



# GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 46

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May 2005

## “THE ATHLETE’S FOOT” GEELONG ATHLETICS INC. ROAD CHAMPIONSHIPS

**Deakin University. Saturday 23<sup>rd</sup> April**

The opening race of the Winter Cross-Country Season was held under still but warm conditions around the Deakin University outer road course. The Deakin course, with its early undulating terrain, gut busting climb to the top of Nicol Drive, long gradual descent back to Deakin Avenue before a deceptively tough final 400 metres, certainly fully tests runners’ strength, fitness level and determination at this early stage of the season.

In the junior race, fifteen of Geelong’s best young distance runners toed the starting line eager to negotiate the challenging 3 kilometre course. After a fast group start, Jeremy Vogrin and Kelsey Rau gradually eased away from the chasing pack before striding confidently over the top of the Nicol Drive hill. From here, both Jeremy and Kelsey were able to fly down the long downhill to maintain their lead to the finish. A little further behind, Kate Sly, Georgie Buckley, Joshua Hay and Seb Bellew were working their way through the field and running on strongly to claim the silver and bronze medals.

In the senior men’s race, Rowan Walker immediately went into the lead and made light work of the challenging terrain to comfortably win, thus adding his name to an illustrious group for former Road Championship winners (2001 – Darren Lynch. 2002 – Mark Boxer, 2003 – Lee Troop, 2004 – Mark Tucker). However, the race for the placings was a beauty with the in-form Nick Wightman managing to kick clear of Brett Coleman over the last few hundred metres to claim the silver medal. Nadia Semjanov made her return to racing after injury a successful one by convincingly winning the senior women’s race from talented pentathlete, Charlotte Curnow and the much improved Cathryn Hoare.

Thanks very much to Tony Stewart and “The Athlete’s Foot” for their continued sponsorship of the Geelong Road Championships. Thanks also to: The

Pakington Bakery, Subway, The Bush Inn Hotel, The Corio Bay Sports Medicine Centre and the City of Greater Geelong for their wonderful support of Geelong Athletics.

### Results: Under 16 Men and Women. 3 km.

1.	Jeremy Vogrin	Chilwell	10.44
2.	Kelsey Rau	Deakin	10.56
3.	Kate Sly	Deakin	11.01
4.	Georgie Buckley	Deakin	11.18
5.	Eliza Curnow	Deakin	11.26
6.	Joshua Hay	Deakin	11.27
7.	Breanna Ryan	Deakin	11.28
8.	Georgia Scott	Deakin	11.32
9.	Laura Stekelenburg	Deakin	11.54
10.	Amy Stekelenburg	Deakin	12.20
11.	Holly Lipson	Deakin	12.24
12.	Clare Hodgson	Inv.	12.41
13.	Seb Bellew	Chilwell	12.59
14.	Morgan Humphries	Inv.	13.21
15.	Katrina Bigelow	Inv.	13.35

### Junior Medal Winners: Under 16 Men

1.	Jeremy Vogrin	(Chilwell)
2.	Joshua Hay	(Deakin)
3.	Seb Bellew	(Chilwell)

### Under 16 Women

1.	Kelsey Rau	(Deakin)
2.	Kate Sly	(Deakin)
3.	Georgie Buckley	(Deakin)

### Senior Men and Women. 6 km.

1.	Rowan Walker	Deakin	18.54
2.	Nick Wightman	Deakin	19.30
3.	Brett Coleman	Chilwell	19.38
4.	Ryan Christian	Deakin	21.14
5.	Michael Kenny	Chilwell	21.32
6.	Geoff Purnell	Guild	21.42
7.	Paul Wilson	Guild	21.55
8.	Andrew Bigelow	Deakin	22.02
9.	Hugh Thyer	Deakin	22.11
10.	Brad Saunders	Chilwell	22.17
11.	Kevin Hoare	Bellarine	22.38

12.	Geoff Clark	Bellarine	23.17
13.	Andrew Chalmers	Chilwell	23.27
14.	Nadia Semjanov	Deakin	23.37
15.	Mark Hearsch	Inv.	23.45
16.	Cheryl Boness	Inv.	24.19
17.	Phillip Christian	Inv.	25.01
18.	Neil MacDonald	Deakin	25.06
19.	Ross Young	Deakin	25.07
20.	Jaime Werner	Guild	25.09
21.	Charlotte Curnow	Deakin	25.21
22.	Cathryn Hoare	Bellarine	25.31
23.	Chantelle Faraguna	Guild	25.43
24.	Peter Rau	Inv.	25.54
25.	Doug Byrt	Guild	26.06
26.	Chelsea Merry	Deakin	26.37
27.	Freyja Troop	Chilwell	28.40
28.	David Curnow	Inv.	DNF

### Senior Medal Winners:

#### Senior Men

1.	Rowan Walker	(Deakin)
2.	Nick Wightman	(Deakin)
3.	Brett Coleman	(Chilwell)

#### Senior Women

1.	Nadia Semjanov	(Deakin)
2.	Charlotte Curnow	(Deakin)
3.	Cathryn Hoare	(Bellarine)

## GEELONG DIVISION ONE MEN AND UNDER 14 WOMEN WIN CROSS-COUNTRY RELAYS

It was with much anticipation that thirteen Geelong Teams journeyed to Melbourne for the opening race of the Athletics Victoria Winter Cross-Country Season, the Cross -Country Relays. The highlight of the day was an outstanding win to the Division One Men's Team, who made light work of the relatively flat but windy Yarra Bend Park Course. Geelong flew out of the blocks with lead-off runner Mark Tucker establishing a handy break over the other Division One Teams, before Scott Rantall, Nick Wightman, Rowan Walker and Louis Rowan were able to consolidate, then extend the lead. Final Geelong runner, Richard Jeremiah left the result in no doubt by recording a super-swift 18.01, the fastest individual split of the day. Interestingly, Geelong were

able to record five of the top eight individual times for the day. Both Mark Tucker and Richard Jeremiah used Saturday's run as a hard hit-out before heading overseas next month as part of their preparation for selection in the 2006 Melbourne Commonwealth Games Track and Field Team. Two years ago the Geelong Division One Men's Team were able to

record an historic first win in the prestigious Athletics Victoria Sandown Road Relays. Saturday's win in the Cross-Country Relays is further proof that Geelong is currently the strongest distance running centre in Australia.

Congratulations also to Geelong's Under 14 Women's Team of Georgie Buckley, Amy Stekelenburg and Eliza Curnow who claimed victory in a closely run junior race.

Welcome aboard to new runners Andrew Bigelow, Brett Coleman, Phillip Christian, Ryan Christian, Joshua Hay, Clare Hodgson, Scott Rantall, Georgia Scott, Jeremy Vogrin and Tim Vogrin who all acquitted themselves very well at Yarra Bend Park and will be wonderful additions to the Geelong Team.

Finally, thank you very much to Sue Buckley, Wendy Cover, Steve Forlong, Rebecca Hay, Tim Kilfoyle, Jo Lambert, Bea Lipson, Andrew Merry, Tom Paton, Tracey Rau, Craig Scott, John Stekelenburg, Mary Stekelenburg, Lyn Taylor, Simon Taylor and John Wallace, who managed Geelong Teams or marshalled out on the course. Thanks also to Tom Paton for piloting the Geelong Team bus to and from Yarra Bend Park and Andrew Hodgson, the official Geelong Team photographer. With thirteen Geelong Teams competing, a lot of assistance is required and your wonderful support and encouragement is much appreciated.

### Geelong Results:

#### Division One Men (6 x 6 km.)

1.	Mark Tucker	18.20
2.	Scott Rantall	18.38
3.	Nick Wightman	20.01
4.	Rowan Walker	19.01
5.	Louis Rowan	18.56
6.	Richard Jeremiah	18.01

**First Place: 112.57**      Second Place:  
Glenhuntly - 114.15

#### Fastest Individual Legs:

1.	R Jeremiah (Geelong)	18.01
2.	C Birmingham (Eureka)	18.14
3.	M Tucker (Geelong)	18.20
4.	M Chattel (Glenhuntly)	18.21
5.	G Smidlechner (Doncaster)	18.33
6.	S Rantall (Geelong)	18.38
7.	L Rowan (Geelong)	18.56
8.	R Walker (Geelong)	19.01
9.	S Nicholas (Glenhuntly)	19.03
10.	N Harrison (Glenhuntly)	19.03

#### Division Four Men (5 x 6 km.)

1.	Brett Coleman	20.05
2.	Paul Wilson	22.47

3.	Geoff Clark	24.01	
4.	Hugh Thyer	23.08	
5.	Kevin Hoare	23.05	
<b>Fourth Place: 113.10</b>			First Place: Box Hill - 104.22

#### Division Seven Men (4 x 6 km.)

1.	Neil MacDonald	25.16	
2.	Peter Rau	25.55	
3.	Phillip Christian	24.44	
<b>DNF (no fourth runner)</b>			First Place: Box Hill - 91.35

#### Veteran 40 + Men (3 x 6 km.)

1.	Andrew Bigelow	22.49	
2.	Geoffrey Purnell	21.48	
3.	Brad Saunders	22.48	
<b>Sixth Place: 67.25</b>			First Place: Keilor St. Bernard's - 66.01

#### Fastest Individual Legs:

1.	G Olden (Box Hill)	20.58	
2.	P Hayes (Ballarat YCW)	21.02	
3.	P Champion (Diamond V.)	21.04	
4.	M Balzac (Keilor St. B.)	21.05	
5.	S McLennan (Wendouree)	21.26	

#### Under 20 Men (3 x 6 km.)

1.	Brinton Rowe	20.23	
2.	Ryan Christian	21.11	
3.	Michael Kenny	21.41	
<b>Third Place: 63.15</b>			First Place: Frankston - 60.01

Note: Both Ryan Christian and Michael Kenny are Under 18.

#### Fastest Individual Legs:

1.	T Rayners (Frankston)	19.03	
2.	S Vance (Frankston)	19.26	
3.	Unknown (Yallourn / New)	20.12	
4.	Unknown (Yallourn / New)	21.13	
5.	Unknown (Yallourn / New)	21.23	
6.	B Rowe (Geelong)	21.23	

#### Under 16 Men (3 x 3 km.)

1.	Caleb Byrt	11.44	
2.	Joshua Hay	11.31	
3.	Tom Burns-Wallace	11.23	
<b>Eighth Place: 34.38</b>			First Place: Frankston - 32.42

#### Fastest Individual Legs:

1.	D Ireland (Keilor St. Bern.)	9.49	
2.	J Hogget (Ballarat YCW)	9.51	
3.	T Hawthorne (Ringwood)	10.08	
4.	M Blivcas (Keilor St. Bern.)	10.09	
5.	D Miller (Frankston)	10.24	

6.	A Seen (Knox At.)	10.25	
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#### Under 14 Men (3 x 3 km.)

1.	Jeremy Vogrin	11.36	
2.	Tim Vogrin	12.22	
3.	Tyron Cover	11.36	
<b>Fourth Place: 35.34</b>			First Place: Athletics Essendon - 33.12

#### Fastest Individual Legs:

1.	R Guard (Ath. Essendon)	10.34	
2.	L Rayners (Ath. Essendon)	10.41	
3.	K Grimster (Frankston)	10.47	
4.	A Hogan (Sandringham)	11.10	
5.	H Malone (Sandringham)	11.17	
6.	C Kelly-Dalgetty (Sand.)	11.31	

#### Division One Women (4 x 6 km.)

1.	Rebecca Forlong	21.53	
2.	Nadia Semjanov	24.41	
3.	Melissa Coghlan	28.40	
4.	Cathryn Hoare	26.23	
<b>Seventh Place: 101.49</b>			First Place: Knox Athletics - 89.16

#### Fastest Individual Legs:

1.	S Jamieson (Ath. Essendon)	20.23	
2.	H McGregor (Knox Ath.)	20.45	
3.	S Power (Glenhuntly)	21.23	
4.	K Seibold-Crosby (Sand.)	21.24	
5.	S Michelsson (Collingw.)	21.29	
6.	R Forlong (Geelong)	21.53	
7.	A Lofts (Knox Ath.)	22.04	
8.	R Gibney (Ballarat Harriers)	22.13	
9.	A Cross (Ath. Essendon)	22.17	
10.	L Dick (Ringwood)	22.19	

#### Under 20 Women (3 x 3 km.)

1.	Chelsea Merry	12.32	
2.	Chantelle Faraguna	12.51	
3.	Taryn Rau	12.01	
<b>Third Place: 37.25</b>			First Place: Doncaster - 35.32

#### Fastest Individual Legs:

1.	K Katsenavakis (Doncaster)	11.02	
2.	A Uys (Frankston)	11.24	
3.	S Hall (St. Stephens)	11.31	
4.	E Barker (Glenhuntly)	11.56	
5.	T Rau (Geelong)	12.02	
6.	L Olayos (Doncaster)	12.05	

#### Under 18 Women (3 x 3 km.)

1.	Clare Hodgson	12.45	
<b>DNF (no second / third runner)</b>			First Place: Frankston - 34.13
Note: Clare Hodgson is Under 14			

**Fastest Individual Legs:**

1.	R Green (Frankston)	11.00
2.	H Tomlinson (Box Hill)	11.02
3.	Z Warrington (Frankston)	11.23
4.	S Renouf (Frankston)	11.50
5.	M Augustynek (Ath. Ess.)	11.51

**Under 16 Women "Champs" (3 x 3 km.)**

1.	Kelsey Rau	11.34
2.	Breanna Ryan	11.37
3.	Georgia Scott	11.37

**Second Place: 34.48**

First Place:

Athletics Essendon - 34.33

**Under 16 Women "All Stars" (3 x 3 km.)**

1.	Laura Stekelenburg	11.42
2.	Holly Lipson	12.32
3.	Jessie Couch	13.10

**Sixth Place: 37.24****Fastest Individual Legs:**

1.	L Hall (Ath. Essendon))	11.00
2.	E Clayton (Frankston)	11.11
3.	S Lund (Glenhuntly)	11.16
4.	K Rau (Geelong)	11.34
5.	M Bell (Frankston)	11.36
6.	B Ryan (Geelong)	11.37
7.	G Scott (Geelong)	11.37
8.	E Gangelhoff ((Ath. Ess.))	11.37
9.	R Menadue (Ath. Essendon)	11.41
10.	L Stekelenburg (Geelong)	11.42

**Under 14 Women (3 x 3 km.)**

1.	Georgie Buckley	11.36
2.	Amy Stekelenburg	12.49
3.	Eliza Curnow	11.59

**First Place: 36.29**

Second Place:

Sandringham - 36.37

**Fastest Individual Legs:**

1.	T Daly (Sandringham)	11.31
2.	G Buckley (Geelong)	11.36
3.	E Curnow (Geelong)	12.04
4.	M Parsons (Sandringham)	12.23
5.	S Daniliuk (Keilor St Bern.)	12.23

**VOTES FOR****"BEST PERFORMED GEELONG REGION ATHLETE" AT YARRA BEND PARK CROSS-COUNTRY RELAYS**

For each race of the A.V. Winter Season 3, 2, 1 votes, or a variation of, will be given to Men and Women athletes in Senior and Junior Age Groupings to decide the "Geelong Region's Best Performed Male and Female Athletes". For these awards Senior

Age Groupings will be Open Age and Under 20 while Junior Age Groupings will be Under 18, Under 16 and Under 14.

**Senior Men.**

3.	Richard Jeremiah
2.	Mark Tucker
1.	Scott Rantall

**Senior Women.**

3.	Rebecca Forlong
2.	Nadia Semjanov
1.	Cathryn Hoare

**Junior Men.**

3.	Ryan Christian
2.	Michael Kenny
1.	Jeremy Vogrin / Tyron Cover

**Junior Women.**

3.	Georgie Buckley
1.	Kelsey Rau / Bree Ryan / Georgia Scott / Laura Stekelenburg

**THE BUSH INN AWARD**

The winner of the Bush Inn Award for the Cross-Country Relays at Yarra Bend was Richard Jeremiah for recording the fastest individual split for the day and anchoring the Geelong Division One Men's Team to our first ever win in this event. Great running Ritchie and hope you enjoy the Bush Inn's famous food and hospitality.

**A MEAL AT THE BUSH INN****What:** A fabulous meal and drinks**When:** Saturday May 21<sup>st</sup> at 7.00 p.m.**Where:** The Bush Inn Hotel

**Why:** Come along and have a delicious Meal with your team mates. (And tell them How well you ran at Belvoir Park, Bendigo And how well you're going to run at the Sandown Road Race!

**AROUND THE TRACK AND TRAILS**

In the lead-up to the Athletics Victoria Cross-Country Season, Geelong athletes have been busy recording many impressive performances.

At the 20<sup>th</sup> Annual Carlsbad 5000 in California on April 3, Craig Mottram broke his own Australian road-

racing record, finishing second to Ethiopia's Dejene Berhanu (13.10) in 13 minutes 20 seconds. Craig's Carlsbad time was 1 second inside the previous Australian Record he set when winning the Balmoral five kilometre road race in Scotland last year. Then on May 1<sup>st</sup>, Craig contested the Cardinal Invitational 10 000 metre track race at Stanford University, finishing third in 27:56.02 behind Takayuki Matsumiya (27:50.20) and Christian Belz (27:54.11) Craig's next competitive outing will be the Healthy Kidney 10 km. road race in New York City on May 22<sup>nd</sup>.

A little closer to home, Geelong distance specialists were in the placings at the Geelong Half-Marathon, held on Sunday April 3.

#### Open Men:

- |    |                  |       |
|----|------------------|-------|
| 1. | Steve Moneghetti | 67.58 |
| 2. | Rowan Walker     | 71.19 |

#### Open Women:

- |    |                 |       |
|----|-----------------|-------|
| 1. | Robyn Millard   | 80.47 |
| 2. | Loretta McGrath | 81.53 |

#### Veteran Men:

- |    |                |       |
|----|----------------|-------|
| 1. | Steven Quirk   | 77.49 |
| 2. | Darren Riviere | 78.37 |

As reported in the last newsletter, Sam Withington was selected in the Victorian Team for the Australian Little Athletics Championships (Under 13), held on Saturday 23<sup>rd</sup> April in Hobart.

Sam did exceptionally well in finishing second in the 1500 metres, running 4:36.69, a mere stride away from first place. In the 400 metres he finished 4<sup>th</sup> in his heat (57.93), then won the Consolation Final in 58.10. Great work Sam and congratulations on your silver medal in the 1500 metres against the best Little Athletes in Australia.

Geelong's own "Fun Run King", Mark Tucker has been busy with a convincing win at the 24<sup>th</sup> Annual Puffy Billy Race in the Dandenongs, running 41.12 over the hilly 13.2 kilometre course. Interesting to note that Mark's prize for winning was a flight for one over the Antarctic. Mark, make sure you pack the gloves and beanie just in case Scrivo schedules a threshold run amongst the penguins. However, Mark's Fun Run Program goes into overdrive on May 14 – 15 with the Great Ocean Road Marriner's Lookout Race (6.5 km.) contested on Saturday then backing-up for the Great Ocean Road Half Marathon (23 km.) on Sunday. Loves a race, does our Mark.

## RUNNER PROFILE

Originally from Warrnambool, Scott Rantall has just returned to Australia after spending four years studying for a Marketing Degree at Oklahoma State University. However, in his first race in Geelong colours since arriving back in Australia (the Athletics Victoria Cross-Country Relays at Yarra Bend Park), Scott quickly demonstrated that he will be a fantastic addition to our team and an athlete determined to strive for higher goals.

#### Scott Rantall

**School** Have a Marketing Degree from Oklahoma State University

**Age** 23      **Date of Birth** 11 / 6 / 81

**Height** 178 cm.      **Weight** 64 kg.

**Married / Single** Married to Susan

**Coach** Tom Paton

#### Personal Bests

<b>1500m.</b>	3.53
<b>3000m.</b>	8.16
<b>5000 m.</b>	14.16
<b>10 000 m.</b>	29.24

**Favourite Food** Anything Sweet

**Food Eaten Before a Race** Toast

**Favourite Drink** Milk

**Favourite Movie** "The Castle"

**Favourite Book** "Run Easy" by Ron Clarke

**Favourite Music / Band** Irish Music

**Favourite TV Show** "Lost"

**Favourite Night Spot** Bed

**Favourite Holiday Spot** Towerhill Game Reserve, Warrnambool

#### A Normal Training Week for April.

<b>Mon.</b>	am.	35 minutes easy run.
	pm.	Hills / Sand Dunes: At this stage of my training I complete 9 x 70 metre steep sand dunes with a jog down recovery.
<b>Tues.</b>	am.	35 minutes easy run.
	pm.	Long Fartlek @ 10 km. Race Pace Effort: 4 x 6 mins. 'on' with 1 – 2 mins. 'off' <b>or</b> 3 x 8 mins. 'on' with 1 – 2 mins. 'off'
<b>Wed.</b>	am.	70 minutes easy run.
	pm.	40 minutes easy run.

**Thur.** am. 35 minutes easy run.  
pm. Short Fartlek @ 5 km. Race Pace  
Effort: 3 x 3 mins. / 3 x 2 mins. /  
3 x 1 mins. 'on' with 1 min. 'off'

**Fri.** am. 45 minutes very easy run. (can be as  
slow as 5:00 min./ km. pace)  
pm. 35 minutes easy run.

**Sat.** am. Threshold Run: At the moment I run  
15 minutes at threshold pace but this  
will gradually increase to 25 minutes.  
pm. 30 minutes easy run.

**Sun.** am. 1 hour 45 minutes run  
pm. Drills.

**Note:** Most of my easy runs are completed at 4:20 –  
4:30 kilometre pace.

#### **Other Training / Recovery Sessions.**

"Massage once a week, weights six days a week  
(total body three times a week / sit-ups six times a  
week)"

**Favourite Training Session** "Fartlek (2 – 4  
minute reps) with a good quality running group."

**Favourite Race** "10 000 metres"

**Best Ever Performances** "10 000 metres at Big  
12's in Oklahoma. I won the Conference Champs in  
30.52 leading the first kilometre in 3.20, then running  
a 4.18 last mile with 1.27 for the last 600 metres."

**Favourite Place To Train** "Anywhere new."

**Toughest Ever Training Session** "25 x 400  
metres in 70 seconds with 100 metre jog recovery in  
30 seconds."

**Most Admired Runners / People** "Richard  
Jeremiah for his support and Steve Prefontaine for  
his toughness."

**Advice to Other Runners** "I have no real advice of  
my own as I'm still learning from my superiors, taking  
what I need to improve myself!"

#### **Goals for the Future**

"A top 3 placing or a time of 28.24 at the 2005  
Zatopek 10 km. To be selected to run the 10 000  
metres at the 2006 Commonwealth Games in  
Melbourne. To represent Australia at the World  
Cross-Country, Olympics or World Track and Field  
Championships."

**Anything else?** "Over in the States we used to  
play a game during our long runs called, "who would  
you goose?" ("Goose" means to spend a passionate  
night with someone.) It is basically a round-robin of  
celebrities where the guys had to choose between  
two individuals such as Faith Hill or Halle Berry or  
even Oprah Winfrey or Rosanne Barr. The winner

would go up against someone else until the group  
gave their verdict on a winner. You can play the  
game in different categories, such as: athletes,  
cartoon characters, celebrities or even males (if  
you're game!)"

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

**BUCKLEY'S**

**CORIO BAY SPORTS MEDICINE CENTRE**

**TONY STEWART AND  
"THE ATHLETES FOOT"**

**CRICHTON COLLINS AND THE "PAKINGTON  
BAKERY"**

**CRAIG GODDARD AND SUBWAY**

**THE CITY OF GREATER GEELONG**

**TONY KELLY AND  
"THE BUSH INN HOTEL"**

**GEELONG ATHLETICS INC.**

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

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

If you have any questions, don't hesitate to give  
a call on 5223 1620. Neil MacDonald

**<http://au.geocities.com/grxct/>**