at Coburg on Saturday 14th August.

1:00 pm.	Women Under 14	3 km.
	Men Under 14	3 km.
	Women Under 20	3 km.
1:10 pm.	Women Under 16	6 km.
	Women Under 18	6 km.
	Men Under 20	6 km.
1:20 pm.	Men Under 18	8 km.
2:10 pm.	Men Under 16	4 km.
	Women Open	4 km.
2:30 pm.	Men Open	16 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.

PROGRESSIVE TEAM LADDERS

All Team Premiership Ladders will be decided with the running of the Coburg Cross - Country (Junior Teams) and the Coliban Road - Relays / Coburg Cross - Country / Burnley Half Marathon (Senior Teams).

Team positions after the running of the Bundoora Park Cross - Country are listed below.

MEN'S DIV. 1

Glenhuntly	74
Ballarat YCW	52
APS United	52
Box Hill	46
Peninsula R.R.	45
Doncaster	37
Geelong	37
Melb. University	32
Ath. Essendon	32
Diamond Valley	27
Keilor St. Bern.	20

MEN'S DIV. 4

Oakleigh	66
Knox Athletic	61
Ballarat YCW	33
Box Hill	29
Geelong	26
Glenhuntly	25
Richmond	22
Peninsula R.R.	20
South Melb.	18
Williamstown	11
Doncaster	10

MEN'S DIV. 7

Melb. University	78
Coburg	46
Diamond Valley	37
Knox Athletic	27
Coburg	23
Ringwood	22
Malvern	18
Geelong	11 (13th)

MEN'S VET. 40 +

Keilor St. Bern.	62
Diamond Valley	59
Malvern	56
Ringwood	36
Ballarat Harriers	27
Ballarat YCW	25
Geelong	24
South Melb.	15

WOMEN'S DIV. 1

Malvern	72
Glenhuntly	62
Melb. University	49
Knox Athletic	45
Richmond	42
Ringwood	38
Geelong	33
Peninsula R.R.	30
Ballarat Harriers	23

MEN'S UNDER 18

Geelong	42
Knox Athletic	42
West. Suburbs	39
Yallourn / New.	24
Keilor St. Bern.	21
Ballarat YCW	16
Frankston	13
Ringwood	11
Diamond Valley	10

MEN'S UNDER 16

Knox Ath.	65
Ballarat YCW	55
Ballarat Region	52
Keilor St. Bern.	44
Ath. Essendon	24
Frankston	19
Geelong	14
Glenhuntly	14

MEN'S UNDER 14

Ballarat YCW	55
Geelong	39
Ivanhoe	34
Keilor St. Bern.	22
Collingwood 1	18
Collingwood 2	15
Traralgon	13
Ballarat Region	9

WOMEN'S UNDER 18

Glenhuntly	44
Keilor St. Bern.	36
Frankston	26
Doncaster	22
Ballarat YCW	14
Geelong	10
Western Sub.	9
Diamond Valley	9
Ballarat Region	8

WOMEN'S UNDER 16

Frankston 1	73
Frankston 2	68
Keilor St. Bern.	49
Ballarat Region	38
Frankston 3	28
Geelong	16
Glenhuntly	13
Ivanhoe	12
Ath. Essendon	7

WOMEN'S UNDER 14

Keilor St. Bern.	67
Geelong	58
Ath. Essendon	37
Glenhuntly	37
Frankston	19
Ivanhoe	15
Geelong 2	7

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

uckley'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.**